A God Journey

GOD’S HEALTH CARE PLAN
LESSON #1

People around the world are suffering with all manner of sickness and disease, desperately looking for definite answers to better health. The medical profession is overloaded with the demands of a civilization crying out for some kind of relief and yet in so many cases the suffering continues. As the search intensifies for much needed breakthroughs, what does God have to say about this dilemma? Since the Bible addresses the subject of divine healing, does the Bible also present a strategy for divine health? In other words: Is there a “God Plan” for healthy living?

DOES GOD WANT ME WELL?

1.) According to Exodus 15:26, does it appear God’s desire for the children of Israel focused on them being free from the diseases plaguing the Egyptians?

YES___ NO___

2.) Also notice the wonderful promise God gave in Exodus 23:25. Write this verse on the lines below.

___________________________________________________ ______________

___________________________________________________ ______________

___________________________________________________ ______________

3.) What does the writer of Psalm 103:1-5 mention as some of the health related benefits offered by God?

___________________________________________________ ______________

4.) While reading such passages as Matthew 4:23,24; 9:35,36, would you agree one of the main ministries of Christ while walking on this planet was to restore health to those who were sick and afflicted?

YES___ NO___

5.) What does James 5:14-16 say is available to those who call upon the Lord during times of illness?

6.) Finally, 3 John 1:2 states: 

7.) After researching the above passages of scripture presented in this lesson, how certain are you it is God’s design and desire for you to experience good health in this life?

____ Not certain ___ Somewhat certain ___ Very certain

8.) The question is: How strong is your desire for a life of health and happiness?

____ Doesn’t really matter ___ Ok I guess ___ It’s what I really want

HEALTH NOTES

1.) Average annual health care costs in the U.S. have gone from around $500 per household in 1960 to well over $13,000 per household today.

2.) Money spent on healthcare in the mid 1960’s used up only about 5% of American’s personal income compared to almost 20% today.

3.) It is estimated that more than 70% of all deaths in the U.S. are related to diseases which are considered to be preventable through diet and basic lifestyle changes.

4.) The very first conversation God had with Adam and Eve recorded in Genesis 1:27-31, included detailed comments about their diet.

5.) Most of God’s laws given to Israel were not only to establish standards of holiness, but also to promote public safety and good health habits.
In spite of the fact God’s Word speaks out on the blessings of healing and good health, many Christians continue to battle sickness and disease. It’s during those times that questions arise in an attempt to find answers to this dilemma. Let’s dig a little deeper and see what we can find.

**THEN WHY AM I SICK?**

1.) Within the one clear warning given by God to Adam in Genesis 2:17, what did the Lord explain would be the consequence of this act of disobedience?

2.) Now take some time and read Genesis 3:6-19, Romans 5:12, as well as Romans 6:23. According to these passages does the Bible reveal that because of their sin, death continues to impact the human race, including the destructive forces of human suffering?

   YES___  NO___

3.) Not only is suffering and death a result of man’s sinful disobedience, but in John 10:10 what does Christ declare as Satan’s primary occupation when it comes to life on this earth?

4.) To illustrate that sometimes sickness and disease is a direct attack of the Devil, read Luke 13:10-16, then write verse 11 on the lines below.

5.) It’s time to discover a 3rd reason why we often find ourselves battling sickness and disease. Notice the reasoning of Eve in Genesis 3:1-6, demonstrating a clear example of poor judgment on her part. Especially take note of verse 6.

   * Eve ate the fruit because it seemed delicious.  TRUE___  FALSE___
   * Eve ate the fruit because it looked appealing.  TRUE___  FALSE___
   * Eve ate the fruit because she believed the advertisement that somehow she would miss something wonderful without it?  TRUE___  FALSE___

6.) The bottom line is that many times we are guilty of opening the door to health problems simply because we have made some unwise choices based on what appealed to us instead of what was actually good for us. After reading Proverbs 14:12, what warning does God’s Word give?

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

HEALTH NOTES

1.) America boasts the finest, most sophisticated health care system in the world.

2.) Among the top industrialized nations, the U.S. ranks poorly in...

   Deaths of children under 5 yrs. of age.
   Incidence of cancer among men.
   Incidence of breast cancer.
   Osteoporosis.
   Coronary by-pass surgeries per capita
   ...and the list goes on, and on, and on.

3.) The leading causes of death in the U.S. are...

   Cardio vascular diseases (heart related illnesses), making up about 40% of all deaths.
   Cancer, making up about 25% of all deaths.

