

**EQUIPPING THE SAINTS**  
**20/20 Vision in 2020**  
**LESSON STUDY: *Simplicity of the Gospel***  
**December 26, 2020**

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**GOD'S INSTRUCTION ON HEALTH**  
**The Gospel Simplified: Jesus In, Satan Out**  
**SCRIPTURE: ROMANS 12:1,2**

"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. <sup>2</sup>And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

**What wish does God have for you and I?**

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

**Upon what conditions was freedom from disease promised?**

2. Ex. 15:26: "And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."
3. Ex. 23:20,25: "<sup>20</sup>Behold, I send an Angel before thee, to keep thee in the way, and to bring thee into the place which I have prepared. <sup>25</sup>And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee."
4. Ps. 103:2,3: "<sup>2</sup>Bless the LORD, O my soul, and forget not all his benefits: <sup>3</sup>Who forgiveth all thine iniquities; who healeth all thy diseases;"

"The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church." CD (Counsels on Diet and Foods) 77.

"...If as Christians we educate our tastes after God's plan, we shall exert an influence which will meet the mind of God. The question is, "Are we willing to be true health reformers?" CD 36.

**Does God have any witnesses to show that health reform works?**

5. Dan. 1:3,5,6,8,11,12,15,20: "<sup>3</sup>And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the princes; <sup>5</sup>And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king. <sup>6</sup>Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah: <sup>8</sup>But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. <sup>11</sup>Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, <sup>12</sup>Prove thy servants, I beseech thee, ten days; and let them give us pulse (vegetables diet) to eat, and water to drink. <sup>15</sup>And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. <sup>20</sup>And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm."

## What was the original diet God gave to man?

6. Gen. 1:29: "And 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."
  - Fruits, nuts, grains and legumes (beans)

## After Adam and Eve sinned, God allowed them plants of the field to eat.

7. Gen. 3:18: "Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;"

## Why did the Lord restrict the Hebrews in their diet?

8. Deut. 14:2,3: "<sup>2</sup>For thou art an holy people unto the LORD thy God, and the LORD hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth. <sup>3</sup>Thou shalt not eat any abominable thing."

## Did God inform Noah, that there was a difference between clean animals and unclean animals?

9. Gen. 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."

## What instructions did God give Samson's mother before his birth?

10. Judges 13:3-4: "<sup>3</sup>And the angel of the LORD appeared unto the woman, and said unto her, Behold now, thou art barren, and bearest not: but thou shalt conceive, and bear a son. <sup>4</sup>Now therefore beware, I pray thee, and drink not wine nor strong drink, and eat not any unclean thing:"

## Did God put in his word the clean animals that they could eat, and the unclean animals they were not supposed to eat?

11. **The Clean Animals:** Deut. 14:4-6,9,11: "<sup>4</sup>These are the beasts which ye shall eat: the ox, the sheep, and the goat, <sup>5</sup>The hart, and the roebuck, and the fallow deer, and the wild goat, and the pygarg, and the wild ox, and the chamois. <sup>6</sup>And every beast that parteth the hoof, and cleaveth the cleft into two claws, and cheweth the cud among the beasts, that ye shall eat. <sup>9</sup>These ye shall eat of all that are in the waters: all that have fins and scales shall ye eat:<sup>11</sup>Of all clean birds ye shall eat."
12. **The Unclean Animals:** Deut 14:7,8,10,12-14: "<sup>7</sup>Nevertheless these ye shall not eat of them that chew the cud, or of them that divide the cloven hoof; as the camel, and the hare, and the coney: for they chew the cud, but divide not the hoof; therefore they are unclean unto you. <sup>8</sup>And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you: ye shall not eat of their flesh, nor touch their dead carcase. <sup>10</sup>And whatsoever hath not fins and scales ye may not eat; it is unclean unto you. <sup>12</sup>But these are they of which ye shall not eat: the eagle, and the ossifrage, and the ospray, <sup>13</sup>And the glede, and the kite, and the vulture after his kind, <sup>14</sup>And every raven after his kind,..." Isa.66:17: "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."

## What are the evil effects of alcohol?

13. Pro. 20:1: "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise."
14. Pro. 23:29-35: "<sup>29</sup>Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? <sup>30</sup>They that tarry long at the wine; they that go to seek mixed wine. <sup>31</sup>Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. <sup>32</sup>At the last it biteth like a serpent, and stingeth like an adder. <sup>33</sup>Thine eyes shall behold strange women, and thine heart shall utter perverse things. <sup>34</sup>Yea, thou shalt be as he that lieth

down in the midst of the sea, or as he that lieth upon the top of a mast. <sup>35</sup> They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again.

### **Who is it not good to keep company with?**

15. 1 Cor. 5:11: "But now I have written unto you not to keep company, if any man that is called a brother be a fornicator, or covetous, or an idolator, or a railer, or a drunkard, or an extortioner; with such an one no not to eat."

### **What group is the drunkard classified with, and what is their future if they don't overcome?**

16. 1 Cor. 6:9,10: "<sup>9</sup> Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, <sup>10</sup> Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God."

### **What may be said of the use of tobacco?**

Tobacco is a rank poison. It is very addictive and highly injurious to your health. Marijuana which is Cannabis is a psychoactive (mind-altering) drug. Prescription drugs such as opioids and many others are highly addictive, they can alter your life forever.

### **What is the lifestyle for anyone who is striving for the Master's kingdom?**

17. 1 Cor. 9:25: "And every man that striveth for the mastery is temperate in all things."

18. 1 Cor. 10:31 "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

"Men will never be truly temperate until the grace of Christ is an abiding principle in the heart. All the pledges in the world will not make you or your wife health reformers. No mere restriction of your diet will cure your diseased appetite. Brother and Sister ----- will not practice temperance in all things until their hearts are transformed by the grace of God." CD 35.

### **What is the body of the believers said to be?**

19. 1 Cor. 6:19,20: "<sup>19</sup> What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? <sup>20</sup> For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

### **Today, would you like God's prescription for your life?**

20. Pro. 17:22: "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."