

11

# Glorifying God in Our Bodies



“Fear God and give glory to Him, for the hour of His judgment has come” (Revelation 14:7).



**An Amazing Fact:** *The Centers for Disease Control and Prevention keeps an updated list of the leading causes of death in America. Among them are heart disease, cancer, respiratory disease, stroke, Alzheimer’s disease, cirrhosis, and diabetes. Numerous studies have revealed that all of these can be postponed or even eliminated by making simple changes in lifestyle.*

**E**very one of us, whether personally or by proximity, has been forced to confront the sad reality of disease. Sickness affects us, our loved ones, our co-workers, even our pets. By God’s grace, believers have the beautiful hope of His promise to “wipe away every tear from their eyes; there shall

be no more death, nor sorrow, nor crying. There shall be no more pain, for [all sickness will] have passed away” (Revelation 21:4). The pain of debilitation will no longer exist.

But does God care about our health only when we get to heaven? Consider what occupied much of Jesus’ time on our planet: “[He] went about all Galilee, ... healing all kinds of sickness and all kinds of disease among the people” (Matthew 4:23). In fact, as recorded in the four Gospels, Christ spent more time healing than He did preaching.

Because God wants us to “prosper in all things and be in health, just as [our] soul prospers” (3 John 2), He gave us a number of clear guidelines in His Word to help us accomplish that goal. These biblical lifestyle choices may seem inconsequential, but we are about to learn just how crucial they are to giving God glory ...





*When you see a blank, look up the passage in your Bible and write in the missing word.*

### 1. Revelation 14:7 urges us to “give glory to [God].” How do we do that?

**1 Corinthians 6:20.** For you were bought at a price; therefore glorify God in your \_\_\_\_\_ and in your spirit, which are God’s.

**1 Corinthians 10:31.** Therefore, whether you eat or drink, or \_\_\_\_\_ you do, do \_\_\_\_\_ to the glory of God.

**ANSWER:** Giving glory to God

means honoring Him in all areas of life. This includes things that at first may seem insignificant—like lifestyle habits of diet, exercise, and sleep. These verses also reveal that it is possible to eat and drink things that do not bring glory to God, so we need to understand what those things are.

### 2. Is the Lord really that concerned about our physical health?

**3 John 2.** Beloved, I pray that you may prosper in all things and be in \_\_\_\_\_.

**Matthew 4:23.** Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and \_\_\_\_\_ all kinds of sickness and all kinds of disease among the people.

**ANSWER:** Yes! The Bible teaches that our physical health is clearly important to God. While on Earth, Jesus spent more time healing than He did preaching. As we continue through this lesson, we’ll discover many Bible principles that, should we follow them, can help improve our health and lengthen our lives.

### 3. What principle does God want us to live by when it comes to lifestyle and diet?

**1 Corinthians 9:25.** Everyone who competes for the prize is \_\_\_\_\_ in all things.

**1 Peter 2:11.** \_\_\_\_\_ from fleshly lusts which war against the soul.

**ANSWER:** Temperance here means to use in moderation that which is good and to fully abstain from that which is harmful. The Bible counsels us to be moderate in things like eating and working. For example, we are to guard against excessive eating (Proverbs 23:1, 2, 20, 21) and overworking in order to be rich (v. 4). Nothing that God has given us to enjoy should be carried to excess.

#### 4. What was the original diet that God designed for humans?

**Genesis 1:29.** God said, “See, I have given you every \_\_\_\_\_ that yields seed which is on the face of all the earth, and every tree whose \_\_\_\_\_ yields seed; to you it shall be for food.”

**ANSWER:** The original diet for humanity in paradise was a delicious assortment of fruits, grains, and nuts. After Adam and Eve sinned, God added vegetables to the human diet (Genesis 3:18).

Notice the absence of meat in God’s plan. The first humans were vegetarians! This makes sense because it was sin that brought death into our world (Romans 6:23). In the new paradise that God will create at the end of this age, both humans *and* animals will be vegetarian; there will be no more killing! (See Isaiah 65:25; Revelation 21:4.)



#### 5. After sin, what types of land animals did God permit humans to eat?

**Leviticus 11:3.** Among the animals, whatever \_\_\_\_\_ the hoof, having cloven hooves and chewing the \_\_\_\_\_—that you may eat.

**ANSWER:** To help humans know what is safe to eat, God has placed all animals into one of two categories: clean and unclean. He has permitted humans to eat clean animals only.

