



What the BIBLE Says About
HEALTHY LIVING
Study Guide

Nicole Ayers



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STUDY GUIDE

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Written, by permission from Regal Publishing Group, to accompany Dr. Rex Russell's *What the Bible Says About Healthy Living*, Second Edition, 2006.

Note: if the reader is using the 1996 publication of *What the Bible Says About Healthy Living*, the page numbers in the book will not coincide with the *Study Guide*.

The following is quoted email communication from Regal Publishing Group, sent to Nicole Ayers on April 3, 2009:

Thank you for your inquiry regarding permission to write your own study guide based on Dr. Russell's *What the Bible Says About Healthy Living*. Since we do not have a study guide for this title available, we are happy to grant you permission to write your own study guide for use within your church's small group, provided you do not copy our book.

Thank you for the opportunity to serve you! If you have any further questions, please do not hesitate to contact me!

Blessings,

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Disclaimer: This *Study Guide* is not intended to take the place of professional medical advice. Please consult your healthcare provider(s) before making any significant changes to your diet or exercise routine.

IN MEMORY OF REX RUSSELL, M.D.

“Rex D. Russell, M.D., 68, of Fort Smith died Jan. 29, 2009, in Houston. Rex was fearless in his faith, and he was a living testimony to God’s grace as he was diagnosed with diabetes in his teens and was able to play football, ski down the Black Diamond runs in Colorado and do anything most people could do at his age and even more. He had a laugh that was contagious, and those who knew him loved to be around him. He was a resident of Fort Smith for 34 years and a longtime member of First Baptist Church of Fort Smith, where he taught a weekly Bible/health class and was a member of the Tom Bull Sunday school class. He was the National Football Hall of Fame Scholar, Athlete of the Year in 1962, one of only eight chosen each year. He received his education from Oklahoma State University Baylor College of Medicine. His internship was served through the University of Kentucky, and he served his residency at Mayo Clinic in Rochester, Minn. Rex retired from Sparks Regional Medical Center after 29 years of practice as an invasive radiologist. He was the first physician in Arkansas to do such procedures as angioplasties, tumor ablations, stent placements, vertebroplasties and thrombolysis for stroke recovery. He was a member of the Society of Cardiovascular & Interventional Radiology. He was a well-known speaker on “Evidences on Scientific Creation” and “If a Perfect God Created Us, Why Do We Get Sick.” In 1996 he authored the book, “What the Bible Says About Healthy Living.” He was a longtime supporter of the Fellowship of Christian Athletes and was a member of the FCA’s earliest Huddle Groups. His hobbies included raising longhorn cattle, playing golf and tennis, traveling and following sports, especially the Oklahoma State Cowboys.

“He is survived by his wife, Judy of the home; two sons, Randy Russell of Nashville, Tenn., Rodney and his wife Rae Russell of Fayetteville; one brother, Dr. Scott and his wife, Maggie Russell of Stillwater, Okla.; three grandchildren, Reagan Russell and Lane and Maddie Wood; and two nieces and their husbands, Megan and G.T. Moody and Kristen and Kenny Josey.”¹

¹ Rex D. Russell, M.D., obituary. (2009, February 2). *Times Record, Fort Smith, Arkansas*. Retrieved on August 13, 2009, from http://www.swtimes.com/articles/2009/02/02/obituaries/all_obituaries/obits07.txt.

INTRODUCTION

I have read many incredible books, magazines, and articles on the subject of health, but if I had to choose one book that I would say revolutionized my approach to health, it would without a doubt be *What the Bible Says About Healthy Living*. Dr. Russell's book is thoroughly grounded in the Bible, our ultimate source of truth. At the same time, he provides a significant amount of medical and scientific research to support and document the information he presents. His book gives the reader a simplified approach to health in "The Three Principles", eliminating a lot of the confusion and frustration that often accompany the quest toward better health.

My hope and my prayer is that this *Study Guide* will make the material in *What the Bible Says About Healthy Living* even more tangible to you. The book has been divided into a 40-day study, each day containing a short reading assignment and review questions. Most importantly, there is a simple application step given daily to help you put each lesson into action. This is where your life-change will occur.

Friend, I believe with all my heart that if you take this book and this *Study Guide* seriously, you will be forever changed. Be diligent to complete the study questions and application assignments that accompany each reading lesson. Apply "The Three Principles" when making decisions regarding nutrition and other health matters. Most importantly, please allow the Word of God to transform you throughout the course of this study.

This study is not intended to be a quick-fix or a fad diet; it is a new direction and a new approach to how you care for your body. You did not arrive in your present condition overnight, and it will certainly take time to obtain your future health goals. Rest assured, though, that with these materials in hand and an earnest desire to seek God's design for your health, you will be well on your way! Welcome to the first day of the rest of your life...

May the Lord Almighty bless you on your journey toward better health!

In His Service,

Nicole Ayers

RECOMMENDED SCHEDULE

Week	Day	Topic	Pages
		Class 1: Introduction	
	1	Introduction	13-16
1	2	Eating Right in a World Gone Wrong	18-21
	3	Eating Right in a World Gone Wrong	21-25
	4	Eating Right in a World Gone Wrong	26-28
	5	Eating Right in a World Gone Wrong	29-36
		<i>Review/Catch-Up</i>	
		Class 2: Eating Right in a World Gone Wrong	
	6	Health with Obedience	37-40
2	7	Health with Obedience	40-42
	8	Health with Obedience	43-47
	9	Health with Obedience	47-51
	10	Health with Obedience	51-55
		<i>Review/Catch-Up</i>	
		Class 3: Health with Obedience	
	11	Principle I: Eat the Foods God Created for You	58-64
3	12	Principle I: Eat the Foods God Created for You	64-68
	13	Principle II: Don't Alter God's Design	69-72
	14	Principle II: Don't Alter God's Design	73-76
	15	Principle II: Don't Alter God's Design	76-81
		<i>Review/Catch-Up</i>	
		Class 4: Principles I and II	
	16	Principle III: Don't Let Any Food or Drink Become Your God	82-85
4	17	Principle III: Don't Let Any Food or Drink Become Your God	85-87
	18	Principle III: Don't Let Any Food or Drink Become Your God	87-90
	19	Principle III: Don't Let Any Food or Drink Become Your God	90-92
	20	Principle III: Don't Let Any Food or Drink Become Your God	92-95
		<i>Review/Catch-Up</i>	
		Class 5: Principle III	
	21	Going with the Grain (and Nuts, Too)	98-101
5	22	Going with the Grain (and Nuts, Too)	101-104
	23	Going with the Grain (and Nuts, Too)	104-109
	24	Going with the Grain (and Nuts, Too)	109-113
	25	Going with the Grain (and Nuts, Too)	114-118
		<i>Review/Catch-Up</i>	
		Class 6: Going with the Grain (and Nuts, Too)	
	26	The Fat of the Land	119-128
6	27	The Fat of the Land	128-136
	28	The Meat to Eat	137-143
	29	The Meat to Eat	143-154
	30	The Meat to Eat	154-158
		<i>Review/Catch-Up</i>	
		Class 7: The Fat of the Land & The Meat to Eat	
	31	How Sweet It Is	159-165
7	32	How Sweet It Is	165-170
	33	Mom Was Right: Eat Your Fruits and Veggies	171-175
	34	Mom Was Right: Eat Your Fruits and Veggies	175-178
	35	Mom Was Right: Eat Your Fruits and Veggies	179-184
		<i>Review/Catch-Up</i>	
		Class 8: How Sweet It Is & Eat Your Fruits and Veggies	
	36	The Spice(s) of Life	185-191
8	37	The Spice(s) of Life	191-195
	38	Beverages: Elixirs of Life--or Death	196-201
	39	Beverages: Elixirs of Life--or Death	201-209
	40	Beverages: Elixirs of Life--or Death	209-218
		<i>Review/Catch-Up</i>	
		Class 9: Spices, Beverages, Conclusion	

