

Lesson 15 Living Life to the Fullest! – Answers

1. How important is our health?

Beloved, I pray that you may prosper in all things and be in **health**, just as your soul prospers.

2. Why did God share principles of good health with His people?

You shall serve the Lord your God, and He will bless your bread and your water. And I will take **sickness** away from the midst of you.

3. What sort of life does Jesus promise us?

I have come that they may have life, and that they may have it more **abundantly**.

4. What does the Bible call our body?

Do you not know that your body is the **temple** of the Holy Spirit who is in you, whom you have from God, and you are not your own? . . . therefore glorify God in your body

5. What are some practical ways we can enhance our health?

Whether you eat or drink, or whatever you do, do all to the **glory** of God.

6. When did God first speak to the human family about His plan to guide us in good health?

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.

7. When God modified His original dietary plan for humanity, what restrictions did He place on what people should and should not eat?

Among the animals, whatever **divides** the hoof, having cloven hooves and chewing the **cud**—that you may eat.

8. Were the restrictions on eating unclean animals intended only for the Jewish people?

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.

9. What did God say about creatures that live in the water?

These you may eat of all that are in the water: whatever in the water has **fins** and **scales**, whether in the seas or in the rivers—that you may eat. 10 But all in the seas or in the rivers that do not have fins and scales, all that move in the water or any living thing which is in the water, they are an abomination to you.

10. What instruction did God give with regard to eating birds?

These you shall regard as an abomination among the birds; they shall **not** be **eaten**, they are an abomination: the eagle, the vulture, the buzzard.

11. Does God speak in favor of consuming alcohol?

Wine is a mocker, Strong drink is a brawler, And whoever is led astray by it is **not wise**.

Do not look on the wine when it is red, When it sparkles in the cup, When it swirls around smoothly; At the last it **bites** like a **serpent**, And **stings** like a **viper**. Your eyes will see strange things, And your heart will utter perverse things.

12. What “wine” does God recommend people freely consume?

As the new wine is found in the **cluster**, And one says, ‘Do not destroy it, For a blessing is in it,’ So will I do for My servants’ sake, That I may not destroy them all.

13. Does it matter to God if people smoke or use other tobacco products?

You shall not **murder**.

14. How did Paul describe the Christian journey toward our heavenly home?

Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may **obtain** it. And everyone who competes for the prize is **temperate** in **all** things. Now they do it to obtain a perishable crown, but we for an **imperishable** crown.

15. What great biblical principle reminds us of the importance of honoring God with our bodies?

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a **living sacrifice**, holy, acceptable to God, which is your reasonable service.

16. Where can a person find the strength to adopt the health principles recommended by God?

I can do **all** things through Christ who **strengthens** me.