4.) Both categories are considered preventable for the most part!!!
LESSON #3

Are you aware modern day research has concluded that a majority of all deaths in the U.S. are related to diseases which are preventable through basic lifestyle changes? Now if that peaks your interest then you have taken a first step in the right direction as it relates to renewed health and strength in the days ahead.

WHERE DO I BEGIN?

1.) First of all take note of the words found in Psalm 1:1-3. Would you agree a life of obedience to God is the main topic of consideration here, and that there are blessings of a better life promised to those who choose to follow after the ways of the Lord?

   YES   NO

2.) According to Deuteronomy 10:12,13, what was God’s reasoning why the nation of Israel should seriously consider being obedient to his guidelines for living? Take note of the final words of this passage. Sound familiar?

3.) Two of the three blessings promised in Deuteronomy 11:8,9 were related to their general well being. What were those two promises?

4.) In that same chapter according to verses 18-21 and Deuteronomy 4:40, God’s people also learned that teaching their children to obey the Lord would impact their general health and well being as well.

   YES   NO

5.) What was King Solomon’s promise from God in return for a life of obedience? Read 1 Kings 3:14.

6.) Now take the time to write Proverbs 3:1,2 on the lines below.

7.) After studying the scriptures presented in this lesson and noticing the words found in Proverbs 3:5-8, does it seem clear that a life of obedience to God opens the door to a better life, including definite health benefits for ourselves and our families?

   YES   NO

8.) So the real question is: How serious are you when it comes to applying what you are about to learn from God’s Word on the subject of health and healing?

   ___ Not too serious   ___ Somewhat serious   ___ Very serious
LESSON #4
It’s quite possible during a time of physical suffering you’ve had someone suggest that what you were going through was “all in your head”! Now even though you may have been offended by such a statement, studies continue to show that worry, fear, anger, resentment, discouragement and other such emotional stress factors do impact and even trigger certain physical problems. Believe it or not the Bible does address this topic in relationship to our overall health.

ATTITUDES FOR OPTIMUM HEALTH

1.) In Nehemiah 8:10, the closing phrase of this passage makes an interesting health related statement. According to God’s Word, an attitude of rejoicing in the Lord is a powerful strength booster.

   YES___ NO___

2.) One of the most unusual passages in God’s Word is found in Proverbs 17:22. Write this verse on the lines below.

   ___________________________________________________________________________________

3.) According to this passage, what kind of attitude is shown to be a God given prescription for better health?

   ___________________________________________________________________________________

4.) Also in reference to this verse, what kind of attitude does the Bible state as destructive to good health?

   ___________________________________________________________________________________

5.) In fact, Proverbs 16:24 reveals that a pleasant attitude shared with others can positively impact their health as well.

   YES___ NO___

6.) We must understand that according to Psalm 5:11, an attitude of rejoicing doesn’t just happen, but is a result of unshakable trust in the God of the Bible! What health benefits are promised in Proverbs 3:5-8 to those who put their complete trust in the Lord?

   ___________________________________________________________________________________

7.) Not only does trusting in God affect our physical health, but Isaiah 26:3 also reveals a positive benefit to our mental health as well. What is that benefit?

   ___________________________________________________________________________________

8.) The writer of Habakkuk knew the benefits of having a right attitude. Take the time to read his declaration of what he chose to do even in the midst of crisis and catastrophe as presented in Habakkuk 3:17-19. Now what’s your choice?

   ___________________________________________________________________________________

9.) I am convinced my attitude does affect my health! YES___ NO___

Written By: James R. Palmer
LEsson #5

Daily our body gives us signals, informing us of what it needs to survive and remain healthy. Too often we ignore those signals, neglecting to realize they were placed there by God to help us stay fit and strong. In this lesson we are going to take a look at one of the more serious signals of the human body which is probably neglected the most. Dehydration is proving to be a major contributor to many of today's ills.

help me quench this thirst!!!

