

Session 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.

*Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything. **If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.** But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does. James 1:2-8, NIV*

Ways I need God's help:

Ask others for help.

*Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but **to teach what is good.** Then they can train the younger women to love their husbands and children, to be self-controlled and pure, **to be busy at home**, to be kind, and to be subject to their husbands, so that no one will malign the word of God. Titus 2:3-5, NIV*

People who could help me:

Homework:

- ✓ Visit <http://anneshealthplace.com/blog/health-classes/class-1-the-bible-on-health> for this week's reading assignments and to participate in class discussion.
- ✓ Keep a food and symptom diary.