

HEALTHFUL LIVINGPart 1

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| 1 | III John 2 | God wants us to prosper and to be in health |
| 2 | Matthew 4:23 | Jesus is also concerned about health |
| 3 | James 5:14-16 | The church was to pray for divine healing |
| 4 | Matthew 26:39 | "Not as I will, but as Thou wilt." |
| 5 | II Cor. 12:7-9 | God allowed an infirmity to afflict Paul and keep him humble |
| 6 | Genesis 1:29-30 | God's original perfect diet for man |
| 7 | Genesis 3:17-19 | Herbs were added when sin came into the world |
| 8 | Genesis 9:1-4 | Flesh was added to man's diet when plants were scarce after the flood |
| 9 | Genesis 7:1-4 | Noah knew about clean and unclean animals before the flood |
| 10 | Genesis 8:19-20 | Noah sacrificed of every clean animal after the flood |
| 11 | Leviticus 11:1-31 | God put His people on a better diet than the surrounding nations |
| 12 | Deut. 14:3-19 | God did not consider certain animals fit to eat |
| 13 | Deut. 10:12-13 | God gives us commandments for our own good |
| 14 | Exodus 15:26 | God sought to bring better health to His people |
| 15 | Numbers 11:4-34 | The people did not like God's healthful diet |
| 16 | Psalms 106:10-15 | "He gave them their request; but sent leanness into their soul." |
| 17 | I Cor. 10:23-33 | Paul speaks of food offered to idols |
| 18 | Romans 14:1-23 | Paul talks of food offered to idols and of ceremonial laws |

Part 2

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| 1 | I Cor. 8:4-13 | Paul's conclusions on food offered to idols |
| 2 | I Timothy 4:1-5 | Is everything made good to eat by prayer? |
| 3 | Acts 10:1-28 | Peter's vision and Peter's interpretation |
| 4 | Acts 15:20 | Abstain from idolatry, fornication, things strangled, and blood |
| 5 | Hosea 4:6 | "My people are destroyed for lack of knowledge." |
| 6 | I Cor. 6:19-20 | "Your body is the temple of the Holy Ghost" |
| 7 | Daniel 1:1-21 | Daniel purposed in his heart that he would not defile himself with bad food. |
| 8 | I Cor. 10:31 | "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." |
| 9 | THE CASE AGAINST CAFFEINE | |
| 10 | Philippians 4:13 | "I can do all things through Christ which strengtheneth me." |
| 11 | John 8:36 | "If the Son therefore shall make you free, ye shall be free indeed." |
| 12 | Proverbs 23:29-35 | Do not desire wine when it is fermented; it bites |
| 13 | Matthew 15:1-3, 7-20 | Jesus explains about the ceremonial washing of hands. We need to view this passage while thinking of Daniel's experience and also of the counsel to abstain from things strangled and blood. |
| 14 | Proverbs 20:1 | "Wine is a mocker, strong drink is raging," those deceived thereby are not wise |
| 15 | Proverbs 23:19-21 | "Be not among winebibbers; among riotous eaters of flesh." |
| 16 | Romans 12:1-3 | "Present your bodies a living sacrifice...." There is a good reason why doing this is so important. |

THE CASE AGAINST CAFFEINE

"The majority drink tea and coffee because the beverages, either consciously or unconsciously, exhilarate them, and for the time erase the sense of fatigue or drowsiness. The action and effect is very comparable to the effect produced when the whip is applied to the tired horse.

When you drink tea, coffee, or Coca-Cola, you drink the poisonous alkaloid, or drug, caffeine, in the following proportions: tea--0.35% to 1.75%; coffee--0.75% to 2.05%; Coca-Cola--1.0% to 1.2%." Statistics taken from Kellogg's The New Dietetics.

Caffeine is one of the most destructive of the known causes of cardio-vascular (heart and blood-vessel) disease, and the consumption of this drug is increasing each year. So are premature deaths from cardio-vascular disease. Heart and blood-vessel disease now heads the list as the cause of death--for which condition caffeine, supplied by the free and common use of coffee, tea, and Cola drinks, is largely responsible.

The New York Life Extension Institute reveals that "out of 16,562 men examined by the institute, the excessive use of alcohol was considered to be responsible for seven per cent of the physical impairment, while coffee and tea were assigned as a cause of forty per cent of these ailments and impairments."

Dr. Eugene Lyman Fiske, of this institute, declares that "a recent investigation of a group of 1,000 cases of high blood pressure showed that excess of tea and coffee was one of the outstanding factors in this group."

The evil effects of tea drinking, with the benefits accruing from abstinence, are clearly set forth in the following letter written by John Wesley, the founder of the great Methodist Church. He ministered in England where they did a lot of tea drinking. He wrote:

"After talking largely with both men and women leaders, we agree it would prevent great expense as well of health as of time and money, if the people of our society could be persuaded to leave off drinking tea. We resolved ourselves to begin and set the example. I expected some difficulty in breaking a custom of six and twenty years' standing; and the first three days my head ached, more or less, all day long, and I was half asleep from morning to night. The third day, on Wednesday, in the afternoon, my memory failed me almost entirely. In the evening I sought my remedy in prayer. On Thursday morning my headache was gone, my memory was as strong as ever, and I have found no inconvenience, but a sensible benefit in several respects, from that very day to this."

Dr. Adam Clarke, the great Methodist commentator and theologian who wrote Clark's Bible Commentary, referred to the treatise written by Wesley. He said:

"Seventeen years ago I read Mr. Wesley's letter on tea. I read it and resolved from that hour to drink no more of the juice of that herb 'till I could answer his arguments and objections. I have never seen that tract since, but from that day until now I have not drunk a cup of tea or coffee. For these things I mostly found a substitute in milk in the morning, and when I could not, I cheerfully went without it, and in their place I never took anything in the evening. By this line of conduct I have not only joined hands with God to preserve a feeble constitution, but I can demonstrate that I have actually saved two whole years of time, which otherwise must have been irrevocably lost, and perhaps my soul with it, for I have often had occasion to observe that tea drinking opens the floodgates of various temptations."

Every person is better off physically, financially, mentally, and spiritually without tobacco, alcohol, tea, coffee, and caffeinated soft drinks. Let us eat and drink to the glory of God, as God commands in First Corinthians 10:31. Let us lay aside tea, coffee, caffeinated soft drinks, tobacco in all its forms, alcoholic beverages, and every other narcotic habit.

THE WHEEL

TRUST IN GOD

SELF-CONTROL

PROPER DIET

WATER

EXERCISE

PURE AIR

SUNLIGHT

REST

OF HEALTH