1.) According to Genesis 26:17-25, what was priority one for Isaac and his family when moving into a new area?
   ___ Planting a garden  ___ Digging a well  ___ Going off on vacation

2.) The fact is, consuming sufficient fluids is absolutely critical. To illustrate this from scripture read Exodus 17:1-7, then answer the following questions.
   * What is the main topic of discussion here? ____________________________
   * Which verse in this passage illustrates that these people knew they had to have water to survive? ____________________________
   * What was the signal informing them of this need? ____________________________

3.) Now even though in John 4:5-15 Jesus is presenting a spiritual truth to the Samaritan woman; in verse 13 does the Lord establish that the natural thirst of the human body is ongoing and constantly needs to be addressed?
   YES___  NO___

4.) What phrase in Psalm 1:3 illustrates the fact that water is needed to sustain life so it can continue to be productive?
   __________________________________________________________

5.) Even from the very beginning this fact is established. Take a look at the words found in Genesis 2:6, then write this verse on the lines below.
   __________________________________________________________
   __________________________________________________________

6.) When describing the goodness of the "Promise Land" in Deuteronomy 8:7-10, what was mentioned first?
   ___ Grains  ___ Fruit  ___ Water  ___ Vegetables

7.) With so much emphasis in the Bible on the need for water to sustain life; how do you think this relates to you and your health personally?
   ___ Water has absolutely no benefit for my health and well being.
   ___ Water has very little benefit for my health and well being.
   ___ Water is extremely critical for my health and well being.

written By: James R. Palmer
LESSON #6

For the next several lessons we are going to focus our attention on an area most people simply do not consider that important, yet God’s Word says otherwise. Like it or not the topic of nutrition or what we put into our bodies to promote better health is now on the table.

DON’T MESS WITH MY MENU!!!

1.) Now before you get defensive, remember we will be approaching this touchy topic from a biblical perspective and according to 2 Timothy 3:16 & 17, how much of the Bible is inspired by God?

   ___ None of it   ___ Some of it   ___ All of it

2.) Does this passage also declare that God’s Word confronts us, corrects us and then teaches us how to do what is right in this life?

   YES___ NO___

3.) Look up Hosea 4:6 then take the time to write the first part of that verse below.

   ____________________________________________________________

4.) After considering the above statement, what do you think about the statement which says: “What you don’t know won’t hurt you”?

   ____________________________________________________________

5.) God’s Word is full of divine revelation, but according to Proverbs 29:18, if people will not understand or accept God’s divine revelation, what will be the end result? Read various Bible translations of this passage for better clarity.

   ___ No impact   ___ Minimal impact   ___ Extremely negative impact

6.) In other words, to ignore any of God’s instructions revealed in scripture, can be dangerous and even life threatening.

   YES___ NO___

7.) With that in mind, write down the words found in 1 Corinthians 6:19.

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

8.) It appears God is extremely serious when it comes to how we treat our body.

   YES___ NO___

9.) Now if nutrition is the primary source of strengthening the immune system and keeping the body in a healthy condition; how would you presently rate your efforts as it relates to consuming a healthy diet on a scale of 1 to 10?

   ___1    ___2    ___3    ___4    ___5    ___6    ___7    ___8    ___9    ___10

HEALTH NOTES

1.) Research is showing that cardiovascular diseases and cancer are major causes of death in only about 20% of the world today; yet in the U.S. these two categories make up more than 65% of all deaths reported each year.

2.) Diets high in fats, oils and refined foods are proving to be the major factors for hardening of the arteries, high blood pressure, sugar diabetes, male and female cancers, as well as many other diseases plaguing this planet.

3.) The fact is that poor health is largely a result of what we are unwilling to do in caring for our body when it comes to the way we eat, drink and exercise.

4.) For instance: The American diet averages 30% to 40% fat, while the global diet average of fat intake is only 10% to 20%.
LESSON #7

Even though many of the scripture references used in the following lessons relate to Old Covenant dietary laws given to Israel in Old Testament times; we are not calling for a return to the Old Covenant, but we are looking at the health benefits many of those laws provided in caring for God’s people.

FOODS TO AVOID FOR BETTER HEALTH

1.) According to Leviticus 3:17, what two items did God tell Israel not to include in their diet?

   __________________________________________  __________________________________________

2.) In Genesis 9:4, long before God’s laws were given to Israel, we find strong words from the Lord concerning the consuming of blood. Take the time to write this verse on the lines below.

   __________________________________________  __________________________________________

3.) Since diseases of living creatures are carried into the tissues of the body through the bloodstream, isn’t it obvious the health benefits related to this command?

   YES____  NO____

4.) Concerning the subject of the eating of fat, notice this was still the rule of thumb for even those animals considered as “clean”. Once again, according to the Bible in Leviticus 7:23,24, what were God’s instructions about the eating of the fat of animals?

   ___ A little fat  ___ Some fat  ___ No fat

Note: Since all meat has at least some fat, and since some meat was allowed to be eaten, what was God primarily referring to in these passages? The obvious answer would appear to be the cover fat of an animal, including the skin which are now understood to be toxic in nature.

