

BIBLICAL PRINCIPLES OF GOOD HEALTH

"It is health that is real wealth and not pieces of gold and silver."

Part A Medical, Part B Mental Health, Part C Nutrition

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PART A- MEDICAL

Genesis 20:17

So Abraham prayed to God; and God healed Abimelech, his wife, and his female servants. Then they bore children;

How strong do the think the faith of Abraham was?

Genesis 50:2

And Joseph commanded his servants the physicians to embalm his father. So the physicians embalmed Israel.

Was it surprising that they could embalm?

Exodus 15:26

and said, "If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I *am* the LORD who heals you."

What were some of the diseases put upon the Egyptians?

Exodus 16:12

"I have heard the complaints of the children of Israel. Speak to them, saying, 'At twilight you shall eat meat, and in the morning you shall be filled with bread. And you shall know that I *am* the LORD your God.'"

Were some times better than others?

Exodus 21:19

if he rises again and walks about outside with his staff, then he who struck him shall be acquitted. He shall only pay for the loss of his time, and shall provide for him to be thoroughly healed.

What was the moral obligation here?

Leviticus 13:37

But if the scale appears to be at a standstill, and there is black hair grown up in it, the scale has healed. He *is* clean, and the priest shall pronounce him clean.

What were the conditions for being healed?

Leviticus 14:48

“But if the priest comes in and examines it, and indeed the plague has not spread in the house after the house was plastered, then the priest shall pronounce the house clean, because the plague is healed.

What were the conditions of a house to be clean?

Leviticus 14:3-5

³ And the priest shall go out of the camp, and the priest shall examine him; and indeed, if the leprosy is healed in the leper, ⁴ then the priest shall command to take for him who is to be cleansed two living and clean birds, cedar wood, scarlet, and hyssop. ⁵ And the priest shall command that one of the birds be killed in an earthen vessel over running water.

What was to be done by the priest?

Leviticus 19:28

You shall not make any cuttings in your flesh for the dead, nor tattoo any marks on you: I am the LORD.
Why should we not damage our flesh?

Numbers 12:10-13

¹⁰ And when the cloud departed from above the tabernacle, suddenly Miriam became leprous, as white as snow. Then Aaron turned toward Miriam, and there she was, a leper. ¹¹ So Aaron said to Moses, “Oh, my lord! Please do not lay this sin on us, in which we have done foolishly and in which we have sinned. ¹² Please do not let her be as one dead, whose flesh is half consumed when he comes out of his mother’s womb!”

¹³ So Moses cried out to the LORD, saying, “Please heal her, O God, I pray!”

What is the power in prayer that get's God's attention?

Deuteronomy 28:22

The LORD will strike you with consumption, with fever, with inflammation, with severe burning fever, with the sword, with scorching, and with mildew; they shall pursue you until you perish.

What was God's punishment and why?

Deuteronomy 28:27

The LORD will strike you [people of Israel] with the boils of Egypt, with tumors, with the scab, and with the itch, from which you cannot be healed.

How much discomfort would this cause?

Deuteronomy 28:28-29

²⁸ The LORD will strike you [Israel] with madness and blindness and confusion of heart.

²⁹ And you shall grope at noonday, as a blind man gropes in darkness; you shall not prosper in your ways; you shall be only oppressed and plundered continually, and no one shall save you.

What would it be like to be blind?

Deuteronomy 28:35

The LORD will strike you [people of Israel] in the knees and on the legs with severe boils which cannot be healed, and from the sole of your foot to the top of your head.

How much discomfort would this cause?

Deuteronomy 32:39

‘Now see that I, even I, am He, and there is no God besides Me; I kill and I make alive; I wound and I heal; Nor is there any who can deliver from My hand.

Is not God in control?

1 Samuel 6:3

So they [Philistines] said, “If you send away the ark of the God of Israel, do not send it empty; but by all means return it to Him with a trespass offering. Then you will be healed, and it will be known to you why His hand is not removed from you.”

Why was the Ark such a problem for the Philistines?

2 Kings 2:20-22

²⁰ And he [Elisha] said, “Bring me a new bowl, and put salt in it.” So they brought it to him.

²¹ Then he went out to the source of the water, and cast in the salt there, and said, “Thus says the LORD: ‘I have healed this water; from it there shall be no more death or barrenness.’” ²² So the water remains healed to this day, according to the word of Elisha which he spoke.

Does this reflect the

2 Kings 9:15

But King Joram had returned to Jezreel to recover from the wounds which the Syrians had inflicted on him when he fought with Hazael king of Syria. And Jehu said, “If you are so minded, let no one leave or escape from the city to

go and tell it in Jezreel.”

Would you recommend lots of rest to recoup to someone?

2 Kings 20:5-8

⁵ “Return and tell Hezekiah the leader of My people, ‘Thus says the LORD, the God of David your father: “I have heard your prayer, I have seen your tears; surely I will heal you. On the third day you shall go up to the house of the LORD. ⁶ And I will add to your days fifteen years. I will deliver you and this city from the hand of the king of Assyria; and I will defend this city for My own sake, and for the sake of My servant David.’””

⁷ Then Isaiah said, “Take a lump of figs.” So they took and laid it on the boil, and he recovered. ⁸ And

Hezekiah said to Isaiah, “What *is* the sign that the LORD will heal me, and that I shall go up to the house of the LORD the third day?”

What healing process happened here?

2 Chronicles 7:14

if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

What did the people need to do for forgiveness and healing?

2 Chronicles 16:12

And in the thirty-ninth year of his reign, Asa became diseased in his feet, and his malady was severe; yet in his disease he did not seek the LORD, but the physicians.

What encouragement is this for us today?

Job 3:16

Or why was I not as a hidden stillborn child, as infants who never see the light?

Would you consider this a knowledge of their time?

Job 5:18

For He bruises, but He binds up; He wounds, but His hands make whole.

Does this represent God being in control?

Job 23:12

I have not departed from the commandment of His lips; I have treasured the words of His mouth more than my portion of food.

Have you ever felt the word of God is more important than food?

Psalm 30:2

O LORD my God, I [David] cried out to You, and You healed me.

What is an example for praying to God?

Psalm 103:3

Who forgives all your iniquities, who heals all your diseases,

Does this imply that we must ask God?

Psalm 107:19-20

¹⁹ Then they cried out to the LORD in their trouble, and He saved them out of their distresses. ²⁰ He sent

His word and healed them, and delivered them from their destructions.

How does this imply the power of God?

Psalm 127:3

Behold, children are a heritage from the Lord, the fruit of the womb a reward.

How a reward?

Psalm 147:3

² The LORD builds up Jerusalem; He gathers together the outcasts of Israel. ³ He heals the brokenhearted and binds up their wounds.

⁴ He counts the number of the stars; He calls them all by name.

How do we recognize our well being today?

Proverbs 23:29

Who has woe? Who has sorrow? Who has contentions? Who has complaints? Who has wounds without cause? Who has redness of eyes?

How does this reflect some people today?

Ecclesiastes 3:3

A time to kill, and a time to heal; a time to break down, and a time to build up;

What is the implication here?