Class 1 Discussion Notes

Introduction



Introduction

Week 1

Introduction and Eating Right in a World Gone Wrong

He said, "If you listen carefully to the voice of the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you." (Exodus 15:26)

Day 1: INTRODUCTION

READ:

Read pages 13-16 of the Introduction.

REFLECT:

1. Write out Psalm 139:14 in the space below.
2. On page 13, Dr. Russell asked in response to the above verse, “If we are so wonderfully made, why am I so sick? God, why didn’t You give us a way to be healthy?” Have you ever had similar thoughts, or do you currently feel this way? Explain.
3. Write out Exodus 15:26 in the space below.
4. What is the promise contained in the above verse? What are the conditions of this promise? HINT: Conditions contain the word “if”.

The Promise:

The Conditions:

5. Look at the context of Exodus 15:26, specifically verses 22-27. Note the connection between a particular substance (mentioned five times in the NIV) and God’s promise of healing. This type of drink will be one of the **major keys** on your journey toward better health. What is it?
6. Write out Hosea 4:6a in the space below.

REACT:

On page 16, Dr. Russell says, “If we decide to pay attention to God’s design, health and blessing will follow, and God will be glorified in our lives. If we decide to ignore God’s design, the consequences can be dire indeed.” Are you ready to apply yourself to learning God’s principles for healthy living? If so, write out a commitment statement and/or a prayer in the space below or on a separate sheet of paper.

Day 2: EATING RIGHT IN A WORLD GONE WRONG

READ:

Read pages 18-21 of Chapter 1, through the section titled, “The Perfection of God’s Design”.

REFLECT:

1. At the bottom of page 19, what two reasons does Rex Russell list for illness? Note that this is not an exhaustive list, but two possibilities.
2. Recall Exodus 15:26. What is promised to those who choose to listen to the voice of God and follow His ways?
3. For each age listed below, circle how much Vitamin K is present in a newborn infant. For help, refer to the bottom of page 20.

Days two through five: Lowest level Enough to allow blood clotting

After five to seven days: Lowest level Enough to allow blood clotting

4. According to Genesis 17:12, at what age should a male be circumcised? When are baby boys today generally circumcised? Given the scientific data from the question above, what would be the “safest” age to have a boy circumcised?

Genesis 17:12 commands:

Current practice:

Medically “safest” age (i.e. most Vitamin K present):

5. Complete the following statement, found in the last sentence of today’s reading.

“Obeying God’s laws leads to _____.”

REACT:

Today’s reading covers two simple, yet thought-provoking, examples of how science has “discovered” the health benefits of God’s Law—(1) washing hands after contacting dead flesh and (2) the practice of circumcision. Discuss one or both of these examples with a friend or family member. Can you think of a situation you or someone you know has encountered that involves one of these scenarios?

Day 3: EATING RIGHT IN A WORLD GONE WRONG

READ:

Read pages 21-25 of Chapter 1, beginning with the section titled, “A Word About God’s Word”.

REFLECT:

1. Write out Galatians 2:16 in the space below.
2. Is it possible to be justified in the sight of God by observing Old Testament Law?
3. Write out Ephesians 2:8-9 in the space below.
4. According to the above verse, how are we brought into right-standing with God?
5. Complete the following statement from the bottom of page 22.

“Therefore, observing Old Testament ceremonial or dietary laws or secondary Jewish Traditions has _____ on whether we are ceremonially or spiritually ‘clean’ or ‘unclean’.”

6. Read Mark 7:1-23. According to this passage, what makes a person “unclean”?
7. According to the first paragraph on page 25, for what one reason should the reader take a close look at the laws which will be examined in this book? Circle one correct answer. Draw a line through the three false answers.
 - Salvation or sanctification
 - Learn and follow Jewish kosher laws
 - Ceremonial purity
 - Glorify God

REACT:

Do you desire to glorify God by walking in divine health? Do you believe that He desires for you to be healthy? Ask God to reveal truth to you on your journey toward better health and to grant you a willing spirit to follow His design.

Day 4: EATING RIGHT IN A WORLD GONE WRONG

READ:

Read pages 26-28 of Chapter 1.

REFLECT:

1. Complete this statement from the opening section of today's reading.

“The laws of _____ are consistent with the laws of _____.”

2. Write out Leviticus 17:10-11 in the space below.
3. This Scripture lists two possible theological reasons for abstaining from the consumption of blood. Underline the two reasons in the verse above. HINT: See the bottom of page 26.
4. What scientific reason is given at the top of page 27 which supports the command to refrain from eating an animal's blood?
5. Write out Leviticus 10:10 in the space below.
6. Fill in the blanks, referring to page 27.

“Clean’ meant separated _____ God; ‘unclean’ meant separated _____ God.”

7. On which three levels did God make a distinction between clean and unclean?
HINT: Refer to the top of page 28.

(1)

(2)

(3)

REACT:

At the end of today's reading, Dr. Russell introduced “The Three Principles” to assist you in simplifying health decisions. Read them several times and begin to commit these principles to memory.

Day 5: EATING RIGHT IN A WORLD GONE WRONG

READ:

Read pages 29-36 of Chapter 1, completing the chapter.