5.) An interesting passage of scripture is found in Psalm 119:69,70. Take the time to write down the first half of verse 70 from the KJV.

   __________________________________________  __________________________________________

6.) Since grease is clearly referred to as a negative in this passage, the use of grease in the cooking and preparation of foods may be something to seriously reconsider.

   YES____  NO____

7.) Knowing that most processed meats (hot dogs, lunch meats, etc.) include a considerable amount of fat; what would be a biblical bit of wisdom to follow?

   __________________________________________  __________________________________________

   __________________________________________  __________________________________________
Since the topic of “clean” and “unclean” meats were referred to in the last lesson, and since the Bible presents a considerable amount of information on this topic; let’s take a closer look at those meats God instructed Israel to refrain from and see if there is any reason for considering such guidelines today.

**FOODS TO AVOID FOR BETTER HEALTH (part two)**

1.) In Leviticus 11 we discover a detailed outline given to Israel concerning which meats could and could not be included in their diet. In verses 1-3 what was the rigid test required for land animals allowed as food?

   ___A split hoof   ___Chews the cud   ___Both conditions required

2.) With that in mind, mark the land animals listed below which would not have been allowed as eatable meats.

   ___Beef   ___Pork   ___Deer   ___Rabbit   ___Lamb   ___Squirrel

3.) According to Leviticus 11:10-12, what was the test for all marine life?

   ___Those with scales   ___Those with fins   ___Both required

4.) Now mark the marine animals listed below which would not have passed this test.

   ___Salmon   ___Catfish   ___Trout   ___Shrimp   ___Cod   ___Lobster

5.) In Leviticus 11:13-19 the list of birds not allowed to be eaten appears to all be birds of prey. Birds whose primary diet consist of eating the flesh of other animals.

   YES   NO

6.) In Leviticus 11:20-23, which insects are mentioned as eatable?

   ____________________________________________________________

7.) According to Leviticus 11:29-30,41-42, examples of other creatures not allowed to be eaten included snakes, snails, worms, lizards, turtles, weasels, mice, etc.

   YES   NO

8.) After reviewing those creatures considered unclean, such as pigs, rabbits, squirrels, catfish, shrimp, lobster, birds of prey, snakes, worms, lizards, turtles, weasels, mice, etc.; all seem for the most part to be meat eaters and scavengers of decayed matter. God’s garbage collectors!

   YES   NO

9.) Therefore meats considered clean or acceptable by God were from those creatures whose diets consisted mainly of grasses and other vegetation. Any health observations?

   ____________________________________________________________

10.) If you saw a friend or family member preparing to eat out of the garbage can, what would be your first response? Maybe that was God’s original mindset.
LESSON #9

Food cravings have always been a constant problem, opening the door to a multitude of physical disorders. It has been estimated that in the U.S. alone, tens of thousands of deaths annually are directly related to obesity. What is it that drives us to want more of what we shouldn’t have and less of what we should?

TASTES SO GOOD, I JUST CAN’T HELP MYSELF!!!

1.) In 1 Timothy 6:6-9 there is the contrast between being content vs. the lust for more. In your own words, write down a general definition for the word “lust”.

________________________________________________________________________

________________________________________________________________________

Note: Research reveals that societies of affluence and wealth have much higher levels of chronic obesity, sugar diabetes, heart disease, high blood pressure and cancer, mainly because of unhealthy dietary habits.

2.) Verse 8 presents the challenge of learning to be content with just enough food and clothing to satisfy our needs. According to verse 9, what are the consequences of allowing lust to take hold of our earthly appetites?

   ___ Can be addictive   ___ Can be harmful   ___ Can be destructive

3.) For example, in Proverbs 25:16 & 27 we see that a craving for sweets can result in physical illness. Write verse 16 on the lines below.

________________________________________________________________________

________________________________________________________________________

4.) The writer of Proverbs 23:1-3 also warns against acquiring much of an appetite for the rich, luscious, spicy delicacies that are common among the wealthy. In fact, do these verses reveal that indulging in such foods is actually nutritional suicide to the human body, and that taste can be dangerously deceptive?

   YES___   NO___

Note: Since refined sugar and salt are addictive in nature, it’s not surprising that both are extremely common ingredients in most all processed foods on the market today, creating product loyalty in spite of the tremendous health dangers they promote.

5.) After reading Luke 17:26-29, what topped the list of those things that seemed to preoccupy the people of the civilizations mentioned before their destruction?

