GLAD TIDINGS
3AM



"Ugh, I Think I Ate Too Much"

Lesson 8



"Health and Spirituality"

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"How beautiful are the feet of them that bring glad tidings" Romans 10:15

"Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." Psalm 103:1-5

Please go through each question carefully

01 Why is disease contracted by us as human beings?

Psalm 107:17-19 _____

02 Where does healing of the body come from?

Psalm 103:1-5 _____

03 Does God care about our physical health?

3 John 2 _____

04 Is our physical health connected to our spiritual health?

2 Corinthians 7:1 _____



05 What was man's original diet in the garden of Eden?

Genesis 1:29 _____

06 When man sinned what article of food was added to his diet?

Genesis 3:18 _____

_____

_____

07 When was man given permission to eat the flesh of animals?

Genesis 9:1-6

_____

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Please go through each question carefully

08 Was man given permission to eat the blood and fat of animals?

Leviticus 3:17

09 What types of animals were man given permission to eat?

Genesis 7:2, 8, 9:1-6

10 Does the Bible specify in greater detail the types of animals man was given permission to eat?

Leviticus 11

11 What scripture is used out of context to justify eating unhealthy meats?

Acts 10:9-16



12 What was the result of the ancient Hebrews following God's dietary laws?

Psalm 105:37

13 Does the Bible prophecy that the animal kingdom would be laden with disease making it unfit for food?

Hosea 4:1-3

14 What should be our highest consideration when choosing what we eat?

1 Corinthians 10:31

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Additional Reading

“As you will come to see, much is governed by the Golden Rule: he who has the gold makes the rules. There are powerful, influential, and enormously wealthy industries that stand to lose a vast amount of money if Americans start shifting to a plant-based diet. Their financial health depends on controlling what the public knows about nutrition and health. Like any good business enterprise, these industries do everything in their power to protect their profits and their shareholders.[...] The entire system— government, science, medicine, industry, media, and academia— promotes profits over health, technology over food, and confusion over clarity. Most, but not all, of the confusion about nutrition is created in legal, fully disclosed ways and is disseminated by unsuspecting, well-intentioned people, whether they are researchers, politicians, or journalists. The most damaging aspect of the system is not sensational, nor is it likely to create much of a stir upon its discovery. It is a silent enemy that few people see and understand.” Continued....



“The medical status quo relies heavily on medication and surgery, at the exclusion of nutrition and lifestyle. Doctors have virtually no training in nutrition and how it relates to health. In 1985 the United States National Research Council funded an expert panel report that investigated the quantity and quality of nutrition education in U.S. medical schools. The committee's findings were clear: "The committee concluded that nutrition education programs in U.S. medical schools are largely inad-equate to meet the present and future demands of the medical profes-sion."4 But this finding was nothing new. The committee noted that in 1961 the "American Medical Association Council on Foods and Nutrition reported that nutrition in the U.S. medical schools received 'inadequate recognition, support and attention.'" In other words, over forty years ago, the doctors themselves said that their nutrition training was inadequate. Nothing had changed by 1985, and up to the present time, articles continue to be written documenting the lack of nutrition training in medical schools.” {The China Study, by T. Colin Cambell}