

Everlasting Gospel Bible Studies

Lesson 10

THE GOSPEL OF HEALTH



For members of the human race life has a beginning point and, most certainly, an ending point. Because of this ending, each person should ask, How can I best invest my abilities so that they will yield the greatest profits? How can I do the most for God's glory and be a blessing to my fellow man?

Our first responsibility to God and our fellow beings is to develop ourselves. Every faculty that God has given to us should be cultivated to the highest degree possible. As we do this we are more able to help others.

A. GIVE GOD THE GLORY

1. How was man created in the beginning? Genesis 1:27

NOTE: Because of sin, the divine likeness in man has been marred. Physical, mental, and spiritual powers have all been weakened and man is now subject to sickness and death.

2. Even after man's fall, what is God's desire for us? 3 John 2



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3. **What should be the prime motivation for everything we do?**
1 Corinthians 10:31; Zechariah 7:6

NOTE: Our body has been bought by the precious blood of Jesus. We are not at liberty to use or abuse it as we please. We are to glorify God in our body.

4. **What principle of health, laid down for Israel, is valid for us also? Exodus 15:26**

NOTE: God made the physical laws just as He did the moral laws. We should study their requirements as they apply to our bodies.

B. TEMPLE OF THE HOLY SPIRIT

5. **How does God strengthen the inner man? Ephesians 3:16**

NOTE: In the last section we found that Christ paid the ransom for our spiritual being. The price included our body. Because we live in a physical world, we also need His strength in both physical and spiritual things.

6. **Where does the Holy Spirit dwell? 2 Timothy 1:14**

NOTE: When we accept Jesus Christ as our Saviour, Jesus sends the Holy Spirit into our hearts to transform us and make us more like Himself

7. **What is the temple of the Holy Spirit? 1 Corinthians 6:19-20**
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D. MENTAL CONNECTION

13. To what does Solomon liken a cheerful attitude? Proverbs 17:22

NOTE: Physical well-being and the state of mind are closely connected. The vigour of the body affects the state of mind, and the state of mind affects the body. When we are cheerful there is less possibility for the body to become depressed and diseased. This fact shows the influence of the mind upon the body.

14. How did Daniel and his three friends fare after eating a simple diet which led to a healthy life? Daniel 1:19-20

NOTE: Daniel and his friends had better understanding because they were in better physical condition than all the other young men in the king's school. This fact shows the influence of the body upon the mind.

15. Where is the mind of Christ to be? Philippians 2:5; 1 Corinthians 2:16

NOTE: Since we are to have Christ's mind in us, what kind of mind did He have? As He was perfect in every area, so we should strive to have our minds as clear as possible to allow His mind to work through our mind.. This good can be achieved through simple diet, exercise, rest, plenty of pure water, sunshine, self-control in all things, fresh air, and trust in God.

SUMMARY

We have only one life to live. In this life we should do all we can for the glory of God and the service of others, including taking care of our bodies so that we can have God's Spirit in us. We must follow all

the counsel that God has provided for us in the area of health. Our health is so important that when it is gone, life loses its real joy. Consequently, we should strive daily to preserve our health. As we do so, we can be a true blessing to our fellow man.

PERSONAL COMMITMENT

I wish to take hold of the power of God and through His strength to live the healthful lifestyle the Bible outlines. I want my body to be the temple of the Holy Spirit, and I am ready to reform any habit that might be harmful to that temple.

Signed: _____