

# UNLOCKING PROPHECY #15

## God's Healthcare Plan

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### Glorifying God in our Bodies

- † Our health & lifestyle choices can either add years to our life or our choices can subtract years from our life.
- † *"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers"* (3 John 2).
- † Revelation 14:7, *"Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water."*
- † 1 Corinthians 6:20, *"For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."*
- † 1 Corinthians 10:31, *"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."*
  - Those who give God glory in their entire lifestyle enter God's eternal city, New Jerusalem (see Rev. 21:26-27).
- † *"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship"* (Romans 12:1).

### Tobacco

- † Every cigarette you smoke takes 11 minutes off your life. In other words, smoking is committing slow suicide.
- † Beckman Research Institute is a premier center for pioneering biomedical research in the United States. They say—it is estimated that cigarette smoking kills over 1,000,000 people each year.
- † According to Cancer Research UK: *"Smoking is the single biggest cause of cancer in the world."*
- † Tobacco smoke contains about 70 different cancer-causing substances.
- † Smokers have a 25% higher risk of a heart attack than non-smokers.
- † Revelation 3:21, *"To him who overcomes I will grant to sit with Me on My throne, . . ."*
- † As a person quits smoking there is some real good news. The good news is—1. Your lungs improve; 2. Irritation stops; 3. Inflammation stops; 4. Congestion stops; 5. Dripping mucous stops; 6. Shortness of breath stops
- † By the grace of God you can have victory over the sinful addiction of smoking. Romans 5:20, *"But where sin abounded, grace abounded much more."*
- † Jesus is stronger than enslaving physical habits.
- † Matthew 7:7, 8, *"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened."*

### Alcohol

- † Dr. Knisely warns that drinking alcohol cuts off oxygen supplies to the brain. The brain cells, unable to get enough oxygen, are destroyed. Research has shown that brain cells never regenerate!
- † The human brain is the only place where God can communicate with us through His Holy Spirit.
- † That's why Solomon says in: Proverbs 20:1, *"Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise."*
- † Two out of every five people—40% of alcohol users develop serious drinking problems.
- † Proverbs 23:29-33, *"Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper. Your eyes will see strange sights and your mind imagine confusing things."*
- † Did Jesus turn water to alcoholic wine at the marriage feast and cause the whole town to get drunk? No! John 2:6, 7, *"Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. Jesus said to the servants, 'Fill the jars with water'; so they filled them to the brim."*
  - That's between 120 and 180 gallons of wine! Did Jesus create enough fermented wine to get the whole village drunk? Certainly not.
- † There is no such thing as responsible drinking.

### The Eden Diet

- † Genesis 1:29, *"And God said, '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.'" The Eden diet was a vegetarian diet. The average life span before the Flood was 900 years.*

## Exercise

- † God made Adam and Eve to work—take care of the Garden of Eden. Physical exercise is vital to good health. 20-30 minutes of exercise 3-4 times a week outside in fresh air and sunlight will greatly improve your health. “...lack of exercise causes as many as 1 in 10 premature deaths around the world each year — roughly as many as smoking” (<http://healthland.time.com/2012/07/18/lack-of-exercise-as-deadly-as-smoking-study-finds/>).

## Meat

- † It wasn't until after the time of the Flood in Noah's day that God gave people permission to eat flesh food for what seems to be obvious reasons. All vegetation was destroyed. See Genesis 9:3-5 and Leviticus 3:17 which tell us if we do eat meat, we should avoid eating meat with the blood and fat.

## Unclean Meat

- † Genesis 7:1, 2, *“Then the LORD said to Noah, ‘Come into the ark, you and all your household, because I have seen that you are righteous before Me in this generation. You shall 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 14:6-8, *“And you may eat every animal with cloven hooves, having the hoof split into two parts, and that chews the cud, among the animals. Nevertheless, of those that chew the cud or have cloven hooves, you shall not eat, such as these: the camel, the hare, and the rock hyrax; for they chew the cud but do not have cloven hooves; they are unclean for you. Also the swine is unclean for you, because it has cloven hooves, yet does not chew the cud; you shall not eat their flesh or touch their dead carcasses.”*
- † Pig (pork) is unclean & God says we should not eat it. Pork is the highest cholesterol source of all meats. Pork has the highest fat content of all meats.
- † Isaiah 66:15-17, *“For behold, the LORD will come with fire . . . and the slain of the LORD shall be many. ‘Those who sanctify themselves and purify themselves, to go to the gardens after an idol in the midst, eating swine’s flesh and the abomination and the mouse, shall be consumed together,’ says the LORD.”*
- † Psalm 84:11, *“No good thing will He withhold from those who walk uprightly.”*
- † Philippians 3:19, *“Whose end is destruction, whose god is their belly, and whose glory is in their shame— who set their mind on earthly things.”*
- † Deuteronomy 14:9, *“These you may eat of all that are in the waters: you may eat all that have fins and scales. And whatever does not have fins and scales you shall not eat; it is unclean for you.”*
  - If a fish has fins and scales you may eat it. But if it's in the water and does NOT have fins and scales, such as a crab, lobster, or clam (a scavenger) do NOT eat it.
- † What about Peter's vision? See Acts 10:13, 14.
  - Acts 10:28, *“But God has shown me that I should not call any man common or unclean.”* Acts 10:34, 35 *“. . . I now realize how true it is that God does not show favoritism but accepts men from every nation who fear him and do what is right.”* God wasn't saying all “unclean” animals were now “clean.”

## God's Promises

- † Exodus 15:26, *“If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.”*
- † The Egyptians died of—Heart Disease, Cancer, Arthritis, Obesity, High Blood Pressure, Rheumatism, STD's.
- † John 15:5, *“. . . for without Me you can do nothing.”*
- † Philippians 4:13 says, *“I can do all things through Christ who strengthens me.”*
- † 1 Thessalonians 5:23, *“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”*

## 8 Keys for a NEWSTART (Covered extensively in Health Nuggets)

- † N – Nutrition (eat healthy foods: fruits, grains, nuts, vegetables)
- † E – Exercise (walking, running, weight lifting, swimming, bicycling—3-4 times per week is a must)
- † W – Water (drink 8-12 glasses of water per day to stay properly hydrated)
- † S – Sunlight (get moderate sunlight, 15 minutes a day is enough)
- † T – Temperance (avoid drinking alcohol, caffeine, smoking, other drugs)
- † A – Air (get plenty of fresh air, open the windows of your house/car, take a walk and breathe deeply)
- † R – Rest (get 6-9 hours of sleep per night, and rest every Sabbath from your work)
- † T – Trust in God (spend time daily growing closer to God)

Additional Bible Texts: Revelation 12:9; 21:26, 27; Isaiah 65:8; John 2:10; Psalms 105:37; Romans 6:16