REFLECT:

1. Write down Principle I.
2. Write out Leviticus 7:23 in the space below.
3. According to page 31, what is “hard fat”? Consuming hard fat has been associated with which diseases?
4. Should all fat be avoided? What healthy fat was discussed on pages 31-32?
5. Write down Principle II.
6. Write out Proverbs 14:12 in the space below.
7. How does the above verse relate to health and nutrition? Use the discussion of bread on page 33 to help support your answer.
8. Write down Principle III.
9. Write out Exodus 20:3 in the space below.

REACT:

Dr. Russell presents fasting as a means to help break and/or prevent food addictions. Prayerfully commit to fast a day, a meal, or a particular food, some time in the near future. During this fast, meditate on Isaiah 58:6-8.

Class 2 Discussion Notes

Eating Right in a World Gone Wrong



Eating Right in a World Gone Wrong

Week 2

Health with Obedience

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. (3 John 2)

Day 6: HEALTH WITH OBEDIENCE

READ:

Read pages 37-40 of Chapter 2, ending prior to the section titled, “None of These Diseases”.

REFLECT:

1. Write out Exodus 23:2a in the space below.
2. In regards to your health, have you acted in a manner similar to the processional caterpillar described in the opening of the chapter? Explain.
3. Write down The Three Principles.
4. Complete the following statement, found on page 39 of today’s reading.
“You will be _____. Other caterpillars want you to be just like them, but you will also be _____.”
5. Write out 3 John 2 in the space below. Underline the words “enjoy good health” (or equivalent phrase if using a translation other than NIV).
6. According to Proverbs 4:20-22, God promises what two blessings to those who pay close attention to His words of wisdom?

REACT:

Share the illustration of the processional caterpillar with a friend or family member. Discuss how it relates to the current health culture.

Day 7: HEALTH WITH OBEDIENCE

READ:

Read pages 40-42 of Chapter 2, beginning with the section titled, “None of These Diseases”.

REFLECT:

1. As review, write out Exodus 15:26 in the space below.
2. According to studies performed by Marc A. Ruffer and others, what are some of the diseases which were common among ancient Egyptians?
3. Look at the list, *Leading Causes of Death in the U.S.*, on page 41. Which of these are the same or similar to the list of Egyptian causes of death given on page 40?
4. Is all sickness and disease a result of disobedience?
5. What are three Biblical reasons for illness given on pages 41-42?
 - (1)
 - (2)
 - (3)
6. Write out Isaiah 1:19-20 in the space below.
7. What does the word “devoured” mean in the above verse? How does this definition apply to our health?

REACT:

Search the internet or library for updated statistics on the leading causes of death in the United States (try www.google.com or www.cdc.gov). If you have a few extra minutes, research how some of these diseases can be prevented.

Day 8: HEALTH WITH OBEDIENCE

READ:

Read pages 43-47 of Chapter 2, through the section titled, “Principle I and Diabetes”.

REFLECT:

1. What was Principle I?
2. What specific material contributes to hardening of the arteries because of its sticky fatty acid? Recall the warning about this in Leviticus 7:23.
3. What one substance was presented as capable of lowering risk of certain types of cancer as well as vascular disease? What is the safest method of consuming this substance to avoid adverse reactions caused by toxic intake levels?
4. According to The University of Texas M. D. Anderson Hospital in Houston, how does cancer develop?
 - (1)
 - (2)
5. How does Principle I apply to the steps described above?
6. What foods are known to help alleviate the necessity for insulin use in diabetics?
7. Complete the following statement, found at the bottom of page 46.

“The diabetic can be helped by eating what _____ has _____ for food.”

REACT:

Eat three fruit or vegetable servings TODAY. If this is not already a habit for you, begin to eat a **minimum** of three servings per day.

Day 9: HEALTH WITH OBEDIENCE

READ:

Read pages 47-51 of Chapter 2, through the section titled, “Principle II and Adult Onset Diabetes”.

REFLECT:

1. What was Principle II?

2. Complete the following statement from Dr. Michail J. Wargovich.

“In the last three to four years we’ve found that _____ and _____ contain a variety of powerful chemicals which interact and bind to chemical carcinogens, rendering them inactive.”

3. What specific foods contain the following anticarcinogen groups?

Sulfides:

Indoles:

Phenols:

4. According to research by Dr. Wargovich, food factors are a likely cause of what percentage of cancers?

5. What are some of the genotoxic or epigenetic factors discussed on pages 48-49?

6. How does Principle II apply to the case study of the Nauruan people?

7. What recommendations has The American Diabetic Association made in alignment with Principle II?

REACT:

Eat one of your fruit or vegetable servings **raw** today. Begin to make a daily habit of eating at least one raw fruit or vegetable.

Day 10: HEALTH WITH OBEDIENCE

READ:

Complete Chapter 2 by reading pages 51-55.

REFLECT:

1. What was Principal III?
2. What are some substances to which people commonly become addicted? What are their associated health hazards?
3. Complete the following statement, found on page 51.

“Twenty years ago, an expert committee convened by the World Health Organization (WHO) recognized that most cancers were related to _____ and _____ factors, and that the majority of human cancer is therefore potentially _____.”

4. Write out Proverbs 23:1-3 in the space below.

5. Complete the following statement from page 53.

“Diabetes, cancer and heart disease can be _____ by _____ the divine design, and they can be _____ by _____ that design.

6. Write out Isaiah 48:17-18 in the space below. Underline the phrase “teaches you what is best for you” (or equivalent phrase if using a version other than NIV).
7. Do you believe that God’s commands are “best for you”? Explain.

REACT:

Physicians who specialize in aging believe we should be able to live a healthy life of up to 120 years. Calculate your life expectancy using www.livingto100.com (or similar tool). Review the feedback section, and take special note of recommendations that resemble what you have already learned from The Three Principles. Select one or two actions you can begin to apply **this week**.

Class 3 Discussion Notes

Health with Obedience



Health with Obedience

Week 3

**Principle I:
Eat the Foods God Created for You
and
Principle II: Don't Alter God's Design**

*There is a way that seems right to a man, but in the end it leads to death.
(Proverbs 16:25)*

Day 11: PRINCIPLE I: EAT THE FOODS GOD CREATED FOR YOU

READ:

Read pages 58-64 of Chapter 3, ending before the section titled, “God Knew What People Needed”.

REFLECT:

1. What three Scriptural boundaries does Dr. Russell suggest to help determine if God intended a particular food to be eaten?

(1)

(2)

(3)

2. Look at the list of healthful foods on page 60. Which of these are already a part of your diet? Which would you like to try? Are you hesitant to try some?

