

*"I can do everything through him who gives me strength."*

*Philippians 4:13*

1. We can do ALL things through Christ who gives us the power.
2. How does this scripture affect our health habits?

*"Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is. Everyone who has this hope in him purifies himself, just as he is pure."*

*1 John 3:2,3*

1. Those who are ready when Jesus comes will be as pure as Jesus is.
2. Do you think that all this good living is designed to help you get close to God - or to help you earn salvation?

# DISCOVERING THE BIBLE

LESSON 22

LIFESTYLE COSTS—AND BENEFITS

*"Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me.*

*Matthew 16:24*

1. We are to deny ourselves
2. We are to follow Jesus
3. What would following Jesus mean to you?

*"Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. "*

*Genesis 1:29,31*

1. Man's original diet consisted of fruits, grains and nuts.
2. Was this the ideal? After the fall, God added vegetables to man's diet (Genesis 3:18).
3. Many people are becoming vegetarian. Do you know any vegetarians?

*“for you are a people holy to the LORD your God. Out of all the peoples on the face of the earth, the LORD has chosen you to be his treasured possession. Do not eat any detestable thing.”*

*Deuteronomy 14:2,3*

1. Because we are to be a holy people, we are not to eat any ‘unclean’ thing. Examples of the principles behind this are that clean animals both chew the cud and are cloven hoofed. Creatures in the water are clean only if they have both fins and scales.
2. Can holy people now eat unclean foods because we do have fridges?

*“Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper.”*

*Proverbs 23:29-32*

1. Sorrow and arguments and redness of eyes are all associated with drunkards.
2. The grape juice spoken against is alcoholic.
3. We all have choices – what choice does this text offer?

*“ Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body.”*

*1 Corinthians 6:19,20*

1. Our bodies are temples of the Holy Spirit. We can't do as we please to our bodies.
2. We should glorify God by the way we use our bodies.
3. Does this mean our lifestyle gets worse if we follow God's health principles?

*“If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.”*

*1 Corinthians 3:17*

1. If we knowingly defile, destroy, or cause our bodies to react abnormally, God will destroy us.
2. Does this sound a bit harsh?
3. We break the 6th commandment, “Thou shalt not kill” Exodus 20:13, when we defile our bodies.