

20th Century Bible Course

LESSON NINETEEN

Dear Friend:

Jesus was a riddle to the people of His day. Not only did He freely associate with tax collectors and other outcasts, but He showed no interest in overthrowing the Roman government. Sometimes it seemed that he was more interested in healing people than anything else, for He spent more time doing that than in preaching! Didn't He know that physicians care for the body, while preachers look after the soul? Why didn't He stick to saving sinners and leave the bodies of men to those professionally trained?

Yes, Jesus did spend more time in healing than in preaching, and for a good reason. *He knew how man was made!* He Himself had made man-formed him of the dust of the earth and then into his nostrils breathed His own life-giving breath.

Until very recently it was believed that if the body was in trouble, you should go to a physician. If the mind was in trouble, you should visit a psychiatrist. If your soul was in trouble, you should seek out a minister. We aren't out of the woods yet in this matter. But today there is a growing interest in total health-the well being of the whole man. Modern medicine is beginning to realize that it is impossible to heal the body without treating the mind-if it is also sick. Likewise, the mind won't recover if the body needs treatment, too. Trying to heal the body or the mind, if the problem is basically a spiritual one, is a hopeless job.

Jesus knew this. He knew that illness-even fatigue-acts like a drug and dulls the mind. And whatever dulls the mind weakens will power. He knew that conscience operates through the mind. Therefore the conscience is affected by the quality of the brain tissue and the health of the nerves. And the quality of the brain tissue is affected by the food a man eats.

Jesus knew that a sick body means a mind that is not functioning at its best. He wanted those He taught to be in health so that they could better appreciate and evaluate what He was trying to tell them, and be able to make intelligent spiritual decisions. Jesus treated the whole man.

Yours for a more healthful and abundant life as you make ready for life eternal in the glorious future God has in store for His children.

Very sincerely,

Your Bible Instructor

LESSON 19

HIGHWAYS TO HEALTH AND HAPPINESS

1 CORINTHIANS 9:24-27

Recently the owner of a Ket self-portrait looked at the painting he had purchased and shuddered. The features had begun to slither downward like a blurring image in an oil slick. He turned the painting upside down, but this didn't help. A restorer tried to push the features back into place, but the oozing tide of paint refused to turn. Evidently the young Dutch painter had mixed his paints with too much cheap oil, and now the portrait was worthless.

Have you looked at your self-portrait lately? The canvas on which we paint is heredity- the health, the intellect, the talents we are born with. The paints and oils are what we add throughout our life span.

God, too, is interested in the portrait we are painting. You see, when we invite Him to take over our lives, He sits for His portrait in the studio of our minds. He is anxious that we reflect His likeness so perfectly that seeing us, men may see Him, and seeing Him, love Him. This is the purpose of redemption-

to restore God's image in His creation (Romans 8:29).

Since the Holy Spirit communicates with us through the nervous system, the health of our minds and bodies becomes very important to God. The more alert our minds, the better condition of our bodies, the more surrendered our wills, the more fully Christ can achieve His purposes through us. This is why He cares what we eat and drink, what we see and hear, how we work and rest and play, and what we think and say. Even how we look, for we are His advertisement of Christianity. And advertisements are intended to sell!

So if you've got the tired look, or need a prescription for that "gone" feeling, or just want to make sure that your channel to heaven is unclogged, read on.

Part 1-- THE WHOLE MAN

1. How was man made in the beginning? Genesis 2:7 _____

Most translations read, "... and man became a living person." The soul is the *total man*.

2. How does worship involve our bodies? Luke 10:27 "Thou shalt love the Lord thy God with _____, and with all thy soul, and with all thy _____, and with _____, and thy neighbour as thyself."

If we love God with the mind, there must be a brain. To love God with our strength involves the body. So we are to love and worship God with the whole being-the total personality.

3. What are Christians to present to God? Romans 12:1 _____

In Old Testament times innocent lambs were slain as a reminder that Jesus would come and die for His people. Those sacrifices came to an end when Jesus died. Paul draws upon this to illustrate the responsibilities of those who follow Christ. We are asked to bring a sacrifice-not one to be slain on the altar, but one that lives-our own bodies.

