

Fast Facts

Biblical Health Principles

Foods:

- God-given diet is fruits, grains, nuts, seeds then vegetables (Gen. 1:29, 2:16, 3:18).
- He knows what's best for the body (Deuteronomy 6:24).
- These items are unclean; God counseled not to eat:
 - Birds of prey, carrion eaters and fish eaters (Lev. 11:13-19)
 - Animals that do not split the hoof and chew the cud (Lev. 11:4-8, Deut. 14:6-8)
 - Water creatures that do not have both fins and scales (Lev 11:9-12, Deut. 14:9-10)
 - Other creeping things (Lev 11:23, 41-43)
 - Food that touches unclean food (Lev 7:19, Hag 2:12,13)
 - Animal fat or blood (Gen 9:4, Lev 3:17, 7:23-27, 17:10-14, Deut. 12:16)
 - Animals that die by themselves (Lev 17:15, 22:8, Deut. 14:21, Ez. 4:14)
 - Animals that were strangled (Acts 15:20, 29; 21:25)
- Eat no poisonous herbs (Deut. 29:18) Also associated with the worship of idols/pagans (Peyote)
- will bless our bread and water (Ex. 23:25 first part)
- Eat your meals at regular intervals (Eccl. 10:17; Manna-Exodus 16:13; The Lamb eaten morning & night- Leviticus 6:20, Ex. 29:39)
- Make mealtime a happy time (Eccl 3:13).
- Use of improper foods defile a man (Dan 1:8, Acts 10:14).

Nothing unclean or defiling will be permitted in God's kingdom (Ezek. 11:21, Rev 21:27)

Handling Waste:

- Bury body waste to avoid disease (Deut. 23:12-13).
- Burn or take to contaminated place outside of city--Contaminated buildings (Lev.14:34-)

Drink:

- Land flowing with milk and honey (Ex.3:8; 13:5).
- Fruit of the vine—fresh grape juice (Prov. 3:10; Isa. 65:8).
- Wine & strong drink are for those perishing or in distress (Prov.31:6-7)
- Wine is a mocker (Prov. 20:1).
- Drunkards who continue will not inherit the kingdom of God (I Cor. 6:10).
- Do not get drunk (Eph. 5:18).

TEMPERANCE AND BALANCE: NEWSTART: Nutrition Gen. 1:29; Exercise vs. 2:15; Water vs. 10-14; Sunlight 1:16; Temperance; Air Gen. 1:7-8; Rest Gen. 2:1-3; Trust in God, God said-

- Balance work & exercise with sleep and rest (Ex 20:9,10; Eccl. 2:22,23; 5:12; Ps 127:2).
- Be temperate in all things (I Cor. 9:25, Phil 4:5).
- Not Taking rest at night is vanity (Eccl. 2:22)

Attitudes: Mental Health (affects physical health)

- Our 'cares' go with overeating/drunkenness: (Luke 21 34).
- Maintain a cheerful, happy disposition (Prov. 17:22, 23:7).
- Don't harbor envy or hold grudges (Prov. 14:30, Matt 5:23, 24).
- Put full trust in the Lord (Prov. 4:20-22, 19:23).
- Trust in the Lord (Prov. 3:5-6).
- A joyful heart is good medicine (Prov. 17:22).
- Remove vexation from your heart (Eccl 11:1)
- Gracious words are health to the body (Prov. 16:24)
- Don't let the sun go down on your anger (Eph. 4:26).
- Help those in need (Isa 58:6-8).
- God has not given us the spirit of fear, but of ...a sound mind (2 Tim. 1:7)
- Faith is the substance of things hoped for (Heb. 11:1)
- Ask, Believe, Claim (Matt 7:7-11; James 1:6-7; Heb. 11:6).

None of These Diseases

- Following God's principles/commandments will prevent "Egyptian" diseases (Ex 15:26; Deut. 7:12-15).
- He will take away sickness when we serve Him (Ex. 23:25 Last part). Exceptions: Heb. 11; Elisha's lingering illness, double portion of H.S. (2 Kings 13:14) Paul's eyesight yet came with promise (2 Cor. 12:9) (Job 2:7-8)
- Keep your body clean (Isa 52:11)
- Obedience to God's commandments bring health and life (Prov 3:1,2,8; 4:20-22).
- Any sick among you, call for the Elders (James 5:14-15). The Prayer of a righteous man avails much. (James 5:16 last part).

Miscellaneous

- We are fearfully and wonderfully made (Ps 139:14)
- God wants us in good health (3 John 2, John 10:10).
- Fearing/honoring the Lord brings healing (Prov. 3:7,8).
- You shall not make cuts or tattoos on your body (Lev 19:28).
- Those who break God's health laws and defile His temple will be destroyed (Gal 6:7, I Cor. 3:16-17).
- Our bodies are God's temple and should be treated for His glory (I Cor. 6:19,20; 10:31) Jesus took our infirmities and bore our sicknesses 7-8