________________________________________________________________________

6.) Does the Lord warn us in Luke 21:34-35 of a similar preoccupation in the last days before his return?

   YES___   NO___

Note: Since refined sugar and salt are addictive in nature, it’s not surprising that both are extremely common ingredients in most all processed foods on the market today, creating product loyalty in spite of the tremendous health dangers they promote.

1.) Gluttony is the compulsion to overeat, and both refined sugar and salt stimulate the body to hunger and thirst, fueling the cravings for more and more food.

2.) The average person in America consumes as much as 150 pound of refined sugar in a year.

3.) Research has found that high sugar consumption contributes to such disorders as...
   ...Hyperactivity
   ...Depression
   ...Chronic Fatigue Syndrome
   ...Gallstones
   ...Ulcers
   ...Blood Clots
   ...Teeth & Gum Diseases
   ...just to name a few.

4.) Americans consume 10-20 times the amount of salt actually needed.

5.) High salt intake is a major contributor to high blood pressure, which in turn can lead to strokes and heart disease.
LESSON #10

Now let’s get back to a few more powerful, positive steps in our effort to securing better health as revealed in God’s Word. Keep in mind that we are in search of a “God Plan” for taking care of the temple of the Holy Spirit. In light of the old saying that states “you are what you eat”, get ready for a revelation of “good stuff” designed by the master chef himself.

EAT YOUR FRUITS AND VEGGIES ADAM

1.) Surprising to most people, the first recorded conversation between God and humanity included a reference to the foods he had specifically prepared for them to eat. Read Genesis 1:26-31, then write verse 29 on the lines below.

______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

2.) In your own words, what was the general make up of this diet?

______________________________________________________________

3.) Now according to verse 31, after God had completed his creation and initiated the proper order of things, how did God evaluate the finished product?

___ Not bad! ___ Fair! ___ Could be better! ___ Very good!

4.) Since everything God did was the very best, would it be fair to say that God’s instructions on diet was probably presented as an exceptional plan designed to produce the best results for optimal health?

YES ___ NO ___

5.) Which verse in Genesis 3 shows us that fruits, vegetables and grains continued to be the foods of the first family even after their expulsion from the Garden of Eden?

___ verses 14-16 ___ verses 17-19 ___ verses 20-21

6.) In Deuteronomy 8:7-10, God announces he was bringing his people into a good land. List the things below that are clearly described as being so good.

______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

7.) Finally in Psalm 104:14,15 we are reminded that God placed a wide variety of vegetation on this earth as food for man’s health and well being.

YES ___ NO ___

HEALTH NOTES

1.) Fruits, nuts, vegetables and grains do not contain cholesterol.

2.) It now seems quite evident that high amounts of cholesterol is one of the major contributors to the development of heart disease and many types of cancer.

3.) Whole grains, vegetables, fruits and nuts all contain much needed fiber.

4.) High fiber diets help to disarm the impact of diabetes, as well as assist in the prevention of certain kinds of cancers.

5.) Actually a Mediterranean diet, rich in fruits, vegetables, whole grains, legumes and fish is proving to be one of the worlds best and most recommended diets known to man.

6.) Scripture shows that Jesus himself lived his life feeding on a Mediterranean diet.
Health Notes

1.) A basic plan to follow to greatly improve one's health would be to decrease your intake of...
   - Meats
   - Fats
   - Sugars
   - Salt
   - White flour goods
   - Caffeinated & Carbonated Drinks

   Then increase your intake of...
   - Fresh Vegetables
   - Fresh fruits
   - Whole Grain Foods
   - Nuts
   - Water

2.) Any meats eaten should be baked or broiled without the skin or the fat. Choose to eat smaller portions of meat and not necessarily at every meal.

The Daniel Experiment

1.) First of all, take some time to read the entire first chapter of the book of Daniel to get an overall view of the setting of this passage. According to verse 5, what was the first order of business for those chosen from the Children of Israel to serve in Nebuchadnezzar's court?

   ____________________________________________________________

2.) Now when Daniel saw that the food being given to nourish them was not in line with God's dietary plan for the Jews, what did Daniel do?
   - Nothing
   - Complained
   - Suggested a temporary experiment

3.) The expectation of the man in charge was that if Daniel and his friends did not eat what everyone else was eating, they would be weak and sickly and he would be in real trouble. Which verse makes this reference?

   Verse ______

4.) According to verse 12, this nutritional experiment was set up for how many days?
   - 3 days
   - 10 days
   - 21 days

5.) Now the diet that Daniel requested was strictly a diet of vegetables and water.