The lamb which was brought to the temple had to be without a blemish-perfect in every way. That was because Christ, the Lamb of God, would be without a taint of sin. If God wanted a perfect sacrifice back then, do you think that now, after the cross, He would require less? What would He think of a sacrifice that reeked with tobacco smoke, or the smell of liquor?

This does not mean that we cannot come to Jesus just as we are. He will clean us up, inside and out, for that's what always happens when Jesus touches the life!

4. To whom do our bodies belong, and why? 1 Corinthians 6:19, 20 _____

What an awesome thought! To be the temple, or dwelling place, of the Holy Spirit! In the strength of our fallen nature alone it is impossible for us to live a life acceptable to God. We simply cannot do it. But Jesus came as a man "in every respect" (Hebrews 2:17, RSV), and lived a perfect life so that, by His Spirit, He could live that perfect life again in us. "Christ in you, the hope of glory" (Colossians 1:27).

Part 2--The Care of Our Bodies

When you purchase a new car, you receive an owner's manual telling you how to operate and care for it. A wise owner follows the instructions closely, recognizing that the manufacturer knows how it will perform best. Our Creator and Designer has given us instruction for the care of our remarkable human bodies. He tells us in His Word what is good for it and what is not good for it.

1. What will God not withhold from us? Psalm 84:11 _____

2. What was promised Israel if they followed God's instructions? Exodus 23:25, last part. _____

Years later, David said, "He brought them forth also with silver and gold: and there was not one feeble person among their tribes" (Psalm 105:37). How about that!

3. What is God's wish for all of us? 3 John 2 _____

4. When Daniel and his friends refused to eat unhealthful food, what was the result? Daniel 1:8-16

Pulse is vegetables. The king's food was rich and unhealthful, and the Hebrews had been trained to habits of strict temperance in accordance with God's Word.

5. What broad, guiding principle did Paul give us? 1 Corinthians 10:31 _____

6. What was man's original diet? Genesis 1:29; 3:18

_____ After sin, _____ were added.

Fruits, grains, nuts and herbs (vegetables)! After the flood God allowed man to eat meat, but He was particular-only the "clean" animals were to be eaten. Noah knew the difference between clean and unclean animals, for he had taken into the ark seven each of the clean animals, but only two each of the unclean. The eating of flesh no doubt was a factor-perhaps a major one-in the rapid decrease of man's life span after the flood.

7. How can we determine what is clean or unclean? Deuteronomy 14:3-19 "And every beast that _____, and _____ and _____, that ye shall eat" **(verse 6)**. "And whatsoever hath not _____ ye may _____; it is unclean unto you" **(verse 10)**.

The swine's flesh, rabbit, catfish, crabs, eels, lobsters, shrimp, oysters, clams, et cetera, can be eaten only at the peril of our health. Did you notice that almost all of these animals and birds, and sea food that God prohibits, are scavengers? Are any of these different today? No! A pig is a pig is a pig, as the saying goes. We can safely assume that what God labeled as unfit for food in Moses' day is even more unfit today, with the increase of degeneration and disease.

8. When Christ comes, what will happen to those who continue to eat that which God has forbidden? Isaiah 66:15-17 _____

9. What is Solomon's verdict about alcoholic drinks? Proverbs 20:1

While you are in Proverbs, turn to chapter 23:29-35 for a pen picture of a person under the influence of alcohol. People talk about the right to drink. What about the right to be safe on the highways? Or the rights of wives and children to have security and courtesy? Or the right to enjoy a quiet neighborhood with safe streets? Is it right to license a man to sell that which will make another man a pauper or an institutional case, and then tax sober men to take care of them?

10. Which commandment forbids anything that would injure or shorten our lives? Exodus 20:13

11. What will God do to those who defile their bodies? 1 Corinthians 3:16,17

A man walks up to the door of a church, but before he enters, he pauses long enough to get rid of his cigarette. Why? Because the building he is about to enter is a sacred building. Instinctly he knows that smoking in a church would desecrate a holy place. That same man, however, thinks nothing of defiling his own body temple-also holy-with the deadly poison of tobacco tars, nicotine and smoke.

