

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?
- ☐ 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?
- ☐ What is another danger that we face according to Philippians 3:19? What does it mean when it says: ‘their god is their stomach.’
- ☐ There is a third danger that we read about in 1 Corinthians 6:12-13a. How does v12 apply to food and eating? Discuss.
- ☐ What are the foods and drinks that people can be addicted to? What are the dangers of being addicted to something? Discuss

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?
- ☐ 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.