Isaiah 1:6

From the sole of the foot even to the head, there is no soundness in it, but wounds and bruises and putrefying sores; They have not been closed or bound up, or soothed with ointment.

Why are ointments and binding so important?

Isaiah 19:22

And the LORD will strike Egypt, He will strike and heal *it*; they will return to the LORD, and He will be entreated by them and heal them.

Can you explain the power of God in this situation?

Isaiah 30:26

Moreover the light of the moon will be as the light of the sun, and the light of the sun will be sevenfold, as the light of seven days, in the day that the LORD binds up the bruise of His people and heals the stroke of their wound.

How were the wounds healed?

Isaiah 38:21

Now Isaiah had said, “Let them take a lump of figs, and apply *it* as a poultice on the boil, and he shall recover.”

Would figs serve as a suitable poultice?

Isaiah 53:4-5

⁴ Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. ⁵ But He was wounded for our transgressions, he was bruised for our iniquities; The chastisement for our peace *was* upon Him, and by His stripes we are healed.

How are we healed His Stripes

Isaiah 57:18-21

⁸ I have seen his ways, and will heal him; I will also lead him, And restore comforts to him and to his mourners. ¹⁹ “I create the fruit of the lips: Peace, peace to him who is far off and to him who is near,” Says the LORD,

“And I will heal him.”

²⁰ But the wicked are like the troubled sea, When it cannot rest, Whose waters cast up mire and dirt.

²¹ “There is no peace,” Says my God, “for the wicked.”

What healing is expressed here?

Jeremiah 8:22

Is there no balm in Gilead, is there no physician there? Why then is there no recovery for the health of the daughter of my people?

What does it mean "Balm"?

Jeremiah 15:18

Why is my pain perpetual and my wound incurable, Which refuses to be healed? Will You surely be to me like an unreliable stream, as waters that fail?

How could pain be perpetual and a wound incurable?

Jeremiah 17:14

Heal me, O LORD, and I shall be healed; Save me, and I shall be saved, for You are my praise.

Is this a model for asking God to heal?

Jeremiah 30:13

There is no one to plead your cause, that you may be bound up; You have no healing medicines.

Why is it a bad situation for Israel and Judah?

Jeremiah 30:17

For I will restore health to you [Israel and Judah] and heal you of your wounds,’ says the LORD, ‘Because they called you an outcast saying: “This *is* Zion; No one seeks her.”’

How much better does the plight of Israel and Judah look better?

Jeremiah 33:6

Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security.

Why did God promise to do this for them?

Jeremiah 46:11

“Go up to Gilead and take balm, O virgin, the daughter of Egypt; In vain you will use many medicines; You shall not be cured.

What is the harshness of God's decision?

Jeremiah 51:8-9

Babylon has suddenly fallen and been destroyed. Wail for her! Take balm for her pain; Perhaps she may be healed. ⁹ We would

have healed Babylon, but she is not healed. Forsake her, and let us go everyone to his own country; For her judgment reaches to heaven and is lifted up to the skies.

Explain what the healing here represents?

Ezekiel 34:4

The weak you have not strengthened, nor have you healed those who were sick, nor bound up the broken, nor brought back what was driven away, nor sought what was lost; but with force and cruelty you have ruled them.

Explain what happened.

Ezekiel 47:12

Along the bank of the river, on this side and that, will grow all kinds of trees used for food; their leaves will

not wither, and their fruit will not fail. They will bear fruit every month, because their water flows from the sanctuary. Their fruit will be for food, and their leaves for medicine.”

Explain the good stuff that is expressed here.

Hosea 5:13

“When Ephraim saw his sickness, and Judah saw his wound, then Ephraim went to Assyria and sent to King Jareb; yet he cannot cure you, nor heal you of your wound.

Why was this 1/2 tribe in such a problem situation?

Hosea 6:1

Come, and let us return to the LORD; for He has torn, but He will heal us; He has stricken, but He will bind us up.

What did it take to return to God?

Hosea 7:1

“When I would have healed Israel, then the iniquity of Ephraim was uncovered, and the wickedness of Samaria. for they have committed fraud; a thief comes in; a band of robbers takes spoil outside.

Why did God not heal Israel?

Hosea 14:4

“I will heal their backsliding, I will love them freely, For My anger has turned away from him.

Who was he talking about?

Matthew 5:1-3

Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and

taught them, saying:
 “Blessed are the poor
 in spirit, for theirs is
 the kingdom of heaven.
 “Blessed are those who
 mourn, for they shall
 be comforted. “Blessed
 are the meek, for they
 shall inherit the earth.
**How blessed is to be
 poor in spirit,
 mourning, and meek**

Matthew 9:12

When Jesus heard that,
 He said to them,
 “Those who are well
 have no need of a
 physician, but those
 who are sick.

**When do we need a
 physician?**

Mark 5:24-29

²⁴ So Jesus went with
 him, and a great
 multitude followed
 Him and thronged
 Him. ²⁵ Now a certain
 woman had a flow of
 blood for twelve years,
²⁶ and had suffered
 many things from

many physicians. She
 had spent all that she
 had and was no better,
 but rather grew worse.

²⁷ When she heard
 about Jesus, she came
 behind Him in the
 crowd and touched His
 garment. ²⁸ For she
 said, “If only I may
 touch His clothes, I
 shall be made well.”

²⁹ Immediately the
 fountain of her blood
 was dried up, and she
 felt in her body that she
 was healed of the
 affliction.

**What is the beauty in
 this story?**

Luke 10:34

So he went to him and
 bandaged his wounds,
 pouring on oil and
 wine; and he set him
 on his own animal,
 brought him to an inn,
 and took care of him.

**How do you think oil
 and wine might
 contribute to the
 healing process?**

1 Timothy 5:23

No longer drink only
 water, but use a little
 wine for your
 stomach’s sake and
 your frequent
 infirmities.

**How would wine help
 their stomach?**

James 5:14-15

Is anyone among you
 sick? Let him call for
 the elders of the
 church, and let them
 pray over him,
 anointing him with oil
 in the name of the
 Lord. And the
 prayer of faith
 will save the one
 who is sick, and the
 Lord will raise him up.
 And if he has
 committed sins, he will
 be forgiven.

**How powerful is the
 faith of our people?**

James 3:17

But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

What does wisdom from God help us?

1 Peter 2:24

who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

What did Christ do?

3 John 1:2

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Why do we pray for the good health in others.

3 John 1:2

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Should we not pray for good health of our brothers and sisters?

**Discussion Question:
From this study, what would you offer as ideas for our health care?**

MENTAL HEALTH

Part B

14

2 Kings 20:5-8

“Turn back, and say to Hezekiah the leader of my people, Thus says the Lord, the God of David your father: I have heard your prayer; I have seen your tears. Behold, I will heal you. On the third day you shall go up to the house of the Lord, and I will add fifteen years to your life. I will deliver you and this city out of the hand of the king of Assyria, and I will defend this city for my own sake and for my servant David's sake.” And Isaiah said, “Bring a cake of figs. And let them take and lay it on the boil, that he may recover.” And Hezekiah said to Isaiah, “What shall be the sign that the Lord will heal me, and that I

shall go up to the house of the Lord on the third day?”

