Vital Ingredients for a Healthy Temple:

--God created man in His image (Gen. 1:27)

--Our bodies are "wonderfully made" (Ps. 139:14)

--Our bodies were not to be pierced or tattooed
Leviticus 19:28
Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I am the Lord.

1) Righteous Living

"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." (Exodus 15:26).

2) Physical Exercise

1 Tim. 4:8
For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

3) Healthy Eating Habits

a) God's original design was that man eat only fresh vegetables and fruit

We tend to eat the way we do because of the patterns we adopted from our parents. We have acquired certain "tastes."

Genesis 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.

b. God did allow for the eating of meat after the blood (Gen. 6:19-21)

c. People need self-control in eating habits
(Gal. 5:22-23; 1 Cor. 6:12-13; 1 Cor. 9:25-27)

1) Don't be a slave to your appetites (Prov. 23:2)

2) Eat for <u>energy</u>, not for pleasure

3) Eat only what you <u>need</u> (Prov. 25:16)

4) Eat "<u>real</u>" food (Gen. 1:27, 29)

   a) <u>Organic</u> is best
   b) Avoid <u>spoiled</u> (by man's corruption) or <u>refined</u> food

5) Make <u>plant food</u> the foundation of your diet (Gen. 1:29)

   a) Grains without refinement
   b) Fiber
   c) Vegetables, fruits, beans, seeds, and nuts

6) Prefer "<u>clean</u>" animal flesh (Gen. 9:3) (Lev. 11)
(Don't be prideful, divisive or judgmental over this issue – Acts 10:15; 1 Tim. 4:1-5; Col. 2:16)

7) Don't eat <u>blood</u> or improperly prepared meat

8) Don't eat the "hard" <u>fat</u> of animals (Lev. 3:17, 7:23)
Hard Fat = fat under the skin that covered the organs and muscles

9) Give yourself periods of prayer and <u>fasting</u> (Joel 2:12; Ezra 8:23)

4) Clean Air & Clean Water

5) Adequate Rest

a) Enter into <u>God's rest</u> (Heb. 3:7-11, 19; 4:9-11)

b) <u>Work</u> for your bread (laziness is a killer)

c) Rest one in seven
(Gen. 2:2; Exod. 16:23, 20:8, 35:3; Heb. 10:24-27)
Note: The Sabbath was for Israel (Ex. 31:12ff)
The Sabbath was not for the Church legalistically (Col. 2:16; Ga. 4:10; Rom. 14:5)

d) Be Spirit-led not flesh led so that you can avoid unnecessary stress

e) A good night's sleep (Ps. 127:2)

CONCLU: Trust God, not physicians