



Worksheet #22

“Temple Maintenance”

22

Health

A Living Soul

Genesis 2:7 “...the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.”

- You don't _____ a soul... you _____ a soul; thus _____ health and _____ heath are not _____ of each other.

The Body Temple

John 2:19-21 Jesus answered and said to them, “Destroy this temple, and in three days I will raise it up.” Then the Jews said, “It has taken forty-six years to build this temple, and will You raise it up in three days?” But He was speaking of the temple of His body.

1 Corinthians 6:19 “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?”

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. 2 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.”

1 Corinthians 10:13 “Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.”

3 John 1:2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

The Three Bible Diets

The Eden Ideal

Genesis 1:29 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. 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.”

- Before sin entered the world, humans and animals were both _____.
- Man's original diet was made of _____, _____, and _____.



- Basically, man ate the food _____ the ground while animals ate the food _____ the ground.

Genesis 3:22, 24 “Behold, the man is become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live for ever”... So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life.

- No diet can keep people alive _____; Eternal life has always been a _____ from God.

The Post-Fall Ideal

Genesis 3:17-20, 23 Then to Adam He said, "Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, 'You shall not eat of it': "Cursed is the ground for your sake; in toil you shall eat of it all the days of your life. Both thorns and thistles it shall bring forth for you, and you shall eat the herb of the field. In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; for dust you are, and to dust you shall return"... Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken.

- Though man was tied more closely to the _____, after sin humans were still _____.
- Man's diet now consisted not only of the fruit of _____, but also the _____ themselves.

The Post-Flood Concession

Genesis 9:1-4 So God blessed Noah and his sons, and said to them: "Be fruitful and multiply, and fill the earth. 2 And the fear of you and the dread of you shall be on every beast of the earth, on every bird of the air, on all that move on the earth, and on all the fish of the sea. They are given into your hand. 3 Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs.



- After the flood God _____ people to eat _____.
- This allowance, however, included certain _____.

Genesis 7:2, 3 You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female; also seven each of birds of the air, male and female, to keep the species alive on the face of all the earth.

- **Mammals** must chew the cud and have split hooves; **Birds** must not be carrion eaters or birds of prey; **Fish** must have scales and fins; **Reptiles, amphibians, and insects** are almost entirely forbidden.
- For a more complete study on clean and unclean animals, see **Leviticus 11** and **Deuteronomy 14**

Genesis 9:4 But you shall not eat flesh with its life, that is, its blood.

Don't Eat Like a King!

Proverbs 23:1 When you sit down to eat with a ruler, consider carefully what is before you; and put a knife to your throat if you are a man given to appetite. Do not desire his delicacies, for they are deceptive food.

Ecclesiastes 10:17-19 Blessed 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! Because of laziness the building decays, and through idleness of hands the house leaks. A feast is made for laughter, and wine makes merry; but money answers everything.

Daniel 1:8, 12 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... "let them give us vegetables to eat and water to drink."

Proverbs 23:29-32 Who has woe? Who has sorrow? Who has contentions? Who has complaints? Who has wounds without cause? Who has redness of eyes? Those who linger long at the wine, Those who go in search of mixed wine. Do not look on the wine when it is red, When it sparkles in the cup, When it swirls around smoothly; At the last it bites like a serpent, And stings like a viper.

Proverbs 20:1 Wine is a mocker, Strong drink is a brawler, And whoever is led astray by it is not wise.

Habakkuk 2:15 "Woe to him who gives drink to his neighbor, Pressing him to your bottle, Even to make him drunk, That you may look on his nakedness!

Revelation 17:2 and the inhabitants of the earth were made drunk with the wine of her fornication.

1 Thessalonians 5:23 Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.