Clean land animals share two characteristics: (1) have cloven hooves and (2) chew the cud. A pig has cloven hooves but does not chew the cud; thus, it is unclean. Rabbits are also categorized as unclean.

## 6. What types of sea animals did God permit humans to eat?

**Leviticus 11:9.** *These you may eat of all that are in the water: whatever in the water has \_\_\_\_\_ and \_\_\_\_\_, whether in the seas or in the rivers—that you may eat.*

**ANSWER:** Of the creatures in oceans, seas, and rivers, most fish are clean—but eels, catfish, and sharks are excluded. Any water creatures that don't have both fins and scales are unclean; these include shellfish, turtles, frogs, shrimp, and oysters.



## 7. What other creatures does God forbid humans to eat and why?

**Leviticus 11:13–19.** *These you shall regard as an abomination among the birds; they shall not be eaten: ... the eagle, the vulture, the buzzard, the kite, and the \_\_\_\_\_ after its kind; every \_\_\_\_\_ after its kind, the ostrich, the short-eared owl, the sea gull, and the \_\_\_\_\_ after its kind; the little owl, the fisher owl, and the screech owl; the white owl, the jackdaw, and the carrion vulture; the stork, the \_\_\_\_\_ after its kind, the hoopoe, and the bat.*

**Leviticus 11:20–22.** *All flying insects that creep on all fours shall be an abomination to you. Yet these you may eat of every flying insect that creeps on all fours: those which have \_\_\_\_\_ above their feet with which to leap on the earth. These you may eat: the locust after its kind, the destroying locust after its kind, the cricket after its kind, and the grasshopper after its kind.*

**ANSWER:** Among flying creatures, all birds of prey are unclean, and so are most insects. All the foraging birds—such as quail, pheasants, chickens, and turkeys—are clean. Also unclean are “creeping things” (Leviticus 11:29), a group that includes rodents and reptiles (vv. 29, 30).

Notice that unclean animals are often scavengers, bottom-dwellers, and carriers of disease. Many are the garbage collectors of the animal

kingdom; they feed on carrion, waste, and other unclean creatures. However tasty they are, God does not want us to eat them!

### 8. Weren't the dietary laws part of Moses' ceremonial law, which ended at the cross?

**Genesis 7:1, 2.** *Come into the ark, you and all your household. ... You shall take with you seven each of every \_\_\_\_\_ animal, a male and his female; two each of animals that are \_\_\_\_\_.*

**ANSWER:** The categories of clean and unclean existed long before God established His covenant with the Jewish people. It was only after the Flood that God permitted humans to eat flesh (9:3). However, the concession to eat clean animals does not mean that God wants us to eat meat as part of our ideal diet. (See “Myths About Clean and Unclean Meat” at the end of this lesson.)

### 9. Does God really say that eating unclean meat is a serious offense?

**Isaiah 66:15, 17.** *The LORD will come with fire ... to render His anger with fury. ... Those ... eating swine's flesh and the abomination and the mouse, shall be \_\_\_\_\_ together.*

**ANSWER:** Yes! The Lord says that He will destroy those who know what His Word requires yet refuse to do what is commanded—this includes His command about not eating unclean things.

### 10. Does God really speak against the use of alcoholic beverages?

**Proverbs 20:1.** *Wine is a \_\_\_\_\_, strong drink is a \_\_\_\_\_, and whoever is led astray by it is not wise.*

**Isaiah 5:11.** *Woe to those who rise early in the morning, that they may follow \_\_\_\_\_ drink; who continue until night, till \_\_\_\_\_ inflames them!*

**Proverbs 23:20.** *Do not mix with \_\_\_\_\_.*



**ANSWER:** Yes! The Bible condemns the drinking of alcohol. Why? Alcohol consumption brings misery, destruction, and more sin into the world (Proverbs 23:29, 30; 31:4, 5; Isaiah 28:7; 1 Corinthians 6:9, 10). Thus, Scripture warns us to stay away from alcohol and even from those who are given to drunkenness.

### 11. But didn't Jesus make *and* drink wine?

**Luke 12:45, 46:** *If that servant ... begins ... to eat and \_\_\_\_\_ and be \_\_\_\_\_, the master of that servant will come on a day when he is not looking for him ... and will cut him in two and appoint him his portion with the unbelievers.*



**ANSWER:** Many believe that Jesus drank alcoholic wine (Mark 14:23–25) and changed water into alcohol (John 2:6–10). However, the word translated as “wine” can mean either fermented or unfermented grape juice, so it depends on the context. In Mark 14, Jesus and His disciples were celebrating Passover and the Feast of Unleavened Bread (v. 1), ceremonies in which no leaven was consumed (Exodus 12:1–20). Leaven

is used for fermentation; thus, the “wine” Jesus drank must have been unfermented. The only “wine” God’s people should drink is the fresh, nonalcoholic juice from the vine.