Already eat:

Want to try:

Doubtful I'll try:

3. Write out Genesis 1:29 in the space below.
4. What foods fit into the Genesis 1:29 category of healthy foods God has given us?
HINT: See page 62 for help.
5. What type of food did God add in Genesis 3:18? List some specific examples.
6. Write out Leviticus 11:47 in the space below.
7. When did God first declare that meat could be eaten? How do we know that “unclean” animals were not eaten at this time? HINT: See page 63.

REACT:

Select one new food item from the list on page 60. Eat it. Enjoy it!

Day 12: PRINCIPLE I: EAT THE FOODS GOD CREATED FOR YOU

READ:

Read pages 64-68 to complete Chapter 3.

REFLECT:

1. What nine factors should be present and properly balanced to be in good health?
2. What can occur if the above items are lacking and/or imbalanced?
3. Review the list of diseases on page 65. What one item can be added to our diets to avoid many of these conditions or ailments?
4. What foods contain the following antioxidants and phytochemicals?

Sulforaphane:

Beta-carotene:

Indole-3-Carbinol:

Polyphenols:

Limonene:

Quercetin:

5. According to Dr. Carl Sagan, what is the probability of the random evolution of life on Earth?
6. From Dr. Emil Borel's mathematical law on page 68, is random evolution possible? Explain.
7. Complete the following statement from page 68.

“Where there is a _____ there must be a _____.”

REACT:

Evaluate your daily intake of fiber. If it is less than 25 grams, try to eat more fibrous foods (fruits, vegetables, whole grains, beans, nuts) and consider taking a fiber supplement. Visit www.dietary-fiber.info (or similar site) for more information.

Day 13: PRINCIPLE II: DON'T ALTER GOD'S DESIGN

READ:

Read pages 69-72 of Chapter 4.

REFLECT:

1. Why do people decide to act in a manner different from God's desire, plan, or purpose? Use the suggestions on page 69, as well as your own input.
2. What was Principle II?
3. Write out Proverbs 16:25 in the space below.
4. How does the above verse apply to Principle II, whether in relation to food or to following God's rules in general?
5. How does modern science support Old Testament hygienic laws such as Leviticus 18:19 and Deuteronomy 23:12?
6. Read Leviticus 20. What reasons did God give for the laws contained in this chapter? HINT: Your answer might contain information from verses 7-8, 22-24, and 26. Is this reasoning still applicable today? Explain.
7. Does God's commandment against incest, found in Leviticus 18:6, illustrate His anger or His compassion? Explain.

REACT:

Compare and contrast Leviticus 20:10 with Matthew 5:27-30 and John 8:3-11. Specifically, how does Old Testament Law apply to New Testament believers physically, mentally, and spiritually? See the discussion on page 72, or use notes in your Study Bible or Commentary for help. Discuss your response with a friend or family member.

Day 14: PRINCIPLE II: DON'T ALTER GOD'S DESIGN

READ:

Read pages 73-76 of Chapter 4, through the section titled, "The Mechanism Explained".

REFLECT:

1. What was Principle II?
2. Rewrite Principle II to encompass God's laws in general.
3. Which of the following verses, if obeyed, could help stop the spread of HIV/AIDS and other sexually transmitted diseases? Check all that apply.

Leviticus 18:13

Leviticus 20:25

Leviticus 20:13

Leviticus 18:19

Hebrews 13:4

4. Why is "safe sex" an inadequate response to the AIDS epidemic?
5. Do you believe that AIDS is a judgment from God, a consequence of violating His commands, or neither? Explain your answer.
6. How do God's laws regarding sexual defilement demonstrate His love for His children?

REACT:

AIDS is a very serious disease with no known cure. Pray that our merciful God would reveal truth to confront individuals and nations regarding how this tragic disease is contracted and spread. Pray for healing and a return to godly principles.

Day 15: PRINCIPLE II: DON'T ALTER GOD'S DESIGN

READ:

Finish Chapter 4 by reading pages 76-81.

REFLECT:

1. Read Leviticus 18:24-28. What did God say would happen to those who defiled themselves sexually?
2. Dr. Russell writes on page 77, "Researching and writing this section has been nauseating to me..." Has it had the same effect on you?
3. How do you think God feels about the behaviors that have been discussed in this chapter and how commonly these behaviors are practiced and/or condoned?
4. Compare God's discipline toward those who violate His commands with parents who discipline their children for disobeying safety rules. Is this a demonstration of cruelty or love? Explain.
5. Write out Romans 10:4 in the space below.
6. Does the above verse negate the moral and physical laws of the Old Testament? Explain, including Romans 6:1-2 or 1 Corinthians 6:19-20 in your answer.
7. Give one example, from the many listed on pages 80-81, of how Jews and Christians throughout history experienced divine health because they followed God's commandments pertaining to diet and hygiene.

REACT:

Write an imaginary newspaper article reporting a "new study" which discovered that people who follow God's design for wellness are significantly healthier than the rest of the population. Share your article with a friend or family member, and discuss how such a finding would impact Christianity.

Class 4 Discussion Notes

Principle I &
Principle II



Principle I & Principle II

Week 4

Principle III: Don't Let Any Food or Drink Become Your God

You shall have no other gods before me. (Exodus 20:3)

Day 16: PRINCIPLE III:
DON'T LET ANY FOOD OR DRINK BECOME YOUR GOD

READ:

Read pages 82-85 of Chapter 5, up to the section titled, "Benefits of Fasting".

REFLECT:

1. What was Principle III?

2. In the case of the nine-year-old girl with severe dyslexia, described on page 82, which foods were found to trigger her reading problems?

3. List some of the key points from the *Grolier's Encyclopedia* definition of fasting given on page 83, or cite a definition for fasting from another source.

4. Who was Hippocrates? For what purpose did he use fasting?

5. What is the proposed connection between fasting and Sabbath rest? Do you believe this is a valid association? See also Isaiah 58.

6. Summarize the four types of fasting discussed on pages 84-85.

Normal Fast:

Absolute Fast:

Partial Fast:

Rotational Fast:

REACT:

Prayerfully select one of the four fasts discussed above to complete sometime this week, if possible.

Day 17: PRINCIPLE III:
DON'T LET ANY FOOD OR DRINK BECOME YOUR GOD

READ:

Read pages 85-87 of Chapter 5, ending before the section titled, "Fasting and Cancer Research".

REFLECT:

1. Complete the following statement from page 85.

"...our bodies were designed to take _____ from food."

2. How does sleeping benefit the digestive system?
3. Which of the following serve as part of the body's design for responding to illness? Circle all that apply.

Continuing to work
Fever over 104 degrees
Fasting

Rest
Low to moderate fever
Eating a normal diet

4. Complete the following statement from page 86.

"The body is designed to _____ at the cellular level."