How is love for man?

Psalms 1:3

He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. in all that he does, he prospers.

How can we be like a tree?

Psalms 4:7-8

⁷ You have put gladness in my heart, more than in the season that their grain and wine increased. ⁸ I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.

If our obedience pleases God, should we not be able to have peace and sleep?

Psalms 29:11

The Lord will give strength to His people; The Lord will bless His people with peace.

Can we pray for this peace?

Psalms 34:14

Depart from evil and do good; Seek peace and pursue it.

How true is this challenge today?

Psalms 37:4

Delight yourself in the Lord, and he will give you the desires of your heart.

What are some of your desires?

Psalm 46:10

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

How does stillness and knowing God help us?

Psalm 85:10

Mercy and truth have met together;
Righteousness and peace have kissed.

How are peace and righteousness associated?

Psalm 91:1

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

How do we dwell in the shelter of God?

Psalm 119:105

Your word is a lamp to my feet and a light to my path.

What does this depict?

Proverbs 14:29-30

²⁹ He who is slow to wrath has great understanding, but he who is impulsive exalts folly. ³⁰ A sound heart is life to the body, but envy is rottenness to the bones.

Which do you strive to have the good qualities?

Proverbs 15:30

The light of the eyes rejoices the heart, and good news refreshes the bones.

Make an application of this verse.

Proverbs 16:7

When a man’s ways please the Lord, He makes even his enemies to be at peace with him.

Why is this true?

Proverbs 16:9

The heart of man plans his way, but the Lord establishes his steps.

What are the steps that God established? Proverbs 16:24

Pleasant words are like a honeycomb, sweetness to the soul and health to the bones.
Explain how expressions of kindness are so sweet?

Proverbs 17:22

A merry heart does good, like medicine, but a broken spirit dries the bones.

Compare these two situations?

Proverbs 19:23

The fear of the Lord leads to life, and whoever has it rests satisfied; he will not be visited by harm.

What reassurance is provided?

Isaiah 30:15

For thus said the Lord God, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength." But you were unwilling,
Why are some unwilling?

Isaiah 32:17

The work of righteousness will be peace, and the effect of righteousness, quietness and assurance forever.
What can result from righteousness?

Isaiah 40:31

But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Isaiah 48:18

Oh, that you had heeded My commandments! Then your peace would have been like a river, and your righteousness like the waves of the sea.
Would you say they failed to be obedient?

Jeremiah 33:6

Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth.
How are peace and truth tied to health?

Jeremiah 33:6

Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth.
What has been revealed to us today?

Hosea 6:6

For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings.
What is most important to God?

Matthew 5:6

Blessed are those who hunger and thirst for righteousness, for they shall be filled.
Explain the spiritual nature of this.

Matthew 5:9-10

"Blessed are the peacemakers, for they shall be called sons of God. "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
What are the evidence of being a

peacemaker and being persecuted?

Matthew 6:30-33

³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Why we should not worry and why are to be concerned about today?

Matthew 11:28-30

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

What is the rest spoken here?

Matthew 22:37

Jesus said to him, “‘You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’”

How are we to love the God?

Mark 9:50

Salt *is* good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another.”

What is salt within ourselves?

Mark 12:30-31

And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”

How are we to love God and how do we show it?

Luke 11:9

And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

What is God to us however we approach Him?

Luke 20:38

Now he is not God of the dead, but of the living, for all live to him.”

What is important?**John 1:12**

But as many as received Him, to them He gave the right to become children of God, to those who believe in His name:

How did we gain the right to become a child of God?**John 1:14**

And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

Explain this?**John 3:16**

“For God so loved the world, that he gave his only Son, that whoever believes in him should

not perish but have eternal life.

How do we have eternal life?**John 5:39**

You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me,

What do the scriptures provide?**John 6:35**

Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

What does the Word of God provide?**John 14:1**

“Let not your hearts be troubled. Believe in God; believe also in me.

How does believing in God help?**John 14:27**

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Why should we not let our heart be troubled?**John 15:7**

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

How comforting is this verse?**John 16:13**

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to

you the things that are to come.

Of what were the Apostles assured?

Acts 10:34

Then Peter opened *his* mouth and said: “In truth I perceive that God shows no partiality.

Explain this.

Romans 5:1

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,

How are we justified?

Romans 8:6

For to be carnally minded *is* death, but to be spiritually minded *is* life and peace.

Explain spiritually minded.

Romans 12:2

Do not be conformed to this world, but be transformed by the

renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

How are we transformed?

Romans 14:17

for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

What do we have in the Kingdom of God?

Romans 14:19

Therefore let us pursue the things *which make* for peace and the things by which one may edify another.

What are some things we can do to edify others?

Romans 15:4

For whatever was written in former days was written for our

instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

How are we to have hope?

Romans 15:13

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

What does God give us?

1 Corinthians 6:19-20

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, For you were bought with a price. So glorify God in your body.

Explain the body as a temple?

1 Corinthians 10:13

No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

What happens if we commit a sin?

2 Corinthians 7:1

Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

How do we perfect holiness?

2 Corinthians 13:11

Finally, brethren, farewell. Become complete. Be of good comfort, be of one mind, live in peace;

and the God of love and peace will be with you.

How are we to be complete?

Galatians 2:20

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

What is the basis of our faith?

Galatians 5:1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

How do we have freedom and stand firm?

Galatians 5:22-23

²² But the fruit of the Spirit is love, joy, peace, longsuffering,

kindness, goodness, faithfulness,
²³ gentleness, self-control. Against such there is no law.

What do we have if we have the fruit of the Spirit?

Ephesians 2:8

For by grace you have been saved through faith, and that not of yourselves; it is the gift of God,

What gift did we receive?

Ephesians 5:18-19

¹⁸ And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,
¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

If all in the church are filled with the spirit, what would be happening?

Ephesians 6:11-13

¹¹ Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

Why do we need God's Armor?

Ephesians 6:14-17

¹⁴ Stand therefore, having girded your waist with truth, having

put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of peace; ¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God;

Where do you feel maybe the weakest part of our armor?

Ephesians 6:23-24

²³ Peace to the brethren, and love with faith, from God the Father and the Lord Jesus Christ. ²⁴ Grace be with all those who love our Lord Jesus Christ in sincerity. Amen.

How reassuring is Paul's message here?

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

How do we tie together prayer and peace?

Philippians 4:8

Finally, brothers,
whatever is true,
whatever is honorable,
whatever is just,
whatever is pure,
whatever is lovely,
whatever is
commendable, if there
is any excellence, if
there is anything
worthy of praise,
think about
these things.

**What things should
we think about?**

Philippians 4:9

The things which you
learned and received
and heard and saw in
me, these do, and the
God of peace will be
with you.

**What are we to have
learned?**

Philippians 4:13

I can do all things
through him who
strengthens me.

**What are some things
that we can do?**

Philippians 4:19

And my God will
supply every need of
yours according to his
riches in glory in Christ
Jesus.

