



UPLINK

Bible Study Connection

LESSON 39

For Your Health

MATCHING (write the number of the text by the summary that corresponds)

- | | |
|--------------------------------|-----------------------------|
| 1.3 John 2 | 5.Ephesians 4:25-32 |
| 2.Ecclesiastes 5:18 | 6.Proverbs 3:5-8 |
| 3.Romans 13:13; Luke 21:34 | 7.1 Corinthians 10:31; 6:19 |
| 4.Genesis 1:29-30; 8:20; 9:1-4 | |

___ There are numerous pitfalls to emotional health which set us at odds with the people around us and when our personal relationships are unhealthy it impacts our physical health.

___ God wants us to live a happy rewarding life here and now where we set goals, work hard and celebrate success.

___ The scriptures speak to us as a whole person where every part impact each other. With this in mind we are called to make sure everything we do, consume, and express brings glory to God.

___ Along with a healthy spiritual life God wants us to enjoy good health and prosperity.

___ The Bible warns us about the toxic effects of ongoing partying, drunkenness, sexual distortion, fighting, resentment and the overwhelming cares of this life.

___ A growing submitted relationship with God will bring health and healing to every part of your life.

___ The original diet given to Adam and Eve was 100% plant based. After the flood some animals were given for food so long as the blood was properly removed.

SUMMARY PARAGRAPH

Living in a world that is under the curse of sin leaves all humans weakened and subject to disease and death. God has given us principles that will limit the effects of sickness and death. By living pure, healthy, peaceful lives we can prevent many of the worst diseases of our day. Paying



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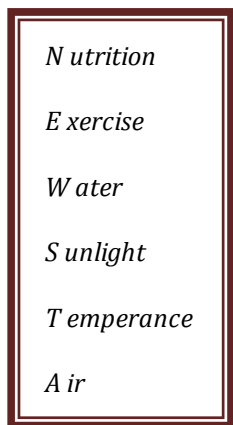
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attention to the foods we eat, our life habits, and availing ourselves of natural remedies can strengthen our system. Emotional health is just as critical to living life to the full, thus we need to open our minds to the Holy Spirits leading and seek healing there as well. Most importantly our overall health depends on a strong growing relationship with Jesus. This counteracts stress and grants us a peace that passes understanding even in the presence of our enemies Psalm 23.

TEXTS FOR FURTHER STUDY

Leviticus 11:1-47, Deuteronomy 14:3-21, Acts 10:1-11:18; Ephesians 5:18; Habakkuk 2:15, Mark 4:18-19; Luke 12:45; 1 Corinthians 11:21, Psalm 38:3; Proverbs 4:14-27; Proverbs 12:15-19; Proverbs 17:22

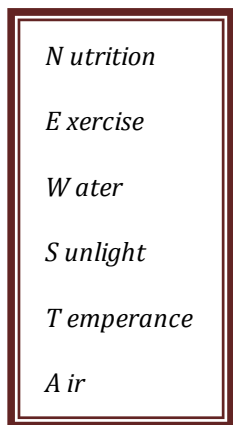


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