

# HOLISTIC HEALTH

## FIRST THINGS FIRST

Take a minute to pray for God to guide you as you study...

In a Danish Twin Study, the author of Blue Zones, Dan Buettner said, "Only about 10 percent of how long the average person lives, within certain biological limits, is dictated by our genes. The other 90 percent is dictated by our lifestyle." This is an amazing study that shows something the Bible has been saying all along. Because "God is Love," (1 John 4:8) it would make sense that He would create our world to run off His creation's power of choice. Without the power to choose, there can be no freedom, and without freedom, there can be no love. So God created our world in such a way that our free actions create actual outcomes. The Bible and the Danish Twin Study are in agreement - when it comes to human life, our choices have a huge effect on our quality of living.

**Proverbs 26:2:** "The curse \_\_\_\_\_ shall not come" (KJV)

**Galatians 6:7:** "Whatever a man \_\_\_\_\_, that he will also \_\_\_\_\_."

Often, when we think of spiritual things, we think that God only cares about our salvation. This is true, but so often we have a narrow mindset of what that salvation looks like. The word "Salvation" has the same root as the word "Salvage," meaning that salvation doesn't only pertain to a spiritual, "I-go-to-heaven" experience, but that God wants to bring salvation to us now by salvaging us even in our present state. God's concern for our present well-being is found all throughout the Bible!

Read the following scripture verses and discuss what they have to say about God's deep interest into our present quality of life. Write down some of the key ideas that stand out.

### John 10:10

### 3 John 2

### Romans 12:1-2

### 1 Corinthians 6:19-20

### 1 Corinthians 10:31

How amazing is it to know that God cares about us to even want our present lives, not just our heavenly lives, to be filled with joy and health! Since we have now learned that God cares about our present quality of life, what are some principles outlined by the Bible to help us really live a good life?

**Genesis 1:29:** "Then God said, "I give you every seed-bearing \_\_\_\_\_ on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for \_\_\_\_\_."

One of the choices that we have is what we put in our bodies as food, and the Bible is pretty clear about what the BEST choices are. Our bodies are made in such a way that we function best when supplied with a steady diet of fruits, vegetables, nuts, seeds, whole grains, and legumes. These foods are packed with vital nutrients that our bodies thrive and flourish off of. Modern science has even proved that these are the foods best used to fight and prevent disease! God really knew what He was doing when setting our world up during creation. However, after sin came into the world and the flood took place, much of what is listed in Genesis 1:29 was destroyed, so God allowed certain animals to be used for food. This was an accommodation, although not the ideal, but God was willing to work with mankind in our fallen condition.

Read Genesis 7:2 and write out the two categories God made for animals.

1. \_\_\_\_\_
2. \_\_\_\_\_

Now read Deuteronomy 14:3-20 and in the space below list some of the animals that are clean and unclean.

Some people try to say that these laws no longer apply to us now and that this was just a Jewish thing. The problem with this logic is that it's similar to saying the law of gravity only applied yesterday, when in fact we can see right now the law of gravity is just as binding as it was yesterday. You will find it very difficult to persuade your bodies and it's vital organs that this law of clean and unclean meats was just a Jewish idea. Modern science will also confirm this!

## BASIC POINT

God gave us freedom to make choices, but our choices make a big difference in our lives.

Another important area of health is concerning alcohol. The Bible not only talks about foods but also one of the most common causes of disease in our day.

Read Proverbs 20:1, 23:29-35; 1 Corinthians 6:9-11.

Although some people in the Bible are mentioned drinking alcohol, the Bible never presents alcohol in a positive light. Many of the people in the bible also practiced polygamy and had slaves, and we look at that today knowing these practices only bring hardship and pain.

Another bible verse that shows us how God feels about alcohol is this next verse where it says,

**Ephesians 5:18:** “And do not get drunk with wine, for that is debauchery, but be filled with the Spirit.”

Here, the apostle Paul contrasts being filled with alcohol and being filled with God’s Spirit! As committed followers of Jesus, we shouldn’t want to do anything that can minimize the Holy Spirit’s presence in our lives. Now, the word used for “debauchery” is a compound word meaning, “an unsaved man.” Paul equates drinking with the character of someone who has not received the grace of Jesus and therefore been filled with the Holy Spirit! But the good news is that those who have heard the good news of Jesus and have believed it are sealed with the Holy Spirit! (Ephesians 1:13).

Alcohol not only is something that gets in between your mind and God, but it also is incredibly detrimental to your physical health as well! The statistics on alcohol are astonishing!

- Alcohol is the third largest risk factor for all disease worldwide, number two in Europe, and number one in the Western Pacific and the Americas.
- There are on average 2.5 million alcohol related deaths per year worldwide.
- In the U.S., one-quarter of all emergency room admissions, one-third of all suicides, and more than half of all homicides and incidents of domestic violence are alcohol related.

God has a lot to say about our healthful habits and this is good news! Because He wouldn’t be able to be a God of Love if He didn’t care about the choices we make every day.

While what you eat and drink and do are major choices in your life that will affect you till the day you die, making choices in ALL areas that honor and glorify God are important.

**1 Corinthians 10:31:** “So whether you eat or drink or whatever you do, do it \_\_\_\_\_ for the glory of God.”

That pretty much tells us that EVERYTHING that we do is a choice, and it will either honor and glorify God, or it won’t. When we choose to honor God with our choices, it is guaranteed to be the healthier route, the better choice, and something that will bless you.

While some may view God as a restrictive God that won’t allow anyone to have fun, or if they choose to make their own choices, then they really struggle, that’s NOT who God really is! He wants the best for you! Check out these next few verses as they are straight from the mouth of God and express His desires for you.

**John 10:10:** “I have come that you may have life and have it more \_\_\_\_\_.”

**Jeremiah 29:11:** “‘For I know the plans I have for you,’ declares the Lord, ‘plans to \_\_\_\_\_ you, to give you a hope and a future.’”

Will you choose that abundant life today? Will you choose a life that God designed for you that will be the healthiest for you physically and spiritually?

## FUNDAMENTAL QUESTIONS

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1. Why is it hard to make good choices sometimes?
  2. If you feel comfortable sharing, what are some daily choices that you struggle with?
  3. Share some ways that you have found that help you make the best choices for your life.
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### LESSON 9: HOLISTIC HEALTH

