

A Bible Prophecy Series

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How to Postpone Your Funeral Lesson #15

Introduction:

Today we will look at God's free health plan. We will allow the Bible to show us how to truly have an abundant life.

1. **What experiment was Daniel tested with?** - Daniel 1:12, 13
Daniel faced a test that influenced the rest of his life, a test of diet. He was surrounded by pagan influences and knew he needed to keep his mind and body strong by following what the Bible says about diet.
2. **What promise did God make with Israel regarding health?** – Exodus 15:26
If Israel obeyed God's health instruction they would not suffer the diseases that the Egyptians suffered. He also promised that if they would obey Him, He would take their sickness away from them (Exodus 23:25).
3. **What was God's original diet?** – Genesis 1:29
The original diet designed for man by his creator was fruits, nuts, grains, and vegetables. Medical science has proven over and over that those who follow the Bible's diet contract only half the diseases that others do.
4. **What was the diet like after the flood?** – Genesis 9:3
After the flood meat was permitted on the condition that it would shorten man's life. The average pre-flood age was 912 years, after the flood it dropped to 317 years in the same number of generations. (This is attributable to the change of diet and environment. A high protein diet, as found in flesh, accelerates aging).
5. **What was not permitted?** – Genesis 9:4, Acts 15:20
Blood is not permitted because it carried all the impurities in the body. This guideline is seen both in the Old Testament before the Jews existed and after the crucifixion of Christ given to the gentiles.
6. **How many of each animal entered the ark?** – Genesis 7:1-3
The clean animals entered the ark by sevens and the unclean animals entered in pairs. These animals were saved so they could repopulate the earth after the flood.
7. **What happened to the clean animals after the flood?** Genesis 8:20, 21
God allowed man to sacrifice and eat the clean animals. They did not sacrifice or eat the unclean animals lest they become extinct.

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8. **How do you differentiate the clean and unclean?** - Leviticus 11:1-8
After the Jews spent hundreds of years in slavery God had to re-educate them on clean and unclean. Such as cattle, deer, etc... have split hoof and chew the cud are fit to eat, unlike pigs, rabbits, etc... Even today the first thing doctors cut out of the diet of a high blood pressure patient is high cholesterol foods like unclean meat.
9. **Which water animals are safe to eat?** - Leviticus 11:9-12
Water animals with both fins and scales are safe to eat. This would include snapper, tuna, bass, brim etc. Unclean and unsafe creatures include shellfish, octopus, shrimp, etc. These unclean animals are God's filtration system. Oysters have been found to have 50 times higher concentration of polio virus than the surrounding water.
10. **What about clean and unclean fowl?** - Leviticus 11:13-19
Unclean fowl include scavengers; they clean the earth of garbage. Clean fowl include chicken (it has a gizzard to filter impurities)
9. **Is it OK to eat unclean food now?** – Isaiah 66:15-17
When Jesus returns (which would be after now) those consuming unclean foods are sanctifying themselves (living the way they see fit rather than living the way God sees fit) and are an abomination to God. Those who are sanctified by the Word (John 17:17) will be the people God will take to heaven.

Wasn't Peter told that all animals were now clean? – Acts 10:9-20

A – Peter never ate the unclean foods (vs. 14). He could say this many years after the cross. Jesus' death on the Cross did not change the anatomy of a pig or rat and make it clean.

B – This was a vision. Many visions are symbolic (Ex. Daniel)

C – Peter doubted the meaning of the vision (vs. 17). He didn't take it at face value. He knew it had symbolic meaning.

D – When Peter discovered Cornelius possessed true faith, he said he now understood the meaning of the vision (vs. 25-28). "God has shown me that I should call no MAN unclean." The unclean beasts in the vision represented the Gentiles that God wanted Peter to win to Him.

Didn't God say if we prayed over our food we could eat anything? - 1 Timothy 4:1-5

Yes, we should pray for God's blessing for our food. But the text says He will bless foods sanctified by the Word AND prayer. We must do more than pray. We must follow the word of God. Those meats God created to be received with thanksgiving would be known by those who believe and know the truth (vs. 3). The Word of God is truth (John 17:17). The Bible tells us which foods God has set apart (sanctified) to be received with thanksgiving, only the clean animals.

11. **What does God say about alcohol?**

Proverbs 20:1, 23:30-33

It is not wise to drink alcohol due to the many health risks involved. Alcohol is responsible for more ills in society than any other factor.

Didn't Paul tell Timothy to drink wine? – 1 Timothy 5:23

A - Timothy must have been an abstainer, because Paul told him not to drink only water.

B – Paul does not say stop using water and use only wine.

C – He said to keep using water and a little wine

D – Don't drink it for the taste or social reasons, USE it medicinally for illness.

12. **What about other substances?**

The Bible does not outwardly condemn smoking, caffeine, and other substances. However we can apply basic Bible principles such as Ex. 20:13 thou shalt not kill and Romans 6:16 God does not want us to become addicted. Let's be honest it is the 21st century all the research shows these substances are bad for you.

13. **Should we control our bodies?** - 1 Corinthians 9:25-27

We are to control our bodies not allow our bodies to control us.

14. **What is this message really about?** - 1 Corinthians 10:31

This is really about glorifying God. In all things we are to glorify Him. He is best glorified when we heed His instruction and experience good health.

15. **But it's my body and I can do with it what I want...can't I?** - 1 Corinthians 6:20

You have been bought with a price. It is not your body Jesus paid for it with His blood. If you borrowed Jesus' car how would you care for it? How much more valuable is your body than a car?

Conclusion:

Do you want to avoid sickness and disease in the things you have control over? Is there an area of your health life that you are not glorifying in why not take the time now to pray and ask God to give you the strength to follow Him.