

14. What command of God forbids the use of any substance that would shorten life?  
Exodus 20:13

The Bible Says: \_\_\_\_\_

15. Why should the Christian desire to glorify God in his body by caring for it?  
I Corinthians 6:19, 20

The Bible Says: \_\_\_\_\_

*Note:* Tobacco, alcohol, LSD, and other harmful drugs decrease the efficiency of the body's functions and shorten life. Living with intelligent self-control glorifies God and enables the Christian to give Christ longer and better service.

16. What should be the purpose of every child of God when he realizes that the Lord is coming soon?  
I John 3:1-3

The Bible Says: \_\_\_\_\_

17. How can those who find themselves enslaved by injurious habits gain the victory over them?  
Philippians 4:13

The Bible Says: \_\_\_\_\_

The Lord is coming to redeem a special people—a people who have dedicated body, mind, and soul to Him. When the Hebrews brought a sacrifice to the Lord it was to be without spot or blemish. Paul makes this appeal to us: "Present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Romans 12:1. Let us determine today that we will not indulge in any practice by which our bodies will be injured and defiled, but live to glorify God in every way.

If you have a problem and desire help, please check the square below:

I have an injurious habit which I desire to overcome.



## **HIGHWAYS TO HEALTH** \_\_\_\_\_ **23**

Every person who has had the satisfaction of owning a new car has received an owner's manual which tells him how to enjoy and care for the new vehicle. This manual gives almost all the information he needs to operate the car.

A wise owner will study the instructions of the manual carefully and will follow them closely. These suggestions are based on the fact that the manufacturer designed and built the car and knows how it will perform best.

From time to time people find themselves in a hospital. Doctors are forced to tell them that they are seriously ill and that their illness is caused by misuse of the body God has given them. We are told that 80 percent of all disease, excluding accidents and infections, are the result of wrong health habits. Millions of Americans are committing suicide on the installment plan. They are literally digging their graves with their teeth.

The Creator and Designer of the human body has written an instruction book. Shall we call it an Owner's Manual? In this Book, the Bible, God has given us some excellent instruction as to how to care for our remarkable bodies. In this Book, God has told us what to put into the body and what not to use. How few have taken time to let God show them the better way of life! As a result, many people suffer needless pain and experience premature death.

God does not lay down arbitrary rules just to show His authority. He gives this advice because, having made us, He knows what is best for us. Let us explore God's counsels for better health.

## THE BIBLE SAYS

1. What type of life does God plan for His children? John 10:10

The Bible Says: \_\_\_\_\_

2. What is the desire of our heavenly Father in regard to our physical well-being? III John 2

The Bible Says: \_\_\_\_\_

3. What should the Christian's attitude be concerning the use of his body? I Corinthians 10:31

The Bible Says: \_\_\_\_\_

4. Why should the Christian be particularly careful in the way he cares for his body? I Corinthians 3:16, 17

The Bible Says: \_\_\_\_\_

5. What are some of the ways in which we can defile our bodies? Daniel 1:8

The Bible Says: \_\_\_\_\_

6. What diet did the Creator originally plan for man? Genesis 1:29; Genesis 3:18

The Bible Says: \_\_\_\_\_

*Note:* This diet includes grains, nuts, fruits, and vegetables (herbs). Flesh was not a part of the original diet but was added after the Flood. Genesis 9:1-3.

7. Into what two classifications did God divide the animals when He sent them into the ark? Genesis 7:1, 2

The Bible Says: \_\_\_\_\_

*Note:* This distinction between clean and unclean meats was made centuries before Abraham, the father of the Jewish race, was born.

8. Which animals does God say are clean and fit for food? Deuteronomy 14:2-6

The Bible Says: "And every beast that \_\_\_\_\_ and cleaveth the cleft into two claws, and \_\_\_\_\_ among the beasts, that shall ye eat." (verse 6).

9. What fish are considered by God to be clean? Deuteronomy 14:9, 10

The Bible Says: "These shall ye eat of all that are in the waters: all that have \_\_\_\_\_ shall ye eat."

10. What specific animals are listed as unfit for man to eat? Deuteronomy 14:7, 8

The Bible Says: \_\_\_\_\_

11. At the second coming of Christ what will be the fate of those who continue to ignore the instructions of God in eating food forbidden by God? Isaiah 66:15-17

The Bible Says: \_\_\_\_\_

12. What does Solomon say concerning those who use strong drink? Proverbs 20:1

The Bible Says: \_\_\_\_\_

13. What does the Bible teach will be the result of using strong drink? Proverbs 23:29-35

The Bible Says: \_\_\_\_\_

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