**What are some needs
that we have?**

Colossians 3:15

And let the peace of
God rule in your
hearts, to which also
you were called in one
body; and be thankful.

**What is to rule over
our heart?**

1 Thessalonians 5:23

Now may the God of
peace himself sanctify
you completely, and
may your whole spirit
and soul and body be
kept blameless at the
coming of our Lord
Jesus Christ.

**How are we
sanctified?**

2 Thessalonians 1:7

And to grant relief to
you who are afflicted

as well as to us, when
the Lord Jesus is
revealed from heaven
with his mighty angels

**What is happening
here?**

2 Thessalonians 3:16

Now may the Lord of
peace Himself give you
peace always in every
way. The Lord be with
you all.

**What can the Lord of
peace give us?**

Colossians 4:2

Continue earnestly in
prayer, being vigilant
in it with thanksgiving;

**Should we do more to
cultivate our prayer
life?**

1 Timothy 2:1-3

Therefore I exhort first
of all that

supplications, prayers,
intercessions, and
giving of thanks be
made for all men,² for

kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. ³ For this *is* good and acceptable in the sight of God our Savior,

What is good and acceptable to God?

1 Timothy 4:8

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Explain the value of bodily training.

2 Timothy 2:22

Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

How do we achieve a pure heart?

Titus 3:2

to speak evil of no one, to be peaceable, gentle, showing all humility to all men.

In communicating with others, how are we to do it?

Titus 3:7

that having been justified by His grace we should become heirs according to the hope of eternal life.

What encouragement do we receive from being justified?

Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

What can the Word of God do?

Hebrews 12:11

Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

What should we devote be trained to do?

Hebrews 12:14

Pursue peace with all people, and holiness, without which no one will see the Lord:

How do we pursue peace as a child of God?

Hebrews 13:16

But do not forget to do good and to share, for with such sacrifices God is well pleased.

What pleases God?

James 1:2-6

² My brethren, count it all joy when you fall into various trials,

³ knowing that the testing of your faith produces patience.

⁴ But let patience have its perfect work, that you may be perfect and complete, lacking nothing. ⁵ If any of you lacks wisdom, let him

ask of God, who gives to all liberally and without reproach, and it will be given to him.

⁶ But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

What can patience do?

What can we receive only from God?

James 4:8-10

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and

purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the **Lord, and he will exalt you. How can a person cleanse and purify themselves?**

1 Peter 3:11

Let him turn away from evil and do good; Let him seek peace and pursue it.

What good are we to do?

1 Peter 3:18

For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit

How are we now alive in the Spirit?

1 Peter 5:7

Casting all your anxieties on him, because he cares for you.

How much does God care for us?

2 Peter 1:2

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord,

As we grow in knowledge, what should happen?

1 Peter 5:7

casting all your care upon Him, for He cares for you.

How is this reassuring?

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

How are we cleansed from unrighteousness

1 John 3:1

See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.

How do we let others know we are children of God?

1 John 3:22

And whatever we ask we receive from him, because we keep his commandments and do what pleases him.

What do we expect to receive?

1 John 4:16

So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.

When abiding in love, what happens?

1 John 4:18

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

How can we be perfected in love?

3 John 1:2

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

How can we tie together good health with our soul?

Jude 1:2

Mercy, peace, and love be multiplied to you.

How are these multiplied to us?

Revelation 3:20

Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I

will come in to him and eat with him, and he with me.

What should happen when some one hears His voice?

Discussion Question.
How does this study about mental health prepare us for helping others?

NUTRITION

Part C

Genesis 1:29-30

²⁹ And God said, “See, I have given you every herb that yields seed which *is* on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. ³⁰ Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food”; and it was so.

In this account what did God give us?

Genesis 7:2

Take with you seven pairs of all clean animals, the male and his mate, and a pair of the animals that are not clean, the male and his mate,

Why this selection of animals?

Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs.

What did God give us?

Genesis 18:5

And I will bring a morsel of bread, that you may refresh your hearts. After that you may pass by, inasmuch as you have come to your servant.”

How is it that we offer someone some bread?

Genesis 18:1-3

Then the LORD appeared to him by the terebinth trees of Mamre, as he was sitting in the tent door in the heat of the day. ² So he lifted his eyes and looked, and behold, three men were standing by him; and when he saw them,

he ran from the tent door to meet them, and bowed himself to the ground, ³ and said, “My Lord, if I have now found favor in Your sight, do not pass on by Your servant.

Why such a reverence to these "men" that would lead to caring for them?

Genesis 18:4-5

⁴ Please let a little water be brought, and wash your feet, and rest yourselves under the tree. ⁵ And I will bring a morsel of bread, that you may refresh your hearts. After that you may pass by, inasmuch as you have come to your servant.” They said, “Do as you have said.” **Does Abraham seem very accommodating?**

Genesis 18:6-7

⁶ So Abraham hurried into the tent to Sarah and said, “Quickly, make ready three measures of fine meal; knead it and make cakes.” ⁷ And Abraham ran to the herd, took a tender and good calf, gave it to a young man, and he hastened to prepare it.

Does it seem that Abraham and Sarah were a good team?

Genesis 18:8

⁸ So he took butter and milk and the calf which he had prepared, and set *it* before them; and he stood by them under the tree as they ate.

Why did he give them such wonderful food?

Genesis 19:1-3

Now the two angels came to Sodom in the evening, and Lot was sitting in the gate of Sodom. When Lot saw

them, he rose to meet them, and he bowed himself with his face toward the ground.

² And he said, “Here now, my lords, please turn in to your servant’s house and spend the night, and wash your feet; then you may rise early and go on your way.” And they said, “No, but we will spend the night in the open square.”

³ But he insisted strongly; so they turned in to him and entered his house. Then he made them a feast, and baked unleavened bread, and they ate.

Would we open our home to others?

Genesis 27:9

Go [Jacob] now to the flock and bring me [Rebekah] from there two choice kids of the goats, and I will make savory food from them

for your father [Isaac], such as he loves.

How would this be a delicious meal?

Exodus 12:6-8

⁶ Now you shall keep it until the fourteenth day of the same month.

Then the whole assembly of the congregation of Israel shall kill it at twilight.

⁷ And they shall take *some* of the blood and put *it* on the two doorposts and on the lintel of the houses where they eat it.

⁸ Then they shall eat the flesh on that night; roasted in fire, with unleavened bread and with bitter herbs they shall eat it.

Why did they have to do this?

Exodus 12:11

In this manner you shall eat it: with your belt fastened, your sandals on your feet,

and your staff in your hand. And you shall eat it in haste. It is the Lord's Passover.

Have you ever eaten fast to get on to something else?

Exodus 22:31

“And you shall be holy men to Me: you shall not eat meat torn *by* beasts in the field; you shall throw it to the dogs.

What would be the cause for this?

Exodus 23:25

“So you shall serve the LORD your God, and He will bless your bread and your water. And I will take

sickness away from the midst of you

Eating what will lead to better health?

Leviticus 3:17

‘This shall be a perpetual statute throughout your

generations in all your dwellings: you shall eat neither fat nor blood.’”

