

OUR BODY TEMPLE

In our recent studies, we have been focusing our attention on the truth that God has made all men His stewards (Matthew 25:14-30; 1 Corinthians 4:1,2), placing upon them a responsibility for how they use their time and means, especially the seventh part of their time--the Sabbath, and a tenth part of their means--the tithe. A third area in which the Christian steward has great responsibility to his Creator is in how he keeps his body and mind.

Why should we include physical and mental health in a study of religion? You will recall in our early lessons that the human race, after Adam's sin, began to deteriorate not only spiritually, but physically and mentally, gradually to a very low ebb. In restoring us to His own image, God wants to improve us in the same three ways--physically, mentally, and spiritually. Why? Because each is inseparably affected by the other two. We often call this the "whole man." Poor physical health dulls the mind, which in turn lessens our sharpness in studying Bible truth. Mental problems affect both physical and spiritual health. And spiritual problems, such as guilt, or uncertainty, fear of being caught, and the like, affect the mind and body.

Thus, we have license to study about physical and mental health in our series of Bible studies, for they are inseparably related to our spirituality, and thus have eternal implications.

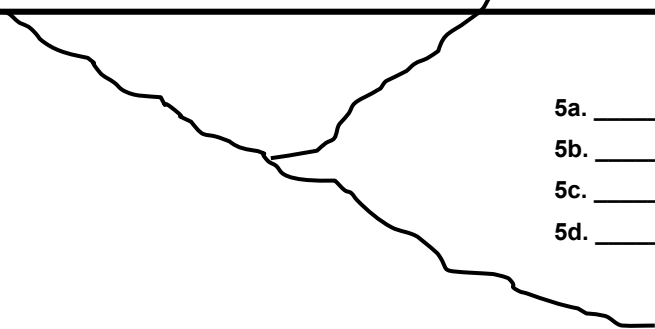
1. Begin by reading Romans 12:1,2. This is Paul's great appeal to faithfulness in the physical and mental areas of our lives. What does he mean by
 - (a) "Living sacrifices" in verse 1? _____
 - (b) "A reasonable service" also in verse 1? _____
 - (c) What is the object of his appeal in the last part of verse 2? _____
2. What very meaningful term does the Lord give for our entire being in 1 Corinthians 6:18-20? _____
3. How far does the apostle Paul say that this type of dedication should go in 1 Corinthians 10:31 and 1 Thessalonians 5:23? (Read also Colossians 3:1-10.) _____
4. What attitudes or outlooks on life are vital to our total good health according to Proverbs 17:22 and 1 Timothy 6:6? _____
5. God utilizes some very basic principles as a way to good, vibrant, total health. They include **cleanliness, fresh air, sunlight, proper nutrition, pure water, adequate rest, exercise, obedience to physical laws, self-control, and peace of mind**.

Sin has led to pollution, imbalance, excess, confusion, violation of all of these "laws" for the best of health. Note the contrasts between Bible counsel and some of these areas where Satan works to unbalance and control our minds, bring ill health to our bodies, and thus affect our spiritual relationship with God.

- (a) Use of tobacco with its results--poor breath, impure blood, lung cancer, premature death. Contrast Isaiah 35:8 and Revelation 21:27.
- (b) Use of alcoholic beverages which clouds the mind, obscures the conscience, loosens the morals, enfeebles the body. Contrast Proverbs 20:1; Proverbs 23:29-35; Ephesians 5:18; Deuteronomy 29:6.
- (c) Use of harmful drugs, the results of which regularly make headlines in the newspaper. Contrast some of the ten commandments in Exodus 20:12-15; 1 Corinthians 9:25.
- (d) Use of unclean meats, harmful stimulants, excess in anything. Note God's original diet in Genesis 1:29, an adapted diet due to necessity in Genesis 9:1-4, and God's limitation of that diet in Leviticus 11:1-12. Tea, coffee, etc., contain harmful stimulants which are unhealthful, as is overeating and excess even with good things.
- (e) Feeding on today's typical theatrical performances, with their focus on immorality, violence, the unreal and imaginative, suggestiveness. Contrast Romans 13:14; Philippians 4:8.
- (f) Feeding on cheap music, poor reading materials, excess excitement, any of which place us in a condition where it is almost impossible to find time and a state of mind to "be still, and know that I am God."---Psalms 46:10.

6. What blessings--physical, mental, spiritual--does God wish for us in 3 John 2?

7. How can we gain victory over the world, its allurements and poor habits, which are opposite to a true, godly life? 1 John 5:4.

<p><u>God's Design for Man:</u></p> <p>1a. _____</p> <p>2. _____</p>	<div style="font-size: 48px; margin: 0;">+</div>	<p><u>God's Principles for Health</u></p> <p>5. _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>								
		<p><u>Satan's Binding Chains</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">5a. _____</td> <td style="width: 50%;">5d. _____</td> </tr> <tr> <td>5b. _____</td> <td>5e. _____</td> </tr> <tr> <td>5c. _____</td> <td>5f. _____</td> </tr> <tr> <td>5d. _____</td> <td>5f. _____</td> </tr> </table>	5a. _____	5d. _____	5b. _____	5e. _____	5c. _____	5f. _____	5d. _____	5f. _____
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