

GOOD HEALTH

1. WHAT did the apostle John wish concerning Gaius?

“Beloved, I wish above all things *that thou mayest prosper and be in health, even as thy soul prospereth.*” **3John 2.**

2. What did God promise His people anciently?

“And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and *I will take sickness away from the midst of thee.*” **Exodus 23:25.**

3. Upon what conditions was freedom from disease promised?

“*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.**

4. What does the psalmist say the Lord does for His people?

“Who forgiveth all thine iniquities; *who healeth all thy diseases.*” **Psalms 103:3.**

5. What constituted a large part of Christ’s ministry?

“Who went about doing good, and *healing all that were oppressed of the devil.*” **Acts 10:38.** See **Luke 13:16.** “And Jesus went about all Galilee. . . . *healing all manner of sickness and all manner of disease among the people.*” **Matthew 4:23.**

6. Why should the health of the body be preserved?

“For ye are bought with a price: therefore *glorify God in, your body,* and in your spirit, which are God’s.” **1Corinthians 6:20.**

7. What is the body of the believer said to be?

“What? know ye not that *your body is the temple, of the Holy Ghost* which is in you, which ye have of God, and ye are not your own?” **Verse 19.**

8. What will God do to those who defile this temple?

“If any man defile the temple of God, *him shall God destroy;* for the temple of God is holy, which temple ye are.” **1Corinthians 3:17.**

9. What example did Daniel set in this matter?

“But Daniel purposed in his heart *that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank.*” **Daniel 1:8.**

10. With what food did he ask to be provided?

“Prove thy servants, I beseech thee, ten days; and *let them give us pulse to eat, and water to drink.*” **Verse 12.**

11. What was the original diet prescribed for man?

“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.” **Genesis 1:29.**

12. Why did the Lord restrict the Hebrews in their diet?

“For *thou art an holy people unto the Lord thy God, and the Lord hath chosen thee to be a peculiar people unto Himself,* above all the nations that are upon the earth. Thou shalt not eat any abominable thing.” **Deuteronomy 14:2, 3.**

NOTE — Both mind and body are affected by the food we eat.

13. What effect does cheerfulness have upon the health?

“A merry heart *doeth good* like a medicine.” **Proverbs 17:22.**

14. How did the Saviour provide rest for His disciples?

“And He said unto them, Come ye yourselves apart into a desert place, and *rest awhile.*” **Mark 6:31.**

15. How are we exhorted to present our bodies to God?

“I beseech you . . . that ye *present your bodies a living sacrifice, holy, acceptable unto God.*” **Romans 12:1.**

16. What high purpose should control our habits of life?

“Whether therefore ye eat, or drink, or whatsoever ye do, *do all to the glory of God.*” **1Corinthians 10:31.**