Why do you think God was prohibiting fat and blood?

Leviticus 7:23-24

²³ “Speak to the children of Israel, saying: ‘You shall not eat any fat, of ox or sheep or goat. ²⁴ And the fat of an animal that dies naturally, and the fat of what is torn by wild beasts, may be used in any other way; but you shall by no means eat it.

What have we learned that fat does to our bodies?

Leviticus 11:1-3

1 Now the LORD spoke to Moses and Aaron, saying to them,

² “Speak to the children of Israel, saying, ‘These are the animals which you may eat

among all the animals that are on the earth:

³ Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud—that you may eat.

What were they able to eat?

Leviticus 11:4-8

⁴ Nevertheless these you shall not eat among those that chew the cud or those that have cloven hooves: the camel, because it chews the cud but does not have cloven hooves, is unclean to you; ⁵ the rock hyrax, because it chews the cud but does not have cloven hooves, is unclean to you; ⁶ the hare, because it chews the cud but does not have cloven hooves, is unclean to you; ⁷ and

the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, *is* unclean to you.

⁸ Their flesh you shall not eat, and their carcasses you shall not touch. They are unclean to you.

What was unclean for the people?

Leviticus 11:9

⁹ ‘These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the rivers that you may eat.

What could they eat?

Leviticus 11:10-12

¹⁰ But all in the seas or in the rivers that do not have fins and scales, all that move in the water or any living thing which is in the water, they are an abomination to you.

¹¹ They shall be an

abomination to you; you shall not eat their flesh, but you shall regard their carcasses as an abomination.

¹² Whatever in the water does not have fins or scales—that shall be an abomination to you.

Name a fish they could not eat?

Leviticus 11:13-19

¹³ ‘And these you shall regard as an abomination among the birds; they shall not be eaten, they are an abomination: the eagle, the vulture, the buzzard, ¹⁴ the kite, and the falcon after its kind; ¹⁵ every raven after its kind, ¹⁶ the ostrich, the short-eared owl, the sea gull, and the hawk after its kind; ¹⁷ the little owl, the fisher owl, and the screech owl; ¹⁸ the white owl, the

jackdaw, and the carrion vulture; ¹⁹ the stork, the heron after its kind, the hoopoe, and the bat.

Name five things that were unclean and an abomination.

Leviticus 11:20

²⁰ ‘All flying insects that creep on all fours shall be an abomination to you.

What were they to not eat?

Leviticus 11:21-22

²¹ Yet these you may eat of every flying insect that creeps on all fours: those which have jointed legs above their feet with which to leap on the earth.

²² These you may eat: the locust after its kind, the destroying locust after its kind, the cricket after its kind, and the grasshopper after its kind.

Name three things they could eat.

Leviticus 11:23-28

²³ But all other flying insects which have four feet shall be an abomination to you.

²⁴ ‘By these you shall become unclean; whoever touches the carcass of any of them shall be unclean until evening; ²⁵ whoever carries part of the carcass of any of them shall wash his clothes and be unclean until evening; ²⁶ The carcass of any animal which divides the foot, but is not cloven-hoofed or does not chew the cud, is unclean to you.

Everyone who touches it shall be unclean.

²⁷ And whatever goes on its paws, among all kinds of animals that go on all fours, those are unclean to you.

Whoever touches any such carcass shall be

unclean until evening.

²⁸ Whoever carries any such carcass shall wash his clothes and be unclean until evening.

It is unclean to you.

What things would be unclean if in contact with an unclean carcass?

Leviticus 11:29-30

²⁹ ‘These also shall be unclean to you among the creeping things that creep on the earth: the mole, the mouse, and the large lizard after its kind; ³⁰ the gecko, the monitor lizard, the sand reptile, the sand lizard, and the chameleon.

Name three creatures that are unclean?

Leviticus 11:31

³¹ These *are* unclean to you among all that creep. Whoever touches them when

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they are dead shall be unclean until evening. **How could this sort of ruin your day?**

Leviticus 11:32-35

³² Anything on which any of them falls, when they are dead shall be unclean, whether it is any item of wood or clothing or skin or sack, whatever item it is, in which any work is done, it must be put in water. And it shall be unclean until evening; then it shall be clean. ³³ Any earthen vessel into which any of them falls you shall break; and whatever is in it shall be unclean: ³⁴ in such a vessel, any edible food upon which water falls becomes unclean, and any drink that may be drunk from it becomes unclean. ³⁵ And

everything on which a part of any such carcass falls shall be unclean; whether it is an oven or cooking stove, it shall be broken down; for they are unclean, and shall be unclean to you.

How many things can become unclean?

Leviticus 11:36-41

³⁶ Nevertheless a spring or a cistern, in which there is plenty of water, shall be clean, but whatever touches any such carcass becomes unclean. ³⁷ And if a part of any such carcass falls on any planting seed which is to be sown, it remains clean. ³⁸ But if water is put on the seed, and if a part of any such carcass falls on it, it becomes unclean to you. ³⁹ ‘And if any animal which you may eat dies, he who touches its carcass shall be unclean until

evening. ⁴⁰ He who eats of its carcass shall wash his clothes and be unclean until evening. He also who carries its carcass shall wash his clothes and be unclean until evening. ⁴¹ ‘And every creeping thing that creeps on the earth shall be an abomination. It shall not be eaten.

Name a couple things that can become unclean?

Leviticus 11:42

⁴² Whatever crawls on its belly, whatever goes on all fours, or whatever has many feet among all creeping things that creep on the earth—these you shall not eat, for they are an abomination.

What things could they not eat?

Leviticus 11:43

⁴³ You shall not make yourselves abominable

with any creeping thing that creeps; nor shall you make yourselves unclean with them, lest you be defiled by them.

What could defile a person?

Leviticus 11:44

⁴⁴ For I am the LORD your God. You shall therefore consecrate yourselves, and you shall be holy; for I am holy. Neither shall you defile yourselves with any creeping thing that creeps on the earth.

Why did God set up these regulations on what to eat?

Leviticus 11:45

⁴⁵ For I am the LORD who brings you up out of the land of Egypt, to be your God. You shall therefore be holy, for I am holy.

What did God recall for them?

Leviticus 11:46-47

⁴⁶ “This is the law of the animals and the birds and every living creature that moves in the waters, and of every creature that creeps on the earth,
⁴⁷ to distinguish between the unclean and the clean, and between the animal that may be eaten and the animal that may not be eaten.”

Why were these laws given?

Leviticus 17:13-14

¹³ “Whatever man of the children of Israel, or of the strangers who dwell among you, who hunts and catches any animal or bird that may be eaten, he shall pour out its blood and cover it with dust; ¹⁴ for *it is* the life of all flesh. Its blood sustains its life. Therefore I said to the children of Israel, ‘You shall not eat the blood

of any flesh, for the life of all flesh is its blood.

Whoever eats it shall be cut off.’

Why were they not permitted to eat blood and if they did, what was the consequence?

Leviticus 23:34

“Speak to the people of Israel, saying, on the fifteenth day of this seventh month and for seven days is the Feast of Booths to the Lord.

