

PATHWAY TO PEACE: BIBLE STUDY GUIDE – LESSON 22

Abundant Health Part 2

Friend do you want to feel alive and revived again? Are you tired of having no energy? Are you sick? Are you tired of running out of breath when you walk up a flight of stairs? Are you sick and tired of just being sick and tired? No, we are not going to sell some pie in the sky get healthy and lose weight quick pill or fad. Yes it is possible to be healthy, strong, and revived again. Today’s teaching is an answer to some of your prayers. So make sure you pay very close attention. Eating is not bad. We are designed to eat. Again we have to eat in order to live or have energy to function. DEATH is 3/5 of what you EAT? Did you notice that EAT in the middle of death. But what we have to do class is learn to eat to LIVE and not live to eat. Don’t miss it. We must learn how to eat to live and not live to eat. What we eat is very vital to our health.

1. What are the six life and health benefits from God that we MUST not forget to good health restore?

Read ALL the following Bible text : Psalm 103:1 – 5

Write the six benefits from Psalm 103:1 – 5: _____

2. What types of foods do we need to eat that are nutritious and healthy? - Foods that will normalize your weight, lower your blood pressure, give you energy, and improve your over all health. What kind of food will we be eating in heaven?

Read ALL the following Bible text: Genesis 1:29; Genesis 3:17, 18; Revelation 22:1, 2

Write Bible Answer: _____

At creation the original diet that God gave us were products from both the field [plants or herbs] and the tree which are seeds, nuts, fruits, and grain. Or simply anything that grew from a plant source such as apples, oranges, tomatoes, squish, and a variety of seeds and grains. Grains come from a variety of grasses. Nuts are seeds of a tree. Notice again class that our meat or food was only plant or tree based and not animal based. God did not create animals originally to be eaten for food or “meat”. Matter fact if we go to verse 30 of Genesis chapter 1 it mentions that the animals’ original diet was the plant itself such as leaves of collard greens. It says that the animals that God created were to eat “every green herb for meat.” So all God’s animals along with humans originally were vegetarians.

Notice that God added the actual herb or plant itself into the diet of Adam and Eve. Now remember, earlier at creation that in Genesis 1:30 that the animals only ate the plant or plant leaves itself. At creation Adam and Eve did not eat the plant leaf or root itself they only ate the products that grew from the plants or trees. Here in Genesis 3:18 God adds the plant leaf and root itself into the diet of Adam and Eve after sin.

God did not add did not order Adam to kill animals to eat for food. So even after sin God's original diet for us was fruit, grains, nuts, seeds, and leafy vegetables.

Why does God want us to eat these things? Because He knows exactly what is best for our bodies.

3. When and why did God allow flesh as food?

Read ALL the following Bible texts: Genesis 9:1 – 3;

Write Bible Answer: _____

A plant based or a vegetarian diet is the best diet for us according to the Bible and modern scientific research. How do we know this? Now it is true we find in the Bible that after the great world wide flood that God permitted humans to eat flesh foods because plants and trees were destroyed in the flood. When humans continued to eat flesh meat as their main source of food the life span of human shorted dramatically. Matter of fact, when you read the family tree of Noah in Genesis chapter 5, before the flood and the introduction of flesh meat into the diet, it was not uncommon for humans to live more than 500 or 800 years. Matter of fact, Methuselah, the oldest man who ever lived, lived to be 969 years old. Can you believe that?] Now after the flood and the introduction of flesh meat in the diet from Genesis chapter 6 to the end of the Bible you will find that human's life span was cut by 500 to 700 years! Can you believe that? The Bible makes it plain. People in American today may live average of 75 years old. So even today flesh food is not the best for our bodies and plant based diet is. Why? What are the nutritional facts? Why is a plant based diet or vegetarian diet more beneficial for us. Let take a look at this. The main purpose of eating should be to receive energy and nutrients from a food source. In order words we want to eat from food sources that will give us the most energy and nutrients. We want to eat foods that going to gives us the best bang for our buck. Amen. Remember we want to eat to live and not live to eat.

4. What does the Bible teach about flesh meat?

Read ALL the following texts: Genesis 7:2,3; Genesis 9:3,4; Leviticus 3:17; Leviticus 7:24,25, 26; Leviticus 17:10 – 14; Deuteronomy 12:16; Acts 15:20, 29; Leviticus 11:1-30; Deuteronomy 14:1 – 21

Write Bible Answer: _____

5. How safe is flesh today?

Read ALL the following texts: Matthew 24:7; Isaiah 24:4 – 5; Hosea 4:1 – 6; James 5:1–7; 1 Timothy 6:9,10; 2 Timothy 3:1-5;

Write Bible Answer: _____

6. How does Jesus feel about complaining about His best nutrition plan?

Read ALL the following texts: Exodus 16:2 – 15; Number 11:4-10, 18 – 23; 31-33

Write Bible Answer:
