

# WHAT THE BIBLE TEACHES ABOUT HEALTH PRINCIPLES AND GUIDELINES FOR LIVING

# 16



## THE BODY IS GOD'S TEMPLE

1. How does God consider the human body?

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2. In what two aspects is God interested?

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## HEALTH PRINCIPLES

3. What is the basic principle for eating?

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4. What meats are not convenient?

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5. Why do we stay away from alcoholic beverages?

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6. Why is it best not to use tobacco, coffee and stimulating beverages?

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## STANDARDS OF LIVING

7. What should personal appearance be like?

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8. Why do we not attend inappropriate shows?

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## WHAT MUST I DO?

1. Strive to live a perfect Christian life.

2. Follow Jesus' example in all things.

1 Corinthians 6:19, 20

3 John 2

1 Corinthians 10:31

Leviticus 11:3-20

Proverbs 20:1

1 Corinthians 3:16, 17

1 Timothy 2:9, 10

1 Peter 2:21

Matthew 5:48

1 John 2:6

**I believe that my body is the temple of the Holy Spirit. I will abstain from all harmful foods or beverages.**

THE FAITH  
OF JESUS

SIGNATURE

## ▶ ADDITIONAL STUDY ◀

**A Pure and Spotless Church.** We are a chosen people (1 Peter 2:9). The Christian is in the world but is not of the world (1 John 2:15-17; James 4:4). The church must be holy and spotless (Ephesians 5:25-27). It must be an example for the world (Matthew 5:16). We must abstain from all evil (1 Corinthians 9:25-27).

**Dynamic Christianity.** The Christian has integrity (Psalm 15:1-5). He is honest in his business transactions (Proverbs 20:10). His thoughts are elevated (Philippians 4:8). The Christian is careful with words (Ephesians 4:25-29). The Christian avoids the fruits of the flesh and practices the ones of the Spirit (Galatians 5:19-26).

**Christian Modesty.** Christian modesty is recommended (1 Timothy 2:9, 10). Dispense with superfluous external adornment (Isaiah 3:18-23; Genesis 35:1-4; Jeremiah 4:30). True beauty emanates from a life consecrated to God (Proverbs 31:30).

### The Christian and Health

When worshiping God we do it with our spirit and our body, therefore both must be irreproachable (1 Thessalonians 5:23). On the other hand, God considers our body to be a temple (1 Corinthians 6:19). Any attack against the health of the body is a grave sin before God (1 Corinthians 3:16, 17). "Our bodies must be kept in the best possible condition physically, and under the most spiritual influences... Those who thus shorten their lives by disregarding nature's laws are guilty of robbery toward God."—Ellen G. White, *Counsels on Health*, p. 41). An important principle in the life of the Christian is temperance (Luke 21:34).

### The Use of Meat

It was not God's plan that meat would be consumed. The diet given by the Lord was natural (Genesis 1:29). Provisional permission was given to consume meat because of the flood (Genesis 9:3). Because man became accustomed to the carnivorous diet, God indicated specifically which meats were inconvenient.

These indications are found in the book of Leviticus, in chapter 11. In general, the instructions are the following:

**Meat.** The meat of animals with a split hoof and that chew their cud can be eaten. If one or both of these characteristics are lacking, the meat should not be eaten.

**Fish.** The ones that can be consumed are the ones that have fins and scales.

**Birds.** The ones that may not be eaten are birds of prey or nocturnal birds.

**Blood.** The Bible strictly forbids the use of blood as food. (Leviticus 17:13, 14).

### Alcohol and Tobacco

The Bible recommends abstaining from all alcoholic beverages (Proverbs 23:20; 20:1; Isaiah 28:7; Luke 1:15; 1 Corinthians 6:10; Ephesians 5:18).

Tobacco was not known in Bible times. It originated in America. However, its use has spread through the entire world. Men, women, youth and children fall victims of this vice. Every cigarette contains approximately 35 poisons. Medical science warns us of the terrible effects of tobacco. It affects the arteries that feed the heart, the lungs, the sense of smell, the stomach, and sight. The relationship between the habit of smoking and the increase of cancer has been proven. Whoever desires to be a god child of God must leave behind this terrible vice (2 Timothy 2:21). Likewise, coffee, tea and mate contain drugs and poisons.

### Jesus, our Example and our Strength

The Christian life is a constant struggle. The secret of triumph consists in following in Jesus' footsteps (1 Peter 2:21). It requires a spirit of sacrifice (Luke 9:23; 1 Corinthians 9:26, 27), and abandoning wrong customs (Titus 2:12, 13). A reform of habits is necessary (Romans 12:2).