5. How does fasting benefit the body's cells?
6. Write out Isaiah 58:8 in the space below.
7. What are the conditions of the above promise? HINT: See verses 6-7.

REACT:

Take a few minutes to research, either online or at the library, how Dr. Isaac Jennings employed fasting in his medical practice.

Day 18: PRINCIPLE III:
DON'T LET ANY FOOD OR DRINK BECOME YOUR GOD

READ:

Read pages 87-90 of Chapter 5, ending before the section titled, "Food Addictions".

REFLECT:

1. What results did Indiana University biochemist Dr. George Thampy report when studying subjects who fasted for three weeks?
 - (1)
 - (2)
 - (3)
 - (4)
2. In the above study, what happened to those who immediately resumed normal eating patterns upon breaking the fast?
3. How does Dr. Thampy's study of fasting have the potential to aid patients with tumors? HINT: See the bottom of page 87.
4. What symptoms of withdrawal and/or addiction might surface when fasting is first practiced?
5. How did Dr. Yuri Nikolayave treat schizophrenic patients? How successful was this treatment?
6. For what period of time does Dr. Russell recommend abstaining from a particular food that is believed to be a source of addiction or other offense? HINT: See the bottom of page 89.

REACT:

It is possible that fasting may cure or alleviate the symptoms of many physical and mental diseases. If you or a loved one suffers from one of the diseases discussed in today's reading, ask your doctor if one of the suggested fasts may prove beneficial.

**Day 19: PRINCIPLE III:
DON'T LET ANY FOOD OR DRINK BECOME YOUR GOD**

READ:

Read pages 90-92 of Chapter 5, ending before the section titled, "What to Expect, How to Start".

REFLECT:

1. Write out Deuteronomy 32:15 in the space below.

2. How does the above verse relate to Principle III?

3. Complete the following quote from Oswald Chambers:

"Make it a _____ to have no _____."

4. To what substances or concepts (food or non-food) do people in our society often become addicted? You may reference today's reading, or list ideas of your own.

5. What are some of the dangers of fat, sugar, and caffeine addictions?

6. Complete the following statement from page 91:

"_____ health problems is much easier than _____
health problems."

7. Why is it better to follow the standards presented in Scripture when determining what to eat, rather than listening to the "cravings" of one's brain?

8. Write out Proverbs 23:1-3 in the space below.

REACT:

Evaluate your eating habits. Is there a particular food to which you have become addicted? Strongly consider a three-week (or more) fast from this substance.

**Day 20: PRINCIPLE III:
DON'T LET ANY FOOD OR DRINK BECOME YOUR GOD**

READ:

Complete Chapter 5 by reading pages 92-95.

REFLECT:

1. What should a person eat for the three days leading up to a fast?

2. What are some common symptoms people encounter when beginning to fast?

3. What should you do if you begin to feel sick during a fast? Why?

4. What should be done if symptoms arise when foods are added back after fasting?

5. What should be avoided during a fast? What beverages are preferred?

6. Write out Matthew 6:16-18 in the space below.

7. How can the above passage be practically applied?

8. What are some major obstacles to fasting?

9. List some biblical and historical figures who practiced fasting.

REACT:

Spend some time in prayer and reviewing Chapter 5. Ask the Lord if He would have you commit to a regular period of fasting (i.e. once a week, once a month) for spiritual growth and improved health. If you are uncertain, consider reading one of the books recommended in today's reading.

Class 5 Discussion Notes

Principle III



Principle III

Week 5

Going with the Grain (and Nuts, Too)

Give us today our daily bread. (Matthew 6:11)

Day 21: GOING WITH THE GRAIN

READ:

Read pages 98-101 of Chapter 6, ending before the section titled, “The Anatomy of a Design”.

REFLECT:

1. Complete the following statement from page 98 of your reading.

“Eating _____ _____ may be one of the most important factors in your return to good health.”

2. What are some of the ingredients found in “Ezekiel bread”? See page 99, or refer to Ezekiel 4:9. Note that different Bible translations may interpret the list of components differently.

3. Write out Genesis 1:29 in the space below.

4. What three forms of seeds are listed at the bottom of page 99?

5. Dr. Russell gives four arguments that seeds did not randomly develop, but were rather designed by an intelligent, loving Creator. Summarize these points below.

(1)

(2)

(3)

(4)

REACT:

Go to your local health food store and buy a loaf of “Ezekiel bread”, usually found in the freezer section. If you feel adventurous, try to find a recipe and make your own loaf. Enjoy!

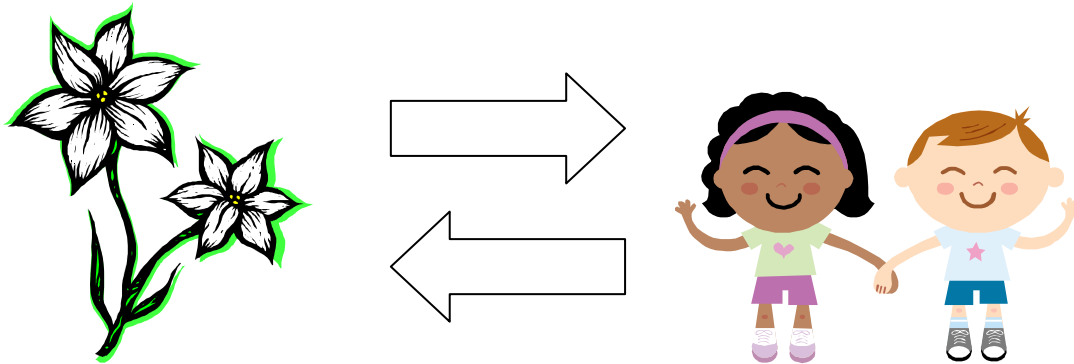
Day 22: GOING WITH THE GRAIN

READ:

Read pages 101-104 of Chapter 6, ending prior to the section titled, “Word from the Designer”.

REFLECT:

1. What are the four basic parts of a grain, and what essential function does each component perform?
 - (1)
 - (2)
 - (3)
 - (4)
2. During the process of photosynthesis, plants expel and consume which two gases? Humans and animals inhale and exhale which two gases? Place your answers in the diagram below (write one word inside each arrow).



3. How does the above relationship support the argument for intelligent design?
4. Complete the following statement from the top of page 104.

“And where there is a _____, there has to be a _____.”

REACT:

Replace a refined wheat product in your diet, which has been stripped of the bran and germ layers, with a whole-wheat version (bread, pasta, cereal, etc.). Thank God, as Moses did in Deuteronomy 32:14, for creating “the finest kernels of wheat”.

