



GOOD HEALTH

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” 1 Cor. 10:31

1. What did the apostle John wish concerning Gaius? *“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”* 3 John 2

Note: John was concerned that he be successful in his life generally but most specifically physically and spiritually. It appears from this verse that his soul already prospered or was strong, and John was wishing the same prosperity upon his physical body. He wanted him to enjoy the best of health. Physical health is vitally important to spiritual health because of the intimate connection that exists between the mind and body.

2. What did God promise His people anciently if they would serve Him? *“And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.”* Exodus 23:25

Note: God would either prevent sickness or remove it altogether. The land would not be visited with epidemical diseases, which in times past have laid countries waste.

3. Upon what conditions was freedom from disease promised? *“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.”* Ex. 15:26

Note: God is the Great Physician, and we should understand from this verse that if we are kept well, it is He that keeps us so, and if we are made well, it is He that recovers us. See 2 Kings 20:1-5.

4. What does the psalmist say the Lord does for His people? *“Who forgiveth all thine iniquities; who healeth all thy diseases.”* Psalm 103:3
5. What constituted a large part of Christ’s ministry? *“Who went about doing good, and healing all that were oppressed of the devil.”* Acts 10:38
6. Why should the health of our bodies be preserved? *“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”* 1 Cor. 6:20

Note: We have been purchased with the blood, sweat and tears of Jesus Christ. Not only did He suffer in our behalf, but the Father and all of heaven suffered with Him.

7. What is the body of the believer said to be? *“What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”* I Cor. 3:19
8. What will God do to those who defile this temple? *“If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”* 1 Cor. 3:17
9. What example did Daniel set in this matter? *“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank...”* Dan. 1:8
10. With what food did he ask to be provided? *“Prove thy servants, I beseech thee, then days; and let them give us pulse to eat, and water to drink.”* Dan. 1:12
11. What was the original diet prescribed for man? *“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you is shall be for meat.”* Gen. 1:29
12. Why did the Lord restrict the Hebrews in their diet? *“For thou art a holy people unto the Lord thy God, and the Lord hath chosen thee to be a peculiar people unto Himself, above all the nations that are upon the earth. Thou shalt not eat any abominable thing.”* Deut. 14:2, 3
13. What effect does cheerfulness have upon the health? *“A merry heart doeth good like a medicine, but a broken spirit drieth the bones.”* Prov. 17:22
14. The body cannot function properly without taking a break. What instruction did the Savior have for his disciples concerning rest? *“And He said unto them, Come ye yourselves apart into a desert place, and rest awhile.”* Mark 6:31
15. How are we exhorted to present our bodies to God? *“I BESEECH you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”* Rom. 12:1
16. What high purpose should control our habits of life? *“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”* 1 Cor. 10:31