

Anchor of Hope

Bible Study

Again and again I have been shown that God is trying to lead us back, step by step, to His original design, that man should subsist upon the natural products of the earth.

Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. (Adapted from *Counsels on Diet and Foods*, pg. 81, 82).

The following acronym is a practical guide to follow for maximum health:—

*G*ratitute & Benevolence

*O*bedience

*D*ivine Power

*S*elf-Control

*A*ir

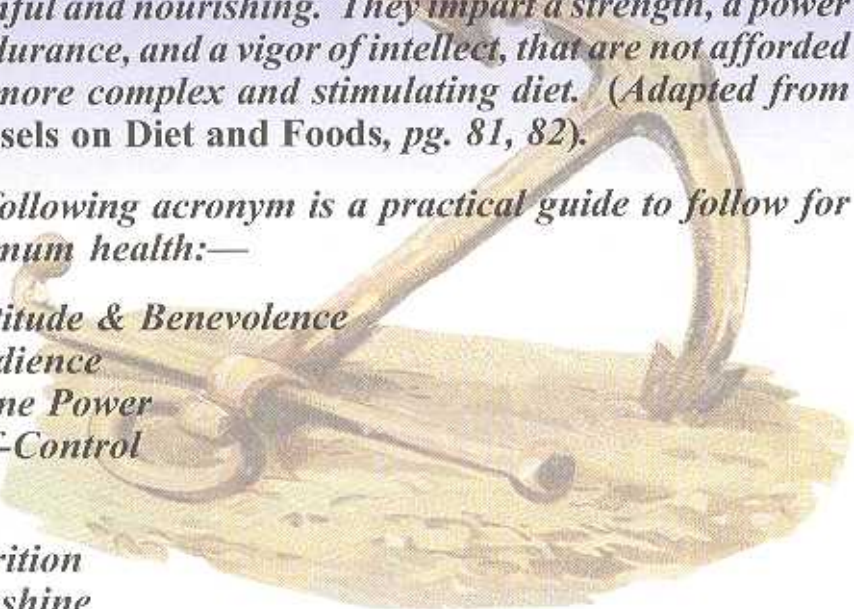
*N*utrition

*S*unshine

*W*ater

*E*xercise

*R*est



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Health and Lifestyle

The Body Is the Temple of God

1. What value does God place on our body and person? 1 Corinthians 6:19, 20

2. What does God want for you personally "above all things"? 3 John 2

Health Principles

3. What is God's basic principle of eating? 1 Corinthians 10:31

4. What food did God provide for us when he created us? Genesis 1:29

5. During the time men and women's diet was vegetarian, what kind of health and longevity did they enjoy? Genesis 5:5, 11, 27

6. After the terrible flood destroyed the world in Noah's day, what permission did the Lord give to those who emerged from the ark of Noah to start life anew in this ruined world? Genesis 9:1-3

7. What was one of the instructions to be remembered regarding eating different meats? Genesis 9:4; Leviticus 3:17

8. What happened to the life span after people started eating meat? Genesis 11:32; 25:7, 8

Note: God knew what He was doing when He forbade His people to eat the blood and fat of animals. Today, medical science has proved that both these items are harmful to our health.

9. What was the second instruction that God gave concerning meat eating? Leviticus 11:1-42

e Bible Study

10. What do you think of the sacrifice Jesus made for you when He died on the cross? Are you happy to yield yourself to Him? Romans 12:1
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11. What warning does Solomon give regarding appetite and other harmful drugs? Proverbs 23:1-3
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Note: Appetite is one of the great weapons of Satan. It was through food that Adam fell. Likewise, it was through tempting Christ to turn stones into bread that Satan tried to cause the downfall of Christ.

12. Why should we avoid alcoholic beverages? Proverbs 20:1; 23:29-35
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13. Why is it wrong to use tobacco and coffee? 1 Corinthians 3:16, 17
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Rules of Living

14. What is the Christian's guide for selecting activities? Philippians 4:8; Romans 12:2
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MY HEART'S RESPONSE

It is my desire to learn to live healthfully because Jesus is performing a special work of preparing a people for His second coming. I must keep MY mind clear in order to appreciate what He is doing. Only then can I know how to cooperate with His Holy Spirit, and clear minds are possible only when I am free from every "defiling" practice.

My Decision

Give me the grace to surrender every harmful thing in my life. Give me the strength to overcome my bad habits and live for You. It is my choice henceforth to live free in You.