

“... I am come that they might have life,
and that they might have it more abundantly.”



John 10:10

Just before King Nebuchadnezzar besieged the city of Jerusalem, thousands of Jews were taken captive back to Babylon. Out of this group the king selected four young men who looked promising to be trained to serve him in his royal palace. Some of these young men included Daniel, and his three Hebrew friends. For three years they were to go through the Babylonian College to learn the language and culture. During this time they were to be fed from the royal cafeteria. But there was a problem! The king's cafeteria contained food items that Daniel was not allowed to eat. The prophetic book of Daniel starts off by telling us, "But Daniel purposed in his heart that he would not defile himself..." Daniel 1:8.

1. Instead of eating the Babylonian diet, what did Daniel choose to eat?

2. In prophetic vision, John sees God's final message go to all the world. What three things does the angel command all people to do? Revelation 14:6,7

1) _____

2) _____

3) _____

3. In what ways are we to live for the glory of God?
1 Corinthians 10:31

There is a spiritual battle taking place all around us, but primarily this battle is being fought in our minds. The enemy knows that the food and drink that we put into our bodies will play a direct role on the decisions that we make. Thankfully, God has given us health principles in His Word to help us stay mentally, spiritually, and physically strong.

4. What did Jesus spend half of His ministry doing?
John 10:10

5. According to 3 John 1:2, God wants each of us to prosper and be in good health. Why do you think that is?

God gave health principles because He knows what is best for the human body. Automobile manufacturers place an operations manual in the glove compartment of each new car because they know what is best for their creation. God, who made our bodies, also has an “operations manual.” It is the Bible. Ignoring God’s “operations manual” often results in disease, twisted thinking, and burned-out lives, just as abusing a car can result in serious car trouble.

6. What was the original diet that God gave to the human race? Genesis 1:29,30

7. As a result of sin, the human race was no longer allowed to eat from the Tree of Life. What supplement did God add to man’s diet? Genesis 3:18

8. In Noah’s day, God covered the earth with a great flood. What did God permit man to begin eating? Genesis 7:1,2

God’s health laws began before Mount Sinai and the Exodus experience.

9. According to Leviticus 11:3, what are the two guidelines we must follow if we are going to eat land animals?

- 1) _____
2) _____

10. What animal does God specifically tell us to avoid?
Leviticus 11:7,8

Some have thought that Jesus died on the cross to cleanse all animals. Please ask yourself, did Jesus die to cleanse pigs or did Jesus die to cleanse sinners?

11. According to Leviticus 11:9, what are the two guidelines we must follow if we are going to eat animals from the ocean or fresh water - rivers, lakes, etc.

- 1) _____
2) _____

12. According to Deuteronomy 14:11, what kind of birds are we allowed to eat?

13. What are the three diets mentioned in the Bible?

- 1) _____
2) _____
3) _____

Should Christians use alcoholic beverages?

14. What does Proverbs 20:1 say about wine and strong drink?

15. What is the end result of those who "tarry long at the wine" and those that "seek mixed wine"?
Proverbs 23:29-35

The Bible uses the word “wine” to describe both fermented and unfermented grape juice. To understand the difference we must read the context.

Did people in the Bible drink alcohol? Yes, they did. But they also owned slaves and had multiple wives and we would never say that slavery or polygamy are OK! Remember, Noah got drunk and ran around naked. Lot got drunk and slept with his daughters. Alcohol is dangerous and should be avoided.

16. What if I deliberately refuse to follow God’s health principles? What will God do? 1 Corinthians 3:17

17. What does God call us to do in 1 Corinthians 6:20?

18. As we struggle with addictions, what does Jesus tell us in John 15:5?

19. What can we do when we allow Christ to work in us? Philippians 4:13

You can take all of these habits to Christ and lay them at His feet. He will joyfully give you a new heart and the power you need to break any sinful habit and become a son or daughter of God. Jesus is ready to break the shackles that bind us. He longs to set us free and He will, but only if we will permit it.

God is looking for men and women in these last days who will follow the example of Daniel and purpose in their hearts to not defile themselves. Will you choose to follow God’s health principles and live a healthy abundant life?