What is the Feast of Booths?

Numbers 6:3

he shall separate himself from wine and similar drink; he shall drink neither vinegar made from wine nor vinegar made from similar drink; neither shall he drink any grape juice, nor eat fresh grapes or raisins.

Why would this be the case?

Deuteronomy 8:3

So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.

What were they to live by and is this true today?

Deuteronomy 8:8

a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey;
What should we eat for our health?

Deuteronomy 14:8

Also the swine is unclean for you, because it has cloven

hooves, yet does not chew the cud; you shall not eat their flesh or touch their dead carcasses.

Should we adopt this in our lives today?

Deuteronomy 15:19-23

¹⁹ “All the firstborn males that are born of your herd and flock you shall dedicate to the LORD your God. You shall do no work with the firstborn of your herd, nor shear the firstborn of your flock. ²⁰ You shall eat it, you and your household, before the LORD your God year by year at the place that the LORD will choose. ²¹ But if it has any blemish, if it is lame or blind or has any serious blemish whatever, you shall not sacrifice it to the LORD your God. ²² You shall eat it within your towns. The unclean and

the clean alike may eat it, as though it were a gazelle or a deer.

²³ Only you shall not eat its blood; you shall pour it out on the ground like water.

What were you to not eat?

Deuteronomy 21:20

And they shall say to the elders of his city, ‘This son of ours is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard.’

What did God find unacceptable?

Deuteronomy 22:9-11

⁹ “You shall not sow your vineyard with different kinds of seed, lest the yield of the seed which you have sown and the fruit of your vineyard be defiled. ¹⁰ “You shall not plow with an ox and a donkey together.

¹¹ “You shall not wear a garment of different sorts, such as wool and linen mixed together.

Could this have something to do with the unequal yoking concept?

Deuteronomy 14:8

Also the swine is unclean for you, because it has cloven hooves, yet does not chew the cud; you shall not eat their flesh or touch their dead carcasses.

Why are swine unclean?

Ruth 2:14

Now Boaz said to her at mealtime, “Come here, and eat of the bread, and dip your piece of bread in the vinegar.” So she sat beside the reapers, and he passed parched grain to her; and she

ate and was satisfied,
and kept some back.

What items were eaten here?

1 Samuel 16:7

But the LORD said to Samuel, “Do not look at his [Eliab] appearance or at his physical stature, because I have refused him. For the LORD does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.”

Why is so important to know that God looks at the heart

1 Samuel 17:17-18

¹⁷ Then Jesse said to his son David, “Take now for your brothers an ephah of this dried grain and these ten loaves, and run to your brothers at the camp.

¹⁸ And carry these ten cheeses to the captain of their thousand, and

see how your brothers fare, and bring back news of them.”

What is the impact of taking food to the soldiers in the field?

1 Samuel 25:18

Then Abigail made haste and took two hundred loaves of bread, two skins of wine, five sheep already dressed, five seahs of roasted grain, one hundred clusters of raisins, and two hundred cakes of figs, and loaded them on donkeys.

Would this not be a feast?

1 Samuel 30:12

And they [David's Army] gave him [an Egyptian] a piece of a cake of figs and two clusters of raisins. So when he had eaten, his strength came back to him; for he had eaten no bread nor drunk

water for three days and three nights.

Relate hunger and being given food?

2 Samuel 6:19

Then he distributed among all the people, among the whole multitude of Israel, both the women and the men, to everyone a loaf of bread, a piece of meat, and a cake of raisins. So all the people departed, everyone to his house.

What does this imply for us to serve the needs of others?

2 Samuel 16:2

And the king said to Ziba, “What do you mean to do with these?” So Ziba said, “The donkeys *are* for the king’s household to ride on, the bread and summer fruit for the young men to eat, and the wine for those who

are faint in the wilderness to drink.”

Explain this.

2 Samuel 17:29

honey and curds, sheep and cheese of the herd, for David and the people who *were* with him to eat. For they said, “The people are hungry and weary and thirsty in the wilderness.”

Why was David's concern beyond his personal needs.

Job 6:6-7

Can that which is tasteless be eaten without salt, or is there any taste in the juice of the mallow? My appetite refuses to touch them; they are as food that is loathsome to me.

How can we get over a similar foods?

Job 23:12

I have not departed from the commandment of his lips; I have treasured the words of his mouth more than my portion of food.

What is greater than food?

Proverbs 30:8-9

⁸ Remove falsehood and lies far from me; give me neither poverty nor riches— Feed me with the food allotted to me; ⁹ Lest I be full and deny *You*, and say, “Who *is* the LORD?” or lest I be poor and steal, And profane the name of my God.

How do we know how The amount of food we need?

Psalm 81:10

I am the LORD your God, Who brought you out of the land of Egypt; Open your

mouth wide, and I will fill it

True obedience leads to what?

Psalm 103:5

Who satisfies your mouth with good things, so that your youth is renewed like the eagle’s.

What is the implication for young people

Psalm 104:14-15

¹⁴ He causes the grass to grow for the cattle, And vegetation for the service of man, that he may bring forth food from the earth, ¹⁵ And wine that makes glad the heart of man, oil to make his face shine, And bread which strengthens man’s heart.

What is the value of items in this verse?

\Psalm 111:5

He has given food to those who fear Him; He will ever be mindful of His covenant.

What did God promise?**Psalm 127:3**

Behold, children are a heritage from the LORD, the fruit of the womb a reward.

How is a child the fruit of the womb?**Psalm 136:25**

Who gives food to all flesh, for His mercy endures forever.

Who gives us our food?**Psalm 145:15**

The eyes of all look expectantly to You, And You give them their food in due season.

Does God favor us to ensure we have food?**Psalm 147:9**

He gives to the beast its food, and to the young ravens that cry.

Who draws substance from God?**Proverbs 4:20-22**

²⁰ My son, give attention to my words; Incline your ear to my sayings. ²¹ Do not let them depart from your eyes; keep them in the midst of your heart;

²² For they *are* life to those who find them, And health to all their flesh.

For us, how important is the Word of God?**Proverbs 9:1-2**

¹ Wisdom has built her house, she has hewn out her seven pillars; ² She has slaughtered her meat, she has mixed her wine, she has also furnished her table. ³ She has sent out her maidens, she cries

out from the highest places of the city,
What role is wisdom in our life?

Proverbs 15:17

Better is a dinner of herbs where love is, than a fatted calf with hatred.

What is the benefit of a loving environment?**Proverbs 17:1**

Better *is* a dry morsel with quietness, than a house full of feasting with strife.

Compare these two situations?**Proverbs 21:17**

He who loves pleasure will be a poor man; He who loves wine and oil will not be rich.

What two situations are portrayed hers?

Proverbs 21:20

There is desirable treasure, and oil in the dwelling of the wise, but a foolish man squanders it.

What characteristics are portrayed here?

Proverbs 23:1-2

When you sit down to eat with a ruler, consider carefully what is before you; ² And put a knife to your throat If you are a man given to appetite.

What is admonished that should be done?

