

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? *3 John 2*.

The Bible Says: _____

3. What should the Christian's attitude be concerning the use of his body? *1 Corinthians 10:31*.

The Bible Says: _____

4. Why should the Christian be particularly careful in the way he cares for his body? *1 Corinthinans 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; 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: _____

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? *1 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.