

Health – Divine Doctor’s Advice

- Purpose:** God has given us priceless instructions for an abundant and vigorous lifestyle so that we can be healthy in body, mind and soul.
- Focus:** Our body is the temple of the Holy Spirit.
- Introduction** IE: Portuguese cloister. Basket. Change the rope every time it breaks.
Many reason this way concerning their health. As the best Physician, God gives us preventive advice...
- Exod 15:26** What did God promise the Israelites that followed His commandments? Does God care about our health? (3 John 2) IE: Jesus healed the sick (**Matt 9:35**)
Why does God care about our physical health?
- 1 Cor 6:19-20** Whose temple is our body? (2 Cor 6:16) We might not like our body, but God considers it valuable and holy. He bought it with His blood. Therefore, we are to glorify God in our body. Nothing that deteriorates our health is God’s will.
What happens if we refuse to glorify God in our body?
- 1 Cor 3:16-17** What happens if we purposefully defile God’s temple? Health is therefore an important concern for a Christian (Rom 12:1).
In chapter 10 we see a clarification of what this actually means...
- 1 Cor 10:31** How much should we do to the glory of God? Does that include our habits of eating and drinking? Are there ways to eat and drink that do not glorify God? Diet directly affects our health (since we physically speaking are what we eat).
There are many conflicting theories today about which diet is the best, but what does the Bible say?
- Gen 1:29** What diet was man created for? IE: Daniel and his friends (**Dan 1:1-15**)
This was before sin entered the world. Did their diet change after the fall?
- Gen 3:18-19** What was man’s diet after the fall? Did they eat any meat yet? A vegetarian diet is still the best diet for man post-sin.
It was only after the Flood, when the plants were swept away, that God gave man meat to eat...
- Gen 9:1-4** Could they eat any kind of meat? (**Gen 7:2**) IE: Camel burger. Blood?
In Leviticus we read of the definition of eatable and uneatable meats...
- Lev 11:3-7, 9, 13-20, 21-22** What land-living creatures can be eaten? Swine? (Isa 66:17) What water-creatures can be eaten? Seafood? What birds can be eaten? IE: Ebola from bats. What insects can be eaten?
Just like Noah, the Israelites and the early church received the command not to eat blood...
- Acts 15:28-29** IE: Black pudding. (Animal fat – **Lev 3:17**). Do the laws of health still apply to the New Testament Church? (Acts 10:14, 11:8)
What about drinking to the glory of God? Let us discuss alcohol...
- 1 Cor 6:10** Will a drunkard inherit the kingdom of God? (Eph 5:18, Luke 21:34).
The Bible condemns drunkenness and intoxication and endorses a sober lifestyle...
- Prov 23:29-30** This is a sad picture of an addict. Should we cast a longing eye at the wine?
The Bible is full of these temperance texts...
- Prov 20:1** What is wine and strong drink? How can we be wise? What about moderate drinking? 40% of those who drink develop injuries. 10% become alcoholics. How many planned to be alcoholics? IE: Moderate drinking is the school where the alcoholic gets his education. Alcohol = most dangerous drug (Nutt et al, *The Lancet* 2010). IE: WHO statistics. Can we use this drug to God’s glory? **Other drugs:** Can one sniff cocaine or inject heroin to God’s glory? Marijuana? How about smoking? IE: Text on packages “Smoking kills”. 6th Commandment. Nicotine = Alkaloid. Another alkaloid = Caffeine (milder drug, similar effects). Addiction, headaches etc. IE: Coffee, tea, soda, energy drinks. IE: Science facts.
God has given us the health laws because He loves us and wants us to be as healthy as possible.
- 1 Thess 5:23-24** Is it your will to treat God’s temple as He asks you to? Are you willing to follow the divine Doctor’s advice? Would anything keep you from beginning today?

APPENDIX

Didn't Jesus drink wine? Wine in the Bible can mean both fermented or unfermented grape juice depending on the context (see **Jer 48:33, 40:10, Lam 2:11-12, Isa 16:10, Gen 49:11, Joel 2:24, Matt 9:17**). Grape juice was a staple drink in Israel, and it was considered a great blessing (**Isa 65:8, Prov 3:10**). Would Jesus create 600 liters of alcohol for a booze party when He Himself condemned drunkenness (Luke 21:34), and being aware of the fact that 10% of the guests would become alcoholics and lose eternal life? It seems contradictory. We can safely say that it was unfermented wine that Jesus turned water into at the marriage of Cana (**John 2:1-11**). The wine that Jesus drank at the Last Supper, was the new wine from the "fruit of the vine" (**Luke 22:18, Matt 26:29, Mark 14:25**). It was then the Feast of unleavened bread and no fermentation was allowed in the house because it represented sin (**1 Cor 5:8**). Even at the Cross, when He had every reason to drink an intoxicating drink to numb His pain, Jesus refused alcohol (**Mark 15:22-23**).

Acts 10:1-16 Was the purpose of the vision to give Peter instructions on how to eat? (see **v. 28**). Answer: No, God was dealing with racism, not food. We see that the health laws are still applied in the New Testament (Acts 15:20, 28-29, 10:14, 11:8, Matt 23:24, Rev 18:2).

Mark 7:18-19 (**Matt 15:10-11**) Read the context (Mark 7:1-23, and Matt 15:1-20). Does Jesus attack divinely instituted commands or manmade traditions (like ceremonially washing your hands before you eat)? (The traditions of the Pharisees said that contact with certain things made them spiritually unclean (sinful) and they therefore needed to go through a ceremonial washing before a meal (see **Matt 15:2, Mark 7:2-4, Luke 11:38-40**). Jesus showed that sin came from the heart and not through physical contact (**Matt 15:17-20**). But He did not deal with the laws of health in the Old Testament in this context. The food he pronounced clean in **Mark 7:19** was not pork and shrimp, but the kosher food they had in front of them right there. Jesus' disciples never understood this pronouncement to mean that they could now eat unclean foods (see **Acts 10:14, 11:8**).

Rom 14:2, 14, 20 Read **1 Cor 8:1-13, 10:23-33**. The conflict in the mixed churches (with converts from both Jews and heathens) was about whether you can eat meat offered to idols or not. It was not about the health laws of the Old Testament. Those with "weak consciences" felt that it was a sin to eat meat that had been offered to idols, though the meat was biblically clean (**Acts 14:13**). But they felt that this meat was defiled. Paul said it was not a sin per se, but if someone with a "weak conscience" would misunderstand him eating, he would refrain in order to not be a stumbling block. The same issue is at stake in Romans 14. The word "unclean" literally means "common" or "defiled" and is not the regular word used for "unclean meat" (cf. Acts 2:44, 10:14, Mark 7:2). This again shows that Paul is not dealing with clean and unclean meat. The word "nothing" in Rom 14:14 must not be understood in its absolute sense, but in the context that Paul deals with (food sacrificed to idols).

1 Tim 4:4-5 Read the context. Does this mean that we can willfully eat poison as long as you pray over it? No, the food is sanctified by the Word of God. The Bible has clearly told us what is sanctified for eating. Only that which the Bible calls food can be "sanctified by the word of God".