

# Bible Study Topic:

## Health

- 3 John 2** God would like us to guard our health as carefully as we guard our characters. Maybe it's even as important to take a walk every day as it is to say our prayers!
- I Cor. 3:16, 17** Our bodies are the "house" where the Holy Spirit lives. Destroying the Holy Spirit's house is dangerous business. Smoking causes emphysema, heart and lung disease, and cancer- definitely destructive stuff.
- Gal. 5:22, 23** One of the fruits of the Spirit that indicates we have been converted, or born again, is self-control. God would like to give us control over binging, purging, overeating, under eating, eating between meals, eating excessive sugar and fat, and all the other destructive behaviors with which Satan tantalizes us.
- Prov. 20:1** Alcohol is bad news. In addition to impairing our judgment and reflexes, destroys brain cells, which most of us can't afford.
- Gen. 1:29** The original diet- in a nutshell.
- Deut. 14:6, 9** If you do choose to eat meat, steer clear of unclean ones. (Basic rule: Clean animals chew their cud and have split hooves, like the cow. Pigs don't chew the cud, so they're unclean. Clean fish have scales and fins, like trout. Eels, shrimp, and crab are unclean. Check out Lev. 11 for more detailed info.)
- Isa. 66: 15-17** Following God's specs on these issues is really important to our present and ultimate happiness!
- Deut. 7:15** God wants us to be energetic and free from disease!
- I Cor. 10:31** Adam and Eve blew it over appetite. Satan's first temptation to Jesus in the wilderness featured appetite. Intemperance spells SELFISHNESS. Yet, when we think of Jesus hanging mangled and bleeding on the cross representing the exact opposite of selfishness, it makes us not want to destroy this body for which He died.

*Pure Air! Sunshine! Temperateness! Rest! Trust In Divine Power! Exercise! Water!*

- Caffeine** The drug of choice for most SDA teens, BUT.... Research indicates caffeine can cause or increase the likelihood of developing cancer, particularly of the bladder and pancreas, hypertension, muscle tremors, heart palpitations, central nervous system disturbances, nervousness, insomnia, chromosome damage, ulcers, irritability, and raise blood pressure, blood sugar, and cholesterol- all recognized factors for heart disease.