

disease-fighting antioxidants, called flavonoids, that are believed to give wine many of its heart-friendly benefits." We can't drink to the glory of God.

13. What does the Bible say about smoking? 1Corinthians 10:31

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*Note: What happens the first time someone smokes? They usually begin to choke, