

Romans 12:2 _____, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

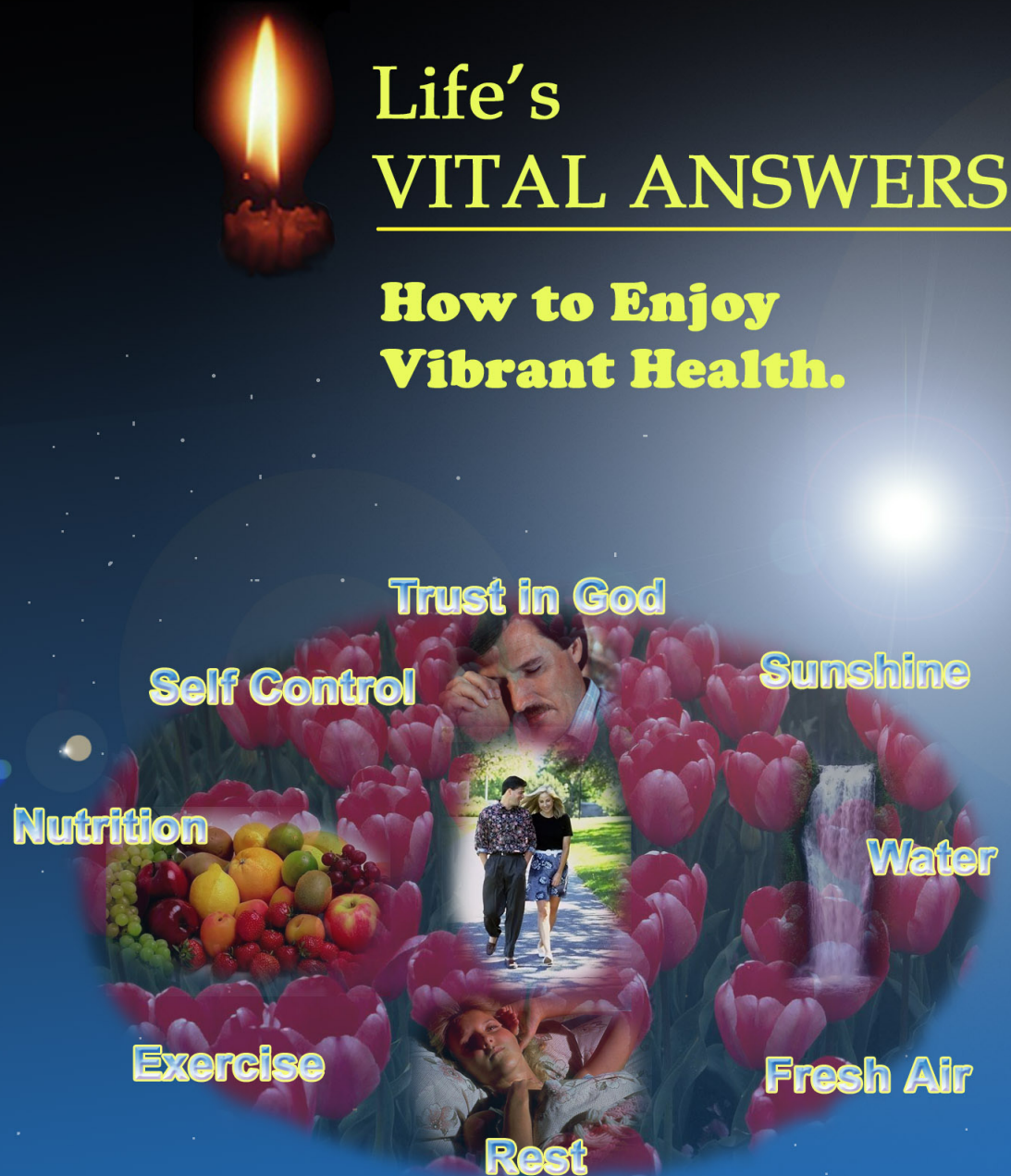
The Christian is to be distinctive – different from the world.

1 Peter 3:3,4 Your _____ such as braided hair and the wearing of gold jewellery and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

Many people are slaves to so called fashion. Becoming obsessed with making yourself "look good" will lead you to feel happy only when you think you look really good. This can only lead to depression or pride. According to this text, a Christian woman is not to make an idol of dress. God asks her to deny herself of time consuming hairstyles. God also suggests the denial of wearing of gold and jewellery and practise Christian modesty. The real beauty in men and women is in the heart. A meek and a Christlike character – this is what God is looking for. God wants us to focus on character, personality and relationships. If people are attracted to each other primarily because of appearance, then we won't develop lasting relationships.