### 12. What will God do to those who defile their bodies in defiance of His Word?

**1 Corinthians 3:16, 17.** *Do you not know that you are the temple of God? ... If anyone defiles the temple of God, God will \_\_\_\_\_ him. For the temple of God is holy, which temple you are.*

**ANSWER:** In the judgment, God will not deem guiltless those who knowingly defile their bodies with harmful substances and practices.





Thus, God's people should voluntarily lay aside any practice or substance that damages their bodies and minds. This means we should abstain from all addictive substances (2 Peter 2:18–22), including tobacco, alcohol, and recreational drugs. Even caffeine, a stimulant, is an addictive drug and should be considered unworthy of use by a Christian.

### 13. What other Bible health principles are still practical today?

**Leviticus 13:46.** All the days he has the sore he shall be \_\_\_\_\_. He is \_\_\_\_\_, and he shall dwell alone; his dwelling shall be \_\_\_\_\_ the camp.

**ANSWER:** The following health principles that God gave in His Word thousands of years ago are embraced today as common sense. They were far ahead of their time!



- A. Quarantine procedures control contagious diseases (Leviticus 13:46).
- B. Human waste should be buried (Deuteronomy 23:12, 13).
- C. Washing the body and clothing controls germs (Leviticus 17:15, 16).
- D. Moral living prevents sexual diseases (Leviticus 18; Proverbs 5:1–12; Colossians 3:5, 6).

- E. Neither animal fat nor blood should be eaten (Leviticus 3:17; 7:22–24).
- F. Hatred and bitterness are detrimental to health (Leviticus 19:17, 18; Proverbs 15:17; Hebrews 12:14, 15).
- G. Overeating is harmful (Proverbs 23:1–3).
- H. Our bodies need proper rest (Psalm 127:2; Mark 6:31).
- I. Regular work is important to our health (Exodus 20:9, 10; 2 Thessalonians 3:10).
- J. A positive attitude is good medicine (Proverbs 17:22; 1 Timothy 6:6).
- K. Parents' habits affect children (Deuteronomy 12:25; Exodus 20:5).



#### 14. Why is our lifestyle so important to God?

**1 Corinthians 6:19, 20.** Do you not know that your body is the \_\_\_\_\_ of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are \_\_\_\_\_.



**ANSWER:** Jesus desires to live within us, and when we accept the everlasting gospel, we desire the same. We become God's temple. Clearing out our junk mentally and physically makes room for the Holy Spirit and enables us to better recognize His will for us.

All the ways in which God desires us to live are designed "for our good always" (Deuteronomy 6:24). Rejecting God's lifestyle principles is, in a way, slowly

killing yourself. If you cannot function without a cup of coffee; if you are constantly preoccupied with work deadlines; if you are fixated on a

grudge; is it possible for the Holy Spirit to change your heart? Are you really able to glorify God? No! You are, by your habitual choices, working against God's holistic plan of salvation. And all who choose not to accept the everlasting gospel will be destroyed in the final judgment.

### 15. How can I make diet and health changes that will please the Lord?

**Ezekiel 11:18–20.** *They will take away all its detestable things and all its abominations from there. Then I will give them one \_\_\_\_\_, and I will put a new \_\_\_\_\_ within them, ... that they may walk in My statutes and keep My judgments and do them.*

**ANSWER:** When we make it our purpose to follow all of God's precepts—including His health laws—He puts a new heart and spirit within us that will give us the power to live healthfully.

In these last days, God's people are called to "give glory to Him" (Revelation 14:7). Our character is to shine as a witness to God's character of love (Philippians 2:15). We are to "present [our] bodies a living sacrifice, holy, acceptable to God, which is [our] reasonable service" (Romans 12:1), that we may demonstrate to all people His message of health and salvation.

### 16. Are you willing to follow the health principles in God's Word and to glorify Him by presenting your body as a holy temple where His Spirit may reside?

Answer: \_\_\_\_\_





## ***Lesson 11 Supplemental Material***

### **Myths About Clean and Unclean Meat**

Many believe that God’s distinction between clean and unclean meats no longer applies. Let’s examine some of their arguments.

