

NOTE: Pulse is vegetable foods. More and more people today are learning that the best diet is the one God originally gave man at his creation.

26. What did this diet do for them?

Daniel 1:15 _____

27. What additional benefits did God give them?

Daniel 1:17 _____

28. Considering all the sickness around us, why has God placed certain restrictions on our lifestyle?

Deuteronomy 6:24 _____

29. What does the Lord want to do for us?

Deuteronomy 7:15 _____

NOTE: "And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." Exodus 23:25.

30. When people violate God's laws of health, what other god are they serving?

Romans 16:18 _____

31. What will be their end?

Philippians 3:19 _____

32. Every man that strives for the mastery is what?

1 Corinthians 9:25 _____

33. What did Paul say would happen to him if he didn't keep his body under subjection?

1 Corinthians 9:27 _____

In the Light of God's Word...

I realize that God asks me to do all that I can to keep my mind and body, which belong to Him, in the very best condition.

I choose to glorify God in my body by eating those things that promote health, and by avoiding all that is detrimental to it.



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Fill in the blanks using the supplied Bible texts.

1. Jesus came that we might have life, and that we might have it how?

John 10:10 _____

2. In what four ways did Jesus develop?

Luke 2:52 _____

NOTE: "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thessalonians 5:23.

3. How important is our physical health to God?

3 John 2 _____

4. What reasonable service does God ask of us?

Romans 12:1 _____

5. Why is God so concerned about our bodies?

1 Corinthians 3:16 _____

6. What will happen to the person who mistreats his body?

1 Corinthians 3:17 _____

7. As a vital ingredient in man's restoration, how was Adam to spend his time?

Genesis 3:23 _____

NOTE: Physical exercise is a great blessing to man, promoting physical, mental, and spiritual health.

8. What is as good as medicine?

Proverbs 17:22 _____

9. What has God asked us to do for others that will benefit our own health?

Isaiah 58:7, 8 _____

10. What should guide our eating habits?

1 Corinthians 10:31 _____

11. What was the original diet of man?

Genesis 1:29 _____

12. On that diet, how long did Adam live?

Genesis 5:5 _____

13. For several generations, how long did men live?

Genesis 5:8 Seth _____

Genesis 5:11 Enos _____

Genesis 5:14 Cainan _____

Genesis 5:17 Mahalaleel _____

Genesis 5:20 Jared _____

Genesis 5:27 Methuselah _____

14. After the flood, what was added to man's diet?

Genesis 9:3 _____

15. What immediately happened to man's life span?

Genesis 11:10, 11 _____

16. After just a few generations, how long did men live?

Genesis 11:32 _____

17. God has given permission for only what kind of beasts to be eaten?

Leviticus 11:2, 3 _____

18. Unclean animals such as what, are forbidden?

Leviticus 11:7 _____

NOTE: Unclean animals are defined in Leviticus 11 and Deuteronomy 14. Large animals which are not cloven footed, or do not chew the cud, are unclean. Sea-food, which "hath no fins nor scales", is unclean. Birds of prey and certain other

birds are unclean. And so are many small animals such as weasels, mice, lizards, and snails.

19. To whom did God originally make the distinction between clean and unclean animals?

Genesis 7:1, 2 _____

NOTE: This was long before there ever was a Jew. It is not just Jews who can be harmed by eating unhealthful things.

Some of the diseases that are commonly associated with pork include trichinosis, toxoplasmosis, salmonella, tapeworms, and undulant fever. Christians who recognize that their bodies are the temple of the Holy Spirit will not defile themselves with anything that will dishonor God.

20. When Jesus comes, He will consume together those who eat what three things?

Isaiah 66:15-17 _____

21. God never allowed man to eat flesh with what in it?

Deuteronomy 12:23-25 _____

NOTE: Like the prohibition against unclean meats, the restriction against eating blood was not just for the Jews. It dates back to the very beginning of flesh eating, hundreds of years before there was a Jew (Genesis 9:4). Even Gentiles who accepted the Lord were to abstain from eating blood (Leviticus 17:10-15). And the restriction continues to apply for New Testament Christians (Acts 15:20).

22. What two animal products were never to be eaten?

Leviticus 3:17 _____

NOTE: Today it is well known that dietary fat is a major cause of heart disease, strokes, diabetes, obesity, and certain cancers—the major killers in western societies. Animal fat, being saturated, is especially harmful.

23. God has promised to satisfy our mouths with what?

Psalm 103:5 _____

24. What did Daniel purpose in his heart?

Daniel 1:8 _____

25. What did he and his friends request to eat and drink?

Daniel 1:12 _____