Day 23: GOING WITH THE GRAIN

READ:

Read pages 104-109 of Chapter 6, ending before the section titled, “A Symbol of Security and Love”.

REFLECT:

1. When the word “corn” is seen in Scripture, to which grains might this refer?

2. Write out Psalm 81:16. Circle the grain mentioned in this verse.

3. What are some of the uses and benefits of barley?

Uses:

Benefits:

4. List three other grains mentioned in the Bible. HINT: Refer to pages 106-107.

5. Complete the following statement found on page 107.

“_____ grains, nuts and seeds are probably the _____ way to obtain the beneficial oils designed for our cells. They are nutritional _____.”

6. Write out John 6:33-35. Circle each occurrence of the word “bread”.

7. Referring to the above verse, as well as to John 6:48-58, why do you think Jesus compared Himself to bread? See also the discussion on page 108.

REACT:

Review the grains mentioned in today’s reading. Select one that you have never tried, or rarely eat, and find a recipe for a dish which includes this God-given grain. If possible, prepare the new food and enjoy it with a friend or family member.

Day 24: GOING WITH THE GRAIN

READ:

Read pages 109-113 of Chapter 6.

REFLECT:

1. Write out Deuteronomy 33:28. Underline the blessings God would provide.
2. According to 2 Samuel 17:28-29, what nourishing and refreshing foods did the people bring for David and his army to eat?
3. Dr. Russell writes at the bottom of page 109, "It would be better to give our children stones than some of the foods we allow them to consume." Do you agree or disagree with this statement? Explain.
4. What percentage of fiber and nutrients naturally present in grains are stripped out during the refining process?
5. How did the term "vitamin" originate?
6. Summarize the solutions presented for the "storage problem", along with the pros and cons of each.
 - (1)
 - (2)
 - (3)
 - (4)
7. What are some of the steps taken in the production of white flour? Why are these steps harmful?

REACT:

Make a commitment to transition yourself and your family to natural, whole-grain products (wheat, rice, etc.). Avoid "white", refined grains as much as possible. Remember, "The whiter the bread, the sooner you're dead."

Day 25: GOING WITH THE GRAIN

READ:

Read pages 114-118, completing Chapter 6.

REFLECT:

1. What was Principle III?
2. Complete the following phrase.
“_____ is the spice of life.”
3. How does the above phrase relate to Principle III and to health in general?
4. What is the difference between starvation and malnutrition?
5. What are some of the benefits of eating oats?
6. What are some other nutritious, high-fiber foods presented in today's reading?
7. Legumes (beans) are excellent sources of what? What do they lack?
8. List some benefits of nuts.
9. According to page 118, what are some products to avoid? Why?

REACT:

Carefully read Deuteronomy 32:15, and contemplate the following quote from Rex Russell: “Obesity can be a spiritual problem as well as a health risk.” If possible, discuss this verse and this quote with a friend or family member.

Class 6 Discussion Notes

Going with the Grain (and Nuts, Too)



Going with the Grain (and Nuts, Too)

Week 6

The Fat of the Land and The Meat to Eat

Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. (Proverbs 3:7-8)

Day 26: THE FAT OF THE LAND

READ:

Read pages 119-128 of Chapter 7, up to the section titled, “The Oil of the Olive”.

REFLECT:

1. What are some of the main foods which contribute fat to one’s diet?
2. According to page 121, to what does Dr. Russell compare attempting to follow “man-made rules for health”? Do you agree with this comparison? Explain.
3. Give some pros and cons to the “fat is good” and “fat is bad” theories.

Theory:	“Fat is Good”	“Fat is Bad”
Positive(s):		
Negative(s):		

4. What are some of the dangers of completely avoiding cholesterol?
5. List some healthy fats (saturated, monounsaturated, or polyunsaturated).
6. According to Udo Erasmus, “Some fats heal, and others kill.” What determines which of these roles a fat will play in a person’s body?
7. Complete the following quote from page 126.

“Because any professional can be _____, I urge you to let the _____ be your authority in this important area.”

REACT:

Evaluate your current views toward fats. Do they align with the Creator’s design, or have you been “pillow-cased” into following a fad and/or misguided advice?

Day 27: THE FAT OF THE LAND

READ:

Complete Chapter 7 by reading pages 128-136, beginning with the section titled, “The Oil of the Olive”.

REFLECT:

1. Write out Deuteronomy 8:7-8 in the space below. Underline the good foods God would provide for His people. Circle the “fat” mentioned in this passage.
2. According to Scripture and medical research, which is better—butter or margarine? Support your answer, using additional resources if desired.
3. To what types of fat does Leviticus 3:17 refer?
4. What are “white” oils? What is hazardous about their refining process?
5. What healthful sources of fats may be enjoyed?
6. Which fats should be avoided?
7. Complete the following quote, found on pages 135-136.

“Remember that a _____...is a way of _____ the Creator. He _____ you and longs to have a _____ with you. _____ for your body—the _____ of His Holy Spirit—is a way of showing your _____ of His indwelling.”

REACT:

Search through your kitchen for fats—don’t forget hidden sources such as processed foods. Grab a permanent marker, and label each fat as “healthy” or “unhealthy” (you may wish to use symbols such as ☺ and ☹, or + and -). Remember the advice given in Chapter 7, as well as The Three Principles, when classifying.

Day 28: THE MEAT TO EAT

READ:

Read pages 137-143 of Chapter 8, through the section titled, “Precautions About Clean Animals”.

REFLECT:

1. List some “mixed messages” you have received about meats, whether those presented in today’s reading or others you may have heard.
2. Write out Romans 14:6 in your own words. First take a few moments to read the surrounding verses to better understand the context.
3. According to Leviticus 11:3 and 11:9, what types of animals and fish are considered “clean” and therefore permissible to eat?
4. What are some of the benefits of eating the meat that God provided for food?
5. What essential functions do omega-3 fatty acids perform in the body?
6. Where are *prostaglandins* and *alkylglycerols* found? What do they do?
7. Describe a few meat-preparation practices which violate Principle II. Include the adverse affects of these practices.
8. What are some benefits of properly cooking meat?

REACT:

Evaluate your current intake of meat. Does it meet the standards described in Leviticus 11:3 and 11:9? What about Principle II? Determine one change you can make in your meat consumption to better take advantage of the health benefits associated with following these guidelines.

Day 29: THE MEAT TO EAT

READ:

Read pages 143-154 of Chapter 8, ending prior to the section titled, “Principle III: Too Much Meat?”.