Some point to Peter’s vision in Acts 10, in which God commanded the apostle three times to “kill and eat” (v. 13) from a sheet full of “all kinds of ... animals” (v. 12). Peter refused: “Not so, Lord! For I have never eaten anything common or unclean” (v. 14). God then replied, “What God has cleansed you must not call common” (v. 15).

A careful examination of the vision’s context reveals a symbolic meaning. If God had literally made the unclean animals clean, why did “Peter [wonder] within himself what this vision ... meant”? Peter was unsure until he was called to meet a faithful centurion named Cornelius (vv. 17–23). The apostle then realized the true meaning of the vision: “God has shown me that I should not call any *man* common or unclean” (v. 28, emphasis added).

Let’s now look at 1 Timothy 4:1–5, which warns against apostasy involving demonic teachings, including a mandate “to abstain from [certain] foods” (v. 3). A great misunderstanding has arisen over verse 4, which says that “every creature of God is good.” This verse simply means that every creature was made for a purpose—not that every animal is suddenly fit to be eaten if blessed by a prayer. If that were true, then praying over a bat or cockroach would make it good for food! Such an

---

interpretation can lead to dangerous results, “for whatever a man sows, that he will also reap” (Galatians 6:7).

To prevent us from drawing the wrong conclusion, the apostle Paul adds: “For it is sanctified by the word of God and prayer” (1 Timothy 4:5)—meaning the Word of God must first approve it, and then the prayer of thanksgiving will sanctify it to be eaten.

It is helpful to note that the word “meats” (KJV) in the original language is not limited to animal flesh. The Greek word *broma* simply means food of any kind. We can know that Paul’s discussion does not involve unclean animals, for the meats that some had forbidden were “foods which God created to be received with thanksgiving by those who believe and know the truth.” (v. 3). The truth about what is good for food is recorded in God’s Word. Thus, “those who believe and know” His Word will eat only what He intended “to be received with thanksgiving.”

Remember, just because it is edible does not mean it should be eaten!



# Try These Other Bible Study Resources from Amazing Facts!

**BEST  
SELLER!**



## Amazing Facts Study Guides

Excellent for personal or group study, these easy-to-understand, uplifting Bible lessons will bring faith, hope, and clarity to you and those with whom you share them. *27 lessons.*

**SG-CSET** Complete Boxed Set | Lessons 1–27

**SG-ISET** Introductory Set in Envelope | Lessons 1–14

**SG-ASET** Advanced Set in Envelope | Lessons 15–27

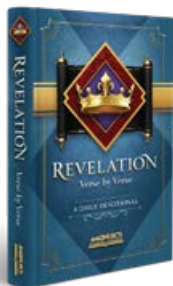
*(Also available in Spanish.)*



## Panorama of Prophecy Bible Lesson Set

Many hearts today are troubled, but the Bible has answers that bring lasting hope. These lessons provide a clear view of end-time prophecy and major Bible truths to prepare you to meet Jesus. *24 lessons.*

**SG-POPS**

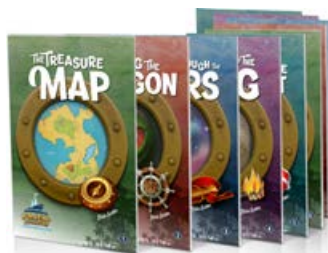


## Revelation Verse by Verse: A Daily Devotional

This year-long devotional will deepen your understanding of Jesus' final revelation to the world and prepare your heart for what's about to take place on the earth. Each daily entry

and a helpful symbols chart reveal heaven's faithful messages and help you apply them victoriously to your life today!

**Hardcover | BK-RVVH**



## Amazing Adventure Bible Guide Set

Fun, colorful Bible lessons for kids ages 8 to 12! *10 lessons.*

**SG-BGSET**

*(Also available in Spanish.)*

**AMAZING FACTS**  
INTERNATIONAL



**ORDER TODAY!**  
**afbookstore.com**  
**800-538-7275**

# Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Discover the Bible's great truths with our **FREE** online courses!



**AMAZING**  
BIBLE STUDIES

[AmazingBibleStudies.com](http://AmazingBibleStudies.com)



Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth—to every nation, tribe, tongue, and people—saying with a loud voice, “Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water.”

And another angel followed, saying, “Babylon is fallen, is fallen, that great city, because she has made all nations drink of the wine of the wrath of her fornication.”

Then a third angel followed them, saying with a loud voice, “If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, he himself shall also drink of the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb. And the smoke of their torment ascends forever and ever; and they have no rest day or night, who worship the beast and his image, and whoever receives the mark of his name.” Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus.

Revelation 14:6–12