God is not focused about what we wear, but He is concerned with the condition of our hearts. Even so, what we wear does indicate the condition of our hearts. God wants us to have a normal, healthy appearance. He wants our face to radiate the experience of Christ in the life. By the grace of God let us show our love to Him by inviting Him to take all of our lives. By so doing, we will find true satisfaction in reflecting His character. The display of the world is shallow without foundation, but God's way, built on the solid Rock, leads to joy forevermore.

Do you choose to follow God's health principles. _____
Do you wish to uphold the high Christian standards mentioned in this study? _____



To some it seems strange that the health of the body should have anything to do with Christian practise; but it is not so strange when we consider the close relationship of the mind and the body. The brain is in fact a physical organ, and whatever affects the health of the body, must have some affect on the mind. God communicates with us through the Spirit by impressing His truths upon the mind. If the mind is dull through sickness or unhealthy living, then God's avenue of communication is hampered, and our spiritual growth may be dwarfed.

3 John 2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

John wished his friends good health in body and soul – the two are closely related. It is God's desire that we enjoy health. Some do not because of inherited weaknesses, and others because of disobedience to the laws of their being; but if all follow health principles, each individual can enjoy the best possible personal health.

1 Corinthians 6:19,20 Do you not know that _____

_____, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.



We need several minutes a day of Sunshine

Some feel they have a right to do as they please with their own lives. But the fact is, we do not really belong to ourselves, but to God, first of all because of creation, secondly because of redemption. When we consider our bodies are the temple of the Holy Spirit, this places us under obligation to care for our bodies.

There are eight main rules to follow to enjoy good health. They are as follows:

1. **Fresh Air:** It is good to breathe deeply in the open air.
2. **Sunshine:** We do not need more than several minutes a day, but

your brother for whom Christ died.

Engaging in some pleasures may cause a weaker brother to start on the downward road. If in doubt, leave it out. You may not be affected, but it may be a means of others falling into temptation.

1 Thessalonians 5:22 Avoid every kind of evil.

If it looks evil, it may lead to evil, or cause another to fall. The Christian's life must always be above reproach and give no occasion for criticism concerning standards of living.

Philippians 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—_____



At the push of a button, anyone can access volumes of sex, violence and immorality – all fatal to spiritual growth.

Amusements that do not meet the standards of Christians and can let the world dominate our thinking include dancing, movies, theatre, TV, videos, games, internet sites, novels and magazines that promote sexual promiscuity, swearing or violence. Our world today is filled with images of sex and violence and our communities are now reaping the rewards. We can't watch, read or listen to evil without being influenced by it.

Exodus 20:17 You shall not covet your neighbor's house. _____ your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.

Gambling is pandering to the weakness of covetousness. A person backs race horses, plays poker machines, buys lottery and raffle tickets and plays cards hoping to win. The desire is to get more money, even at the loss of fellow humans. A Christian will not engage in such practises to gain a livelihood or to gain extra.

God has outlined in His Word, standards of living that will both save us from pain and loss and also be an example to others. Some of these standards appear restrictive at first notice, but the blessings of God's standards are learnt over time and bring great blessing with them.

2 Timothy 3:1,4,5 But mark this: There will be terrible times in the last days. . . treacherous, rash, conceited, _____ — ⁵having a form of godliness but denying its power. Have nothing to do with them.

When a church lowers its standards to bring the world into the church, it only succeeds in taking the church into the world. Today amusements unfortunately, dominate the minds of many professed Christians. We live in an age where pleasure seeking is paramount. There is nothing basically wrong with pleasure, but when it becomes all absorbing, to the exclusion of God, it leads to spiritual disaster. Many have a form of godliness, but because the world and its pleasures are uppermost in the mind, their spiritual life is without power. It is not always easy to differentiate between good and bad when asked whether certain pleasures are right or wrong, but the Bible gives clear guidelines to show us if contemplated amusements are acceptable in the sight of God.

1 John 2:15,16 Do not love the world or anything in the world. _____ For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world.

Christians must be in this world, but not of this world. We are pilgrims on the way to the glory land. We are not to allow this world's ways to control us, nor become absorbed in attaining material possessions. If any amusement tends to worldliness and draws us away from genuine living for God, we are to abstain.

Romans 14:13 If your brother is distressed because of what you eat, you are no longer acting in love. Do not by your eating destroy

it is vital.