Proverbs 23:20-21

²⁰ Do not mix with winebibbers, or with gluttonous eaters of meat; ²¹ For the drunkard and the glutton will come to poverty, and drowsiness will clothe a man with rags.

What tragedy would occur from the

circumstances shown?

Proverbs 25:16

If you have found honey, eat only enough for you, lest you have your fill of it and vomit it.

What can over consumption lead to?

Proverbs 25:27

It is not good to eat much honey; So to seek one's own glory is not glory.

Why is a problem eating to much honey?

Proverbs 27:27

You shall have enough goats' milk for your food, for the food of your household, and the nourishment of your maidservants.

Why is having good food so important?

Proverbs 31:6-7

Give strong drink to him who is perishing, and wine to those who are bitter of heart.

⁷ Let him drink and forget his poverty, and remember his misery no more.

What did Christ bring that the Law could not do?

Proverbs 31:15

She [Virtuous Wife] also rises while it is yet night, and provides food for her household, and a portion for her maidservants.

What example is provided here?

Song of Solomon 5:1

I have come to my garden, my sister, my spouse; I have gathered my myrrh with my spice; I have eaten my honeycomb with my honey; I have drunk my wine with my milk. Eat, O friends!

Drink, yes, drink deeply, O beloved ones!

Why is so much merriment expressed here?

Ecclesiastes 10:16-17

¹⁶Woe to you, O land, when your king *is* a child, and your princes feast in the morning!

¹⁷Blessed *are* you, O land, when your king *is* the son of nobles, and your princes feast at the proper time— For strength and not for drunkenness!

What reason would one arrange to eat at specific times.

Isaiah 1:8-9

⁸So the daughter of Zion is left as a booth in a vineyard, as a hut in a garden of cucumbers, as a besieged city. ⁹Unless the LORD of hosts had left to us a very small

remnant, we would have become like Sodom, we would have been made like Gomorrah.

Explain this.

Isaiah 7:15

Curds and honey He shall eat, that He may know to refuse the evil and choose the good.

What contributes to doing the right thing?

Isaiah 25:6

On this mountain the LORD of hosts will make for all peoples a feast of rich food, a feast of well-aged wine, of rich food full of marrow, of aged wine well refined.

Would you enjoy such a feast?

Isaiah 25:6

And in this mountain The LORD of hosts will make for all people A feast of choice pieces, A feast of

wines on the lees, of fat things full of marrow, of well-refined wines on the lees.

How do we know how much food we need to be properly sustained?

Daniel 1:8

⁸But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

Why would Daniel not want to eat the King's food?

Daniel 1:9-10

⁹Now God had brought Daniel into the favor and goodwill of the chief of the eunuchs.

¹⁰ And the chief of the eunuchs said to Daniel, “I fear my lord the king, who has appointed your food and drink. For why should he see your faces looking worse than the young men who *are* your age? Then you would endanger my head before the king.”

Why was the chief of the eunuchs fearful?

Daniel 1:11-14

¹¹ So Daniel said to the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, ¹² “Please test your servants for ten days, and let them give us vegetables to eat and water to drink. ¹³ Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king’s delicacies; and

as you see fit, *so* deal with your servants.”

¹⁴ So he consented with them in this matter, and tested them ten days.

What did Daniel do this for?

Daniel 1:15-16

¹⁵ And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king’s delicacies.

¹⁶ Thus the steward took away their portion of delicacies and the wine that they were to drink, and gave them vegetables.

What did the steward discover and what did he do?

Daniel 1:18-20

¹⁸ Now at the end of the days, when the king had said that they should be brought in, the chief of the eunuchs brought them

in before Nebuchadnezzar.

¹⁹ Then the king interviewed them, and among them all none was found like Daniel, Hananiah, Mishael, and Azariah; therefore they served before the king.

²⁰ And in all matters of wisdom and understanding about which the king examined them, he found them ten times better than all the magicians and astrologers who were in all his realm.

What can happen with the proper nutrition?

Ezekiel 4:9

“Also take for yourself wheat, barley, beans, lentils, millet, and spelt; put them into one vessel, and make bread of them for yourself. During the number of days that you lie on

your side, three hundred and ninety days, you shall eat it
Would this be the ingredients for Ezekiel bread today?

Ezekiel 16:13

Thus you were adorned with gold and silver, and your clothing *was* of fine linen, silk, and embroidered cloth. You ate pastry of fine flour, honey, and oil. You were exceedingly beautiful, and succeeded to royalty.
How did they achieve beauty?

Ezekiel 47:12

Along the bank of the river, on this side and that, will grow all kinds of trees used for food; their leaves will not wither, and their fruit will not fail. They will bear fruit every month, because their water flows from the sanctuary. Their fruit

will be for food, and their leaves for medicine.”
Explain the good stuff that is expressed here.

Matthew 4:4

But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

What is our spiritual food?

Matthew 6:11

Give us this day our daily bread.

How are we to incorporate this into our prayer life?

Matthew 7:10

Or if he asks for a fish, will he give him a serpent?

1. Explain our relationship with God.

Matthew 24:45-47

⁴⁵ “Who then is a faithful and wise servant, whom his master made ruler over his household, to give them food in due season? ⁴⁶ Blessed *is* that servant whom his master, when he comes, will find so doing. ⁴⁷ Assuredly, I say to you that he will make him ruler over all his goods.

Explain the situation with a good servant.

Matthew 24:48-51

⁴⁸ But if that evil servant says in his heart, ‘My master is delaying his coming,’ ⁴⁹ and begins to beat his fellow servants, and to eat and drink with the drunkards, ⁵⁰ the master of that servant will come on a day when he is not looking for him and at an hour that he

is not aware of, ⁵¹ and will cut him in two and appoint him his portion with the hypocrites.

There shall be weeping and gnashing of teeth.

What is the application for this passage?

Mark 7:15-19

¹⁵ There is nothing that enters a man from outside which can defile him; but the things which come out of him, those are the things that defile a

man. ¹⁶ If anyone has ears to hear, let him hear!" ¹⁷ When He had entered a house away

from the crowd, His disciples asked Him concerning the parable.

¹⁸ So He said to them, "Are you thus without understanding also? Do you not perceive that whatever enters a man from outside cannot defile him, ¹⁹ because it does not enter his heart

but his stomach, and is eliminated, thus purifying all foods?"

What is the difference between the heart and the stomach?

Mark 8:6

⁶ So He commanded the multitude to sit down on the ground. And He took the seven loaves and gave thanks, broke them and gave them to His disciples to set before them; and they set them before the multitude.

Why if listeners are hungry what are we to do?

Luke 24:42

⁴⁰ When He had said this, He showed them His hands and His feet,

⁴¹ But while they still did not believe for joy, and marveled, He said to them, "Have you any food here?" ⁴² So they gave Him a piece of a broiled fish and

some honeycomb

⁴³ And He took it and ate in their presence.

Notice that Jesus after His resurrection could eat.

John 2:2-4

² Now both Jesus and His disciples were invited to the wedding.

³ And when they ran out of wine, the mother of Jesus said to Him, "They have no wine."

⁴ Jesus said to her, "Woman, what does your concern have to do with Me? My hour has not yet come."

