

## Water in the Tank

*my impressions*

Use the **Bold Letters** to note your impressions below.

- A. This challenges me    B. I didn't know that  
C. That's news to me    D. That's interesting  
E. Some change is in order    F. God knows what's best  
G. That encourages me    H. I'm thankful for His wisdom  
I. I don't know how    J. Other

- \_\_\_ 1. Man's mind, spiritual nature, and body are all interrelated and interdependent. So to disregard my health is to disregard my spiritual well-being (3 John 2).
- \_\_\_ 2. God's original and optimal plan was a plant-based diet (Genesis 1:29).
- \_\_\_ 3. The first time that God allowed man to eat flesh was right after the flood (approximately 1,657 years after creation). Immediately after this change in man's diet their longevity dropped precipitously.
- \_\_\_ 4. Our Creator knows what is best for us. Now even science is coming to understand the reasons for God's prohibition against eating blood and animal fat (Leviticus 3:17; 17:12; Acts 15:20).
- \_\_\_ 5. Even though man was permitted to eat animal flesh, for their health and happiness they were to only eat clean animals (Genesis 7:2; Deuteronomy 14:1-4, 6, 9).
- \_\_\_ 6. If we want to be healthier and wiser we would do well to follow Daniel's example by choosing a simpler diet (Daniel 1:15-17, 20).
- \_\_\_ 7. God wants to live right inside of us, therefore He does not want us to defile our temple (body) with unclean meats, tobacco, or alcohol (2 Corinthians 6:16; Deuteronomy 28:18; Proverbs 23:31-35).
- \_\_\_ 8. Because God loves me He has given me advanced knowledge so that I can be healthier and happier (Deuteronomy 6:24, Proverbs 29:18).

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*Lesson #10*

*Scripture References*

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

**Genesis 1:29** See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

**Genesis 9:4** ...you shall not eat flesh with its life, that is, its \_\_\_\_\_.

**Leviticus 17:12** No one among you shall eat blood, nor shall any stranger who sojourns among you eat blood.

**Acts 15:20, 29** ...we write to them to abstain from things polluted by idols, from sexual immorality, from things strangled, and from \_\_\_\_\_ ... If you keep yourselves from these, you will do well.

**Food Preparation Guidelines:** proper slaughter includes  
draining of blood (Leviticus 17:13)  
cleaning (Leviticus 7:19; 2 Samuel 2:14, 15)  
Cooking (Exodus 12:9)

**Deuteronomy 7, 8, 28** tells of the exceptional health the Israelites experienced when they faithfully followed God's health laws.

**Leviticus 20:25** Ye shall therefore put difference between clean beasts and \_\_\_\_\_, and between unclean fowls and clean.

**Genesis 7:1, 2** Come into the ark, you and all your household... [and] take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female.

**Deuteronomy 14:4, 6** These are the beasts which ye shall eat ...every beast that parteth the hoof. ...and cheweth the cud..., that ye shall eat.

**Deuteronomy 14:9** These ye shall eat of all that are in the waters: all that have fins and scales.

**Deuteronomy 14:1-3** You are the children of the LORD your God; ...you are a holy people ...and the LORD has chosen \_\_\_\_\_ to be a people for Himself, a special treasure... You shall not eat any detestable thing.

*The importance of obedience to God's dietary commands is emphasized in the first 3 chapters of Genesis.*

**Daniel 1:8, 9** Daniel \_\_\_\_\_ in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of [Ashpenaz] the prince of the eunuchs that he might not defile himself. Now God had brought Daniel into favour and tender love with the prince of the eunuchs.

**Daniel 1:12, 13** Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with the other young men who eat the royal food, and treat your servants in accordance with what you see.

**Daniel 1:15, 16** At the end of the ten days they looked \_\_\_\_\_ and better nourished than any of the young men who ate the royal food. So [Melzar] took away their choice food and the wine that they were to drink and gave them vegetables [or pulse] instead.

**Daniel 1:17** God gave them knowledge and skill in all literature and wisdom; and... understanding in all visions and dreams.

**Daniel 1:20** And in all matters of wisdom and understanding about which the king examined them, he found them ten times \_\_\_\_\_ than all the magicians and astrologers who were in all his realm.

**Isaiah 66:16, 17** For by fire and by His sword the LORD will judge all flesh; ...Those who [eat] swine's flesh and the abomination and the mouse, shall be consumed together; says the LORD.

**Isaiah 55:2** Listen diligently to Me, and eat what is \_\_\_\_\_,

**1 Corinthians 10:31** Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

**2 Corinthians 6:16** ...you are the temple of the living God. As God has said: "I will dwell in them and walk among them. I will be their God, and they shall be My people."

**1 Corinthians 3:17** If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple \_\_\_\_\_ are.

**Dietary Guidelines:** Ecclesiastes 10:17; Leviticus 3:17; Proverbs 23:2; Luke 21:34 Proverbs 14:30; Matthew 5:23, 24; Proverbs 17:22; 23:7; Proverbs 19:23; 4:20-22; Ecclesiastes 5:12; Isaiah 52:11; 1 Corinthians 9:25; Philippians 4:5; Deuteronomy 29:18; Ecclesiastes 3:13; Isaiah 58:6-8;

**Deuteronomy 6:24** ...the LORD commanded us to do all these statutes, ... for our \_\_\_\_\_ always, that he might preserve us alive...

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