

Biblical Health

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If you feel awful during the morning, day, or night, it may be because you are not taking care of your body. The mind is directly affected by food consumption, and your attitude will therefore be affected as well. For better mental strength, clearer thought processes, stronger endurance in daily activities, and a better daily outlook, take care of yourself. 😊

NEWSTART, or 'The 8 Doctors' in Genesis 1-2 -

1. **Nutrition** - Genesis 1:29 - (fruit and leaves from the tree of life, Rev. 22:2)
2. **Exercise** - Genesis 2:15 - (walking in the light, Rev. 21:24)
3. **Water** - Genesis 1:2 - (water of life in Rev. 21:6, 22:1, 17)
4. **Sunlight** - Genesis 1:16 - (Son light, Rev. 22:5)
5. **Trust in God** - Genesis 2:17 - (no closing/locking the gates... Rev 21:25)
6. **Air** - Genesis 2:7 - (a new heaven, Rev. 21:1)
7. **Rest** - Genesis 2:2 - (Sabbath rest every week, Rev. 21:22, see Isaiah 66:23)
8. **Temperance** is intended for each of these

Romans 12:1 - "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

3 John 1:2 - "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

1 Corinthians 10:31 - "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

Exodus 20:13 - "Thou shalt not kill." This included ourselves. A poor food intake plan is satan's counterfeit to God's plan for your life. In contrast to **pure air**, the enemy has given **cigarette smoke**. Instead of **pure water**, the enemy has given us **alcohol**. For **juice**, there's **wine**. For **whole foods**, there's **processed desserts and candy**. For **exercise** there's **sedentary labor** and **couch potatoes**.

1 Corinthians 10:13 - "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."

Genesis 7:2 - "Of every **clean** beast thou shalt take to thee by **sevens**, the male and his female: and of beasts that are **not clean** by **two**, the male and his female." When God gave Noah the command to take animals into the ark, there was a differentiation between what was edible and what was not. If Noah and his family would have eaten some of the unclean animals on the ark, we would be less that race today. There were only 2 camels, 2 pigs, 2 snakes, 2 hawks... Notice what the Bible says about certain flesh foods that humans consume today:

Leviticus 3:17 - "It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood." Anything today that has blood in it is unclean for humans to eat. This is why Jews eat foods called Kosher—because they still uphold these Biblical standards.

Genesis 1:29 - “God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” Was diet something for the Jews only? No. The very first diet God gave to man was that of whole foods in the Garden of Eden.

Leviticus 11:1-13 explains what animals God has created to be eaten by humans. So dogs, pigs, camels, badgers, snakes, vultures, horses, and crabs are all in the other group – unclean. They are as unhealthy to humans as eating our shoes. They were not made for food. They are harmful to us. Tasting good doesn’t mean it’s good for us!

Deuteronomy 14:3-20 gives a run down similar to Leviticus 11 as to what flesh we should and should not eat as humans.

Psalms 84:11 - “The LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.”

Isaiah 66:15-17 - “For, behold, the LORD will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire. For by fire and by his sword will the LORD plead with all flesh: and the slain of the LORD shall be many. They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD.”

Acts 10:17, 28 - Didn’t Peter have a vision from God proving that we, Christians of the New Testament, could eat anything we wanted? “Now while **Peter doubted** in himself **what this vision** which he had seen **should mean**, behold, the men which were sent from Cornelius had made enquiry for Simon's house, and stood before the gate...” “He said unto them, Ye know how that **it is an unlawful** thing for a man that is a Jew to keep company, or come unto one of another nation; but **God hath shewed me** that I should not call any **man** common or unclean.”

Some will take **1 Timothy 4:1-4** and say that this is all washed up. BUT, God made SOME things that were to be received with thanksgiving, and some things that were NOT. Most people using this section of the Bible will leave out verse 5, “For it (whatever we eat) is sanctified by the word of God and prayer.” Could we expect God to bless that which His word condemns?

Revelation 13:16-17 - “And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.” If one is addicted to cigarettes, drinking, illegal drugs, or even prescription drugs, it will be VERY difficult to quit cold turkey to follow God’s strait and narrow path. **Now** is the time to use God’s means of health to be restored both mentally and physically.

Think.