3. **Water:** This is needed on the inside – about six glasses a day between meals. And on the outside – bathing or showering regularly.
4. **Exercise:** Our modern age has neglected this very important feature of healthy living. This neglect has resulted in much disease. Brisk walking daily for at least 20 minutes is the best exercise.
5. **Rest:** It is equally important to get adequate rest. The batteries must be recharged.
6. **Temperance:** True temperance is moderation in that which is good, and total abstinence in that which is harmful.
7. **Diet:** Correct eating is vital. We are what we eat.
8. **Trust in God:** Most sicknesses originate in a disturbed mind. The relationship between a troubled mind and a diseased body is very real. When we trust God we experience peace of mind.



Plenty of Fresh fruit and Vegetables

Genesis 1:29 Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. _____.”

Genesis 3:18 It will produce thorns and thistles for you, and you will eat the plants of the field.

After Adam and Eve sinned, the “plants of the field”, or vegetables, were added to their diet perhaps because of their cleansing properties now needed because of the affect of sin on our bodies.

Genesis 9:3,4 Everything that lives and moves will be food for you. Just as I gave you the green plants, I now give you everything. But _____.

After the flood, vegetation and food was scarce, so God permitted the eating of flesh, with one stipulation – the blood must first be drained. To suggest anything that lives is good for food, is not what is intended here, for Noah knew the difference between clean and unclean ani-

mals. For instance, to eat some fish will cause death. There was a limit on what could be eaten.

Genesis 7:2 Take with you seven of _____, a male and its mate, and two of every kind of unclean animal, a male and its mate. . .

Noah was well aware of the clean and unclean animals. After people started eating meat, it's interesting to see the resulting decreased life span. The first ten patriarchs lived approximately 900 years each, but after the flood the age span gradually fell, until Abraham, the tenth after the flood, lived 175 years.

In Deuteronomy 14, Moses details what animals, birds and fish are clean or safe to eat and what are not. Animals that both chew the cud and have a split hoof are clean while anything else is not. (Deut 14:3-8). Fish must have fins and scales to be considered clean (Deut 14:9,10). Moses lists the birds that are considered unclean like eagles and vultures.

1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.

It's not what goes in the mouth, but what comes out of the mouth that defiles a person. Sinful actions and words condemn. Nevertheless the type of food a person uses can have a definite affect upon the temperament. For example, take alcoholic beverages – these cause unworthy behaviour. We cannot glorify God when we partake of such things.

Proverbs 20:1 Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.

Those who partake of alcoholic beverages are most unwise.

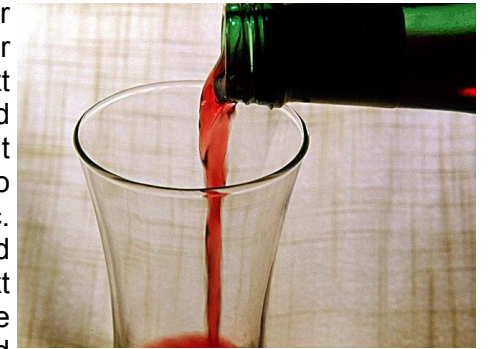
Proverbs 23:29-32 Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? 30 Those who linger over wine, who go to sample bowls of mixed wine. _____, when it sparkles in the cup, when it goes down smoothly! In the end it

bites like a snake and poisons like a viper.

When the wine has become alcoholic – keep away from it. The results are disastrous, physically, socially and spiritually – not to mention the affect on home and family.

1 Timothy 5:23 Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.

Many use this verse as an excuse to drink alcoholic liquors. Notice first of all that it is suggested for medicinal purposes, and not for pleasure. Those who use this text as an excuse, usually do not need such medicine. The second point is that it is a gross assumption to suggest that this wine is alcoholic. Unfermented grape juice is called wine in the Bible. Only the context helps us differentiate between the two. It seems most unlikely God would condemn alcohol so strongly in the Old Testament, and condone it in the New Testament.



Alcohol is major problem in society today

The fact is; the water in many of these countries was not good for drinking. The same situation exists today. Therefore, at this time, it was safer for Timothy to drink grape juice rather than water.

1 Corinthians 3:17 If anyone destroys God's temple, God will destroy him; for _____.

Here we are provided a principle for healthy living. If something harms the body then we ought to discard it. This includes smoking, so called "recreational drugs", Tea and coffee which contain caffeine which is detrimental to the nervous system.

God has given us marvellous body machinery and He wants us to care for it, so that we can be healthy, happy and glorify Him. We can glorify God by what we eat and even by our dress and social activities.