

Class 1

The Bible on Health

Introduction:

Two sources of information about health:

- (1) _____ or
(2) _____

God's Food Laws:

(1) Eat _____.
Genesis 1:29-30

Question: What about meat?
Genesis 9:3 (see Genesis 7:1-3)

(2) Keep the _____ clean.
Genesis 9:1-4, Leviticus 17:11

Note: A list of unclean animals can be found in Leviticus 11 and Deuteronomy 14.

1. God is the One who can _____ me.

2. God created His Law for our _____.

God's Moral Laws:

1. Gluttony

The cure for gluttony is _____ and _____.

2. Anxiety

The cure for anxiety is _____ and _____.

3. Hatred and Bitterness

The cure for hatred and bitterness is _____ and _____.

Hindrances to Health

- ✓ Too confusing
- ✓ Too difficult to start new habits
- ✓ Too tired
- ✓ Too busy
- ✓ Too strange
- ✓ Too expensive
- ✓ Too hard to find sources
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Ask God for help.

My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. A double minded man is unstable in all his ways. James 1:2-8

Ways I need God's help:

Ask others for help.

The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; That they may teach the young women to be sober, to love their husbands, to love their children, To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed. Titus 2:3-5

People who could help me:

Homework:

- ✓ Visit <http://anneshealthplace.com/class1.shtml> for this week's reading assignments and to participate in class discussion.
- ✓ Keep a food and symptom diary.