   YES   NO

6.) After the ten day experiment was completed, what were the end results as recorded in Daniel 1:15?

   ____________________________________________________________

7.) In fact, the one in charge of their care was so convinced, he ordered that Daniel and the others with him be allowed to follow their own dietary plan from that point on.

   YES   NO

8.) Also notice King Nebuchadnezzar's evaluation found in verse 19 after these four Jewish men were finally brought into the kings court to serve. When comparing them with everyone else, what was the king's viewpoint?

   ____________________________________________________________

9.) Was the success of this experiment due to some kind of miracle, or because they were tapping into the nutritional foods created by God for healthy living?

   ____________________________________________________________

Written By: James R. Palmer
LESSON #12

Now before we end this series, it’s extremely important we deal with at least one more key area which impacts the health of our body, and that is the importance of physical exercise. At first glance it would appear the Bible doesn’t address this subject; but a closer look at scripture reveals some pretty interesting insights. Get ready to get those gym shoes out of the closet!

ON MY ACHING MUSCLES!!!

1.) After reading Joshua 1:7, 2 Chronicles 15:7, Haggai 2:4, Zechariah 8:9 1 Corinthians 16:13, and Ephesians 6:10, what is the common phrase found in all these passages? ____________________________

2.) Now even though these passages do not always refer to physical strength, throughout the Bible God continually challenges his people to be men and women of strength so they can successfully fulfill God’s plans and purposes.

   YES___   NO___

3.) In 1 Corinthians 6:19,20 we discover our body is referred to as the temple of the Holy Spirit and is to be cared for and maintained in a manner which glorifies God. What kind of a condition do you think would best glorify the Lord in this life?

   ___ Strong and healthy  ___ Weak and sickly

4.) Even God’s Word makes reference to this fact in 1 Timothy 4:8. After some research, write down in your own words what the 1st phrase of this verse is saying.

   ____________________________________________________

5.) According to this verse, bodily exercise does not compare to the spiritual exercise of godliness which affects us now and for eternity; but the Bible does establish the fact that bodily exercise has some measurable benefit when it comes to building physical strength while here on earth.

   YES___   NO___

6.) Since our body is referred to as a temple or building, notice what the writer of Ecclesiastes 10:18 says happens to a building which is not taken care of because of an attitude of laziness. Write this verse below.

   ____________________________________________________

7.) In fact we now understand our physical body is strengthened by the motion or movement of the muscles and joints on a day to day basis. Regular exercise is proving to be an effective prescription for a wide variety of physical problems plaguing our society today. So in reference to the above Bible passages, what do you think will likely be the outcome if we choose a lifestyle which is basically sedentary and inactive?

   ___Little or no impact on our health  ___Will remain strong and healthy  ___Will become weak and sickly
As we review the things discussed in this lesson series, let’s see if we can pull together all the pieces of the puzzle and catch an overview of God’s plan for healthier living. Keep in mind that to be successful in this or any other area of God’s Word, you must become a doer and not a hearer only.

**TAKING A LOOK AT THE WHOLE PICTURE**

1.) List at least 2 verses from lesson #1 that displays God’s desire for his people to experience good health.

2.) Yes, sin and Satan are contributors to the destruction of the human body through sickness and disease; but like Eve in the garden, many times we are guilty of opening the door to health problems simply because we have made some unwise choices.  

   YES__  NO__

3.) According to Proverbs 3:1-8; 4:20-22, what are some of the benefits promised to a person who follows the instructions found in God’s Word?

4.) We see in Proverbs 17:22 that even our attitude affects our physical health.

   YES__  NO__

5.) What fluid is critical for life to be sustained?  

6.) Which phrase in 1 Corinthians 6:19 reveals that God takes seriously how we treat our physical body?

7.) According to Leviticus 3:17, what two items did God tell Israel not to include in their diet?

8.) We learned in lesson #9 that we should not allow our physical appetites to lead us down a path of physical destruction.

   YES__  NO__

9.) After returning back to lessons #10 & #11, what did we discover should be the predominant foods consumed on a daily basis to promote better health?

10.) In 1 Timothy 4:8 we find that ______________ does provide some benefit to our well being while we live on this earth.

11.) Because of this lesson series I have decided to ____________________________

**HEALTH NOTES**

After reviewing the many health notes provided in this series, write down the three quotes that caught your attention most.

1.) ______________  __________________  __________________

2.) ______________  __________________  __________________

3.) ______________  __________________  __________________