REFLECT:

1. What was Principle I?
2. How does the research done by Dr. David Macht support Principle I?
3. What two factors seem to correspond to the distinction between clean and unclean animals?
4. Write out Leviticus 11:43 in the space below.
5. Why would God forbid the consumption of pork?
6. How do humans become infected with trichinosis? What are the symptoms?
7. To what does Dr. Russell liken eating shellfish or other unclean meat? Do you agree with this comparison? Explain.
8. What are some examples of “scavengers”? What useful purpose do they serve? Why should their flesh not be eaten?

REACT:

Review the tables of clean and unclean flesh found on pages 145-146. Find one unclean animal, bird, or fish that is currently a part of your diet, and make every effort to minimize or eliminate consumption of this meat. If necessary, show this chart to your family to help explain the upcoming change.

Day 30: THE MEAT TO EAT

READ:

Finish Chapter 8 by reading pages 154-158.

REFLECT:

1. What is the best way to counteract symptoms triggered by eating unclean, heavily processed, and/or excessive amounts of meat?
2. Although egg yolks do contain cholesterol, what other compound is present? What healthful function does this particular substance perform?
3. Draw a line through any type of egg that should not be eaten. Circle the most nutritious source of eggs.

clean fowl

dinosaurs

commercially fed chickens

free-range chickens

buzzards

snakes

4. Complete the following quote from Rex Russell, found on page 157.

“...if we allow the opponents of _____ to invade—if we don’t block them out—they will _____ God’s plan for our _____.”

5. Approximately how much meat should be consumed daily?
6. Write out Leviticus 11:47 in the space below.
7. What types of meats are presented in the concluding section as meats to enjoy?

REACT:

Review the conclusion of Chapter 8. Write down all of the meats in your diet which should actually be avoided. Prayerfully commit to transition away from most, if not all, of these meats. Share your list with a friend or family member for accountability.

Class 7 Discussion Notes

The Fat of the Land &
The Meat to Eat



The Fat of the Land & The Meat to Eat

Week 7

How Sweet It Is and Mom Was Right: Eat Your Fruits and Veggies

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. They will be yours for food." (Genesis 1:29)

Day 31: HOW SWEET IT IS

READ:

Read pages 159-165 of Chapter 9, ending before the section titled, “Sweeteners and Principle II”.

REFLECT:

1. Write out Psalm 119:99-100 in the space below.
2. How can the above passage be applied to health?
3. How do The Three Principles suggest using sugars in a healthy manner?
 - (1)
 - (2)
 - (3)
4. What is a *monosaccharide*? Give some familiar examples.
5. How are *polysaccharides* formed? List some of these complex carbohydrates.
6. What happens if the glucose level in the blood is too high? Too low?
7. Write out Proverbs 24:13 in the space below.
8. What are some health benefits of honey?

REACT:

Recall that the word “fruit” comes from the Latin *frui*, which means “enjoy”. Instead of your regular dessert choice, enjoy some fresh fruit or thawed, frozen fruit. If desired, drizzle a little honey on top.

Day 32: HOW SWEET IT IS

READ:

Read pages 165-170 of Chapter 9, completing the chapter.

REFLECT:

1. What is the preferred form of honey? Why?
2. What are some of the other sweeteners given in Scripture?
3. In what order does Dr. Russell classify the best and worst sweeteners?
4. Draw a line through the sugars above which are heavily processed.
5. What are some of the potential dangers of Aspartame, or NutraSweet?
6. List a few names for sugars commonly found on nutrition labels.
7. Write out Proverbs 25:27a in the space below.
8. How much refined sugar does the typical American consume per year? Approximately how much is that on a daily basis? HINT: Divide by 365.
9. What are some of the health concerns (symptoms and/or diseases) associated with eating excessive amounts of sugar?

REACT:

Prepare one of the recipes listed on page 170, or find another honey-sweetened recipe to try. Share with a friend.

Day 33: EAT YOUR FRUITS AND VEGGIES

READ:

Read pages 171-175 of Chapter 10, through the section titled, “Cancer”.

REFLECT:

1. Define “vegetable”.

2. What foods do we commonly classify as fruits and vegetables?

Fruits:

Vegetables:

3. What are some of the benefits of eating fruits and vegetables?

4. Summarize the study done by Dr. Dennis Burkett, which explains how eating fruits, vegetables, and whole grains helps prevent obesity.

5. List several foods which help reduce triglycerides and prevent heart disease.

6. Which offers a greater health benefit? Circle one, and explain your answer.

Multivitamins

Vegetables and fruits

7. What are “unknown food factors”? How do they appear in foods?

REACT:

Are you relying on vitamins and supplements to compensate for nutrients you should be receiving from fruits and vegetables? Unless you have been specifically directed by a medical professional, try to obtain your vitamins, minerals, enzymes, etc. from whole food sources. Start by consuming at least five servings of a variety of fruits and vegetables daily.

Day 34: EAT YOUR FRUITS AND VEGGIES

READ:

Read pages 175-178 of Chapter 10, beginning with “Health from Genesis 1”.

REFLECT:

1. TRUE or FALSE: Experts tend to agree that consuming vegetables and fruits will help prevent and/or aid recovery from most diseases.
2. Write out Genesis 1:29 in the space below. Underline the words associated with fruits and vegetables.
3. If you are under a physician’s care for a particular disease or condition, how would your life change if your doctor were to “lose” you to good health?
4. If the above question does not apply to your health situation, would you like to maintain and improve your health to ensure you do not acquire such disease?
5. Rank the following vegetable and fruit preparation methods from healthiest—(1)—to least nourishing—(9).

- | | | |
|---|---|-------------------------------------|
| <input type="checkbox"/> deep-fried | <input type="checkbox"/> baked | <input type="checkbox"/> stir-fried |
| <input type="checkbox"/> frozen | <input type="checkbox"/> freshly squeezed juice | <input type="checkbox"/> steamed |
| <input type="checkbox"/> soups or broth | <input type="checkbox"/> raw | <input type="checkbox"/> canned |

6. Write out Daniel 1:15 in the space below. Underline the words “healthier and better nourished” (or the equivalent if using a translation other than NIV).

REACT:

Read Daniel 1, paying particular attention to verses 8-15. Prayerfully consider undergoing the same “test” to see if you do not feel and look “healthier and better nourished” at the end of ten days. If you are unable to strictly follow a “Daniel Fast”, eat a minimum of 5-7 servings of fruits and vegetables daily and avoid “royal food” as much as possible for a ten-day period to see the results.

Day 35: EAT YOUR FRUITS AND VEGGIES

READ:

Read pages 179-184 to complete Chapter 10.