How do you perceive this situation?

John 2:5-8

⁵ His mother said to the servants, "Whatever He says to you, do it." ⁶ Now there were set there six water pots of stone, according to the manner of purification of the Jews, containing

twenty or thirty gallons apiece. ⁷ Jesus said to them, “Fill the water pots with water.” And they filled them up to the brim. ⁸ And He said to them, “Draw some out now, and take it to the master of the feast.” And they took it.

What was the miracle here?

John 2:9-10

⁹ When the master of the feast had tasted the water that was made wine, and did not know where it came from (but the servants who had drawn the water knew), the master of the feast called the bridegroom. ¹⁰ And he said to him, “Every man at the beginning sets out the good wine, and when the guests have well drunk, then the inferior. You have kept the good wine until now!”

Why did was this better than tradition?

John 2:10

¹⁰ And he said to him, “Every man at the beginning sets out the good wine, and when the *guests* have well drunk, then the inferior. You have kept the good wine until now!”

How did the reversal occur?

John 6:35

³⁵ And Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.

Explain how we can compare spiritual needs with physical needs?

John 7:10-12

¹⁰ But when His brothers had gone up, then He also went up to the feast [Booths], not

openly, but as it were in secret. ¹¹ Then the Jews sought Him at the feast, and said, “Where is He?” ¹² And there was much complaining among the people concerning Him. Some said, “He is good”; others said, “No, on the contrary, He deceives the people.”

What was the feast?

John 7:13-15

¹³ However, no one spoke openly of Him for fear of the Jews. ¹⁴ Now about the middle of the feast Jesus went up into the temple and taught. ¹⁵ And the Jews marveled, saying, “How does this Man know letters, having never studied?”

What was the setting and why did Jesus impress the Jews?

John 12:24

Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.

What is the procreation process going on here?

Acts 10:9-16

⁹ The next day, as they went on their journey and drew near the city, Peter went up on the housetop to pray, about the sixth hour. ¹⁰ Then he became very hungry and wanted to eat; but while they made ready, he fell into a trance ¹¹ and saw heaven opened and an object like a great sheet bound at the four corners, descending to him and let down to the earth.

¹² In it were all kinds of

four-footed animals of the earth, wild beasts, creeping things, and birds of the air. ¹³ And a voice came to him, “Rise, Peter; kill and eat.” ¹⁴ But Peter said, “Not so, Lord! For I have never eaten anything common or unclean.” ¹⁵ And a voice *spoke* to him again the second time, “What God has cleansed you must not call common.” ¹⁶ This was done three times. And the object was taken up into heaven again.

What changed with the Christian dispensation?

Acts 15:28-30

²⁸ For it seemed good to the Holy Spirit, and to us, to lay upon you no greater burden than these necessary things: ²⁹ that you abstain from things offered to idols, from blood, from

things strangled, and from sexual immorality. If you keep yourselves from these, you will do well. **Are we not told to not eat strangled things and blood?**

Acts 15:19-20

¹⁹ Therefore I judge that we should not trouble those from among the Gentiles who are turning to God, ²⁰ but that we write to them to abstain from things polluted by idols, from sexual immorality, from things strangled, and from blood.

Why is it repeated again?

Acts 27:33-35

³³ As day was about to dawn, Paul urged them all to take some food, saying, “Today is the fourteenth day that you have continued in suspense and without

food, having taken nothing. ³⁴ Therefore I urge you to take some food. For it will give you strength, for not a hair is to perish from the head of any of you.” And when he had said these things, he took bread and gave thanks to God in the presence of them all; and when he had broken *it* he began to eat.

How did Paul encourage them?

Romans 12:1-2

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind,

that you may prove what is that good and acceptable and perfect will of God.

Would eating the wrong foods run contrary with the perfect will of God?

Romans 14:1-4

¹ Receive one who is weak in the faith, but not to disputes over doubtful things. ² For one believes he may eat all things, but he who is weak eats only vegetables. ³ Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. ⁴ Who are you to judge another’s servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Why should we not judge what another eats?

Romans 14:6-8

He who eats, eats to the Lord, for he gives God thanks; and he who does not eat, to the Lord he does not eat, and gives God thanks.

⁷ For none of us lives to himself, and no one dies to himself. ⁸ For if we live, we live to the Lord; and if we die, we die to the Lord.

Therefore, whether we live or die, we are the Lord’s.

Why should we give thanks?

Romans 14:14-18

¹⁴ I know and am convinced by the Lord Jesus that there is nothing unclean of itself; but to him who considers anything to be unclean, to him it is unclean. ¹⁵ Yet if your

brother is grieved because of *your* food, you are no longer walking in love. Do not destroy with your food the one for whom Christ died.¹⁶ Therefore do not let your good be spoken of as evil;¹⁷ for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.¹⁸ For he who serves Christ in these things is acceptable to God and approved by men.
What does love lead us to?

Romans 14:19-21

¹⁹ Therefore let us pursue the things which make for peace and the things by which one may edify another.²⁰ Do not destroy the work of God for the sake of food. All things indeed are pure, but it is evil

for the man who eats with offense.²¹ It is good neither to eat meat nor drink wine nor do anything by which your brother stumbles or is offended or is made weak.

What does it mean to not destroy the work of another?

Romans 14:22-23

²² Do you have faith? Have it to yourself before God. Happy *is* he who does not condemn himself in what he approves.

²³ But he who doubts is condemned if he eats, because he does not eat from faith; for whatever is not from faith is sin.

What does faith do?

1 Corinthians 3:16-17

¹⁶ Do you not know that you are the temple of God and that the Spirit of God dwells in you?¹⁷ If anyone

defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

Explain how we are a temple.

1 Corinthians 6:12

“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be enslaved by anything. whatever you do, do all to the glory of God.

Why should one use discrimination in our determination of what we eat?

1 Corinthians 6:19-20

¹⁹ Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not

your own? ²⁰ For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

How do we glorify God with our body?

1 Corinthians 3:16-17

¹⁶ Do you not know that you are the temple of God and that the Spirit of God dwells in you? ¹⁷ If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

If our bodies are a temple, what should we do?

1 Corinthians 6:12

All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the

Explain what our body is and who it belongs to.

1 Corinthians 9:27

I discipline my body and keep it under control, lest

1 Corinthians 6:19-20

¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body.

How well do we take care of our bodies?

1 Corinthians 10:25

Eat whatever is sold in the meat market without raising any question on the ground of conscience.

Why is this a suitable thing to do?

after preaching to others I myself should be disqualified.

What is some discipline that we may need to do and why?

1 Timothy 4:3-5

³ forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth. ⁴ For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; ⁵ for it is sanctified by the word of God and prayer.

Who commands to abstain from selected food?

1 Timothy 5:8

But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.

Is nutrition included?

Hebrews 6:7

For land that has drunk the rain that often falls on it, and produces a crop useful to those for whose sake it is cultivated, receives a blessing from God.

Why is it rain that is essential for a crop and what is the blessing?

Discussion Question.

Why do we not practice good nutrition in our families, especially with our children?