Most of us are fully aware of the harmful effects of tobacco. But what about other beverages? That innocent-looking cup of coffee, for instance? The reason it seems to have such magical lifting powers is because it contains a powerful stimulant called caffeine. The temporary lift it provides the body will be followed by a corresponding letdown. That's why you reach for another cup! But the interest payments in the form of heart trouble, digestive problems, damage to the chromosomes in your cells, irritability, loss

of sleep, rapid heartbeat and muscle tremors, will be a heavy penalty.

"And how does tea fit into the picture? Very neatly. A cup of tea contains about the same amount of caffeine as does a cup of coffee, so we should expect about the same effects. . . . You won't find your good fortune in your tea leaves.

"Don't forget the cola drinks. Their great popularity . . . is not due solely to their admittedly good flavor. A 12-ounce bottle contains more than half as much caffeine as a cup of instant coffee" (Donald Hawley, *Come Alive*, p. 124).

And what has been said of alcohol, tobacco, coffee, tea and cola drinks would be doubly true with other drugs so common today-grass, hash, acid, bennies, angel dust, et cetera.

12. In how much should we be temperate? 1 Corinthians 9:25 _____

That includes plenty of rest, plenty of exercise, not less than eight glasses of water daily, and much fresh air and sunshine-all of which too many of us short-change ourselves.

Part 3--MIND CARE

1. What relationship does the mind have to the body? Proverbs 23:7

2. With what should we fill our minds? Philippians 4:8 _____

Any words of wisdom here for the TV addict?

Part 4-- OVERCOMING UNHEALTHFUL HABITS

The fire spotter in his lookout tower grabbed the phone. "There's smoke on the edge of the old Snoqualmie burn!" he reported.

By the time a crew of fire fighters reached the area, a dangerous blaze was spreading in the standing timber. But these trained men, armed with modern equipment soon brought everything under control.

Fifty-three weeks earlier, fire had denuded and scarred this whole area. What had caused it to start up again? Investigators finally discovered the culprit. When the first fire had swept the area, a huge Douglas fir at the edge of the burned area had caught fire. The fire smoldered *inside the tree* for over a year until it had completely consumed the interior! Then the remains crashed to the ground and started a new fire, which quickly spread to the unburned timber nearby.

This smoldering and hidden fire had been doing its baleful work a long time before it burst into the open and was detected. Had the forestry men been aware of its existence, they could have easily contained the damage to that single tree. But once the tree fell, prevention was too late and much greater damage was done.

So it is with the health-destroying habits that are embedded in our ways of living. They may be eating away unnoticed for years and destroying our health little by little.

1. What appeal does Paul make to us? 2 Corinthians 7:1 _____

How much is it worth to be well? Health is a priceless treasure never fully appreciated until it is lost. Sickness is the most expensive luxury known to man. God wants us to be healthy, and He has given us the guidelines for health and happiness. But He will not force us to follow them. However, a failure to do so will result in poor health. "Whatsoever a man soweth, that shall he also reap" (Galations 6:7). If we sow good health habits we will reap good health.

2. What example did Paul set? 1 Corinthians 9:27 _____

3. What promise may we claim as we struggle against harmful health habits? Philippians 4:13

If your self-portrait looks like a do-it-yourself job, why not turn the project over to the Master Painter?

There are no "cheap oils" in His inventory. And the wonderful thing about Christ's portraits is that they always come out looking like Him! You just can't lose when the Master Artist does the work!

SUGGESTIONS FOR ADDITIONAL READING

Come Alive, by Don Hawley, tells it as' it is in a way that's easy to take. Know why you should or should not do certain things to keep yourself in tip-top shape.

If you are interested in vegetarianism, ask for the special issue of *Life and Health- Vegetarianism*. Another excellent booklet is *The Stuff of Survival*, by George E. Vandeman.