REFLECT:

1. Write out Proverbs 14:12 in the space below.
2. How does the above verse apply to the way “civilized” man handles produce?
3. What foods often contain added *sulfites*, or sulfur dioxide? How can sulfites affect a person?
4. List some sources of *monosodium glutamate* (MSG) and health concerns associated with it. You may need to consult additional sources or search online.
5. What is the key to avoiding symptoms or addictions caused by eating excessive amounts of any one type of fruit or vegetable?
6. According to Earl Mindell, what is the annual amount of pesticide use?
7. Complete the following statement, found on page 182.
“Eat to _____, don’t _____ to eat.”
8. How many daily servings of fruits and vegetables are recommended? Would it hurt to eat more than this amount?

REACT:

Try the “Healthy Hunger Buster” recipe at the end of this chapter, or find one or two new vegetable recipes on your own to enjoy.

Class 8 Discussion Notes

How Sweet It Is &
Eat Your Fruits and Veggies



How Sweet It Is & Eat Your Fruits and Veggies

Week 8

The Spice(s) of Life and Beverages: Elixirs of Life—or Death

*Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations.
(Revelation 22:1-2)*

Day 36: THE SPICE(S) OF LIFE

READ:

Read pages 185-191 of Chapter 11, ending prior to the section titled, “What About Herbal Medicine”.

REFLECT:

1. What are four alternate translations for the Hebrew words for “herb”? HINT: See the bottom of page 185.
2. List some of the health benefits of garlic.
3. One advantage of spices and herbs is that they can be used to add flavor to foods in place of which substances?
4. When are “herbs” first mentioned in Scripture?
5. What are some sweet spices and herbs? Do these carry any health concerns?
6. Explain the potentially life-saving role of taste buds that detect bitter flavors. Include in your discussion the account of 2 Kings 4:39-40.
7. Give several benefits associated with hot peppers, or *capsaicin*.

REACT:

Take some of your favorite dishes, and add some extra spice. Put a little cayenne pepper or some fresh hot peppers when preparing your meals. Finish a dish with some hot sauce or salsa. Slowly build up a tolerance by increasing the amount of spice over time. If you’re not quite ready for spicy foods, at least try cooking with fresh garlic or some of the other spices and herbs discussed in today’s reading.

Day 37: THE SPICE(S) OF LIFE

READ:

Complete Chapter 11 by reading pages 191-195.

REFLECT:

1. What does Revelation 22:2 imply about the healing potential of herbs?
2. Write out Jeremiah 8:22 in the space below.
3. What is meant by the word “balm”?
4. What percentage of all pharmaceutical drugs are derived from herbs?
5. What is one approach to balancing herbal remedies with pharmaceutical drugs?
6. List some healing qualities of the aloe plant.
7. Write out Matthew 5:13 in the space below. Is this a positive or negative reference to salt?
8. Explain the difference between powder salt and rock salt. Which is preferred?
9. Why should caution be used with imitation flavors?

REACT:

Do some research to determine if an herbal remedy exists for a symptom which troubles you or someone you know. Search online, at the library, and/or at a local health food store. Discuss your findings with a health care professional to see if this might be an approach worth considering.

Day 38: BEVERAGES

READ:

Read pages 196-201 of Chapter 12, up to the section, “The Beverage That Is a Food”.

REFLECT:

1. The human body is comprised of what percent water?
2. In general, how long can one live in the absence of food? Of water?
3. How does water’s ability to dissolve substances prove beneficial to the body?
4. As a review, write out The Three Principles below.

Principle I:

Principle II:

Principle III:

5. List some types of water which would best equate to the pure “dew” mentioned in Deuteronomy 33:28.
6. What are some ways to reduce the amount of chlorine found in drinking water?
7. Which is a better approach to improving dental health: fluoride supplementation or healthy eating? Explain.

REACT:

Enjoy a tall glass of water. Try some of the natural flavor enhancements or some of the water-based beverages suggested on page 199. Strive to make these your primary beverage selections.

Day 39: BEVERAGES

READ:

Read pages 201-209 of Chapter 12, through the section titled, “Milk Products and Substitutes”.

REFLECT:

1. What are some opposing viewpoints toward milk consumption?
2. Describe several benefits of nursing.
3. How do the properties of breast milk refute the theories of “survival of the fittest” and “random chance”? HINT: Refer to the changes which occur to human milk in the scenarios of premature infants and infants who have come in contact with viruses or bacteria.
4. What does it mean to pasteurize a liquid?
5. According to work done by Dr. E. V. McCollum, how does pasteurized milk compare with raw milk in regards to nutrient retention?
6. Write out Hosea 4:6a in the space below.
7. How does the above verse apply to today’s reading and/or recent topics studied?
8. What occurs to the butterfat in milk during the homogenization process? How do the modified particles affect the body?

REACT:

Evaluate the dairy products you drink and/or eat. Do they adhere to The Three Principles? If not, determine one healthy change you can make to improve your milk consumption.

Day 40: BEVERAGES

READ:

Read pages 209-218 to complete Chapter 12.

REFLECT:

1. Give some reasons why Christians take different positions regarding the consumption of alcohol.
2. When drinking fresh juice, what caution should one consider? How could dilution help address this concern?
3. What percentage alcohol was present in wine when the Bible was written? How much is generally present in today's wine?
4. List some benefits, as well as some dangers, to drinking wine.
5. What are the actual components in wine which make it beneficial? What are some non-alcoholic sources of these compounds?
6. How can the alcohol in "strong drink" harm the body?
7. What are some of the negative health affects caused by coffee and soft drinks?
8. Summarize in the space below the ideal drinks for improving health. Which drinks should be avoided?

REACT:

Do you find yourself in violation of Principle III, addicted to a beverage such as alcohol, coffee, or cola? Prayerfully ask God to set you free from this addiction, and ask a friend or family member to help hold you accountable.

Class 9 Discussion Notes

The Spice(s) of Life

Beverages: Elixirs of Life—or Death



The Spice(s) of Life & Beverages: Elixirs of Life—or Death

CONCLUSION

You made it! I do hope that you have been challenged and inspired throughout the course of this 40-day study. Please take a few minutes to reflect on the notes you have made in this study guide, and answer the following questions.

1. Write down The Three Principles, from memory if possible.
2. What are some truths in this study which really caught your attention?
3. What are some life changes you have made as a result of this study?
4. What are some changes you hope to make in the future?
5. How do you plan to stay on course as you progress toward better health?

It has been an honor for me to be a part of your search into what the Word of God says about your health. I pray that the Scriptures have encouraged you, and that you will continue to press on with great endurance. Remember, this is not the end of your wellness journey; it is the beginning of the rest of your life! Now it is your turn to write the next chapter...