

## HEALTH & HEALING



### 7. Living in Good Health (2)

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#### Introduction

In the last study we learnt that God is not only concerned about our spiritual life, but also about our physical lives. In John 3:2 it says, "I pray that you may enjoy good health and that all may go well for you, even as your soul is getting along well." God gives us many clear commands in his Word and tells us that if we obey them they are 'health to a man's whole body.' We see this in Proverbs 4:22.

We all enjoy food, and of course we all need food! God intended that food be a blessing for man.

#### A. Eating to Live

- ☐ What blessings did God give to his people according to Deuteronomy 32:12-15?

*(He provided them with honey, oil, curds, milk, lambs, goats, rams, wheat and wine – good food.)*

- ☐ During this time of great prosperity how did Israel respond? Deuteronomy 32:15, 31:20. What are the dangers we face as Christians when there is an abundance of good things?

*(God's people turned away from him and this is a danger we can face too. When there is plenty we can easily forget the Lord and that he is the One who has provided for us.)*

- ☐ What is another danger that we face according to Philippians 3:19? What does it mean when it says: 'their god is their stomach.'

*(Food can even become our god. Some people are ruled by their appetites and natural desires. We are to be led by the Spirit, who gives us self-control. If we are controlled by our appetites then we are in danger of making food our god.)*

- ☐ There is a third danger that we read about in 1 Corinthians 6:12-13a. How does v12 apply to food and eating? Discuss.

*(Although we can eat all kinds of food, not all are beneficial to our health. Not only that, we are not to be 'mastered' by any kind of food.)*

- ☐ What are the foods and drinks that people can be addicted to? What are the dangers of being addicted to something? Discuss

*(People can become addicted to coffee, coke, alcohol and foods that are high in sugar or salt. God wants to be our Master and he doesn't want us to be mastered by anything else, including foods. The reason is that food and drink addictions will affect our health and God wants us to be in good health.)*

God has given us food to be a blessing – not only so we can live, but for us to enjoy! Yet food can become a snare. Remember how sin first entered the world through food. It tells us in Genesis, "when the woman saw that the fruit of the tree was good for food and pleasing to the eye ... she took some and ate it. She also

gave some to her husband and he ate it.” Let’s not allow food to control us so that it affects our health and becomes like an idol in our lives. As the saying goes, ‘Don’t live to eat, rather eat to live!’

## **B. Value of fasting**

God has given us a good way to break addictions and the love of food and that is through fasting. This will not only help us physically, but has spiritual value as well.

☐ What will fasting do according to Isaiah 58:6?

*(Fasting will help to loose chains, untie yokes and set the oppressed free. One of the yokes in our lives may be food, and fasting will help us break that yoke.)*

☐ What promises does God give to those who fast in the right way? Isaiah 58:8-9. Has anyone experienced God working in their lives during a time of fasting? Do share.

## **Conclusion**

Many of the sicknesses today are a result of wrong eating habits. Some are caused by over-eating and others by addictions to certain kinds of food. God has given us a way in which we can gain victory over the flesh and that is through fasting. If God has spoken to you through this study, why not set aside a day or more to fast. It will not only benefit you physically, but also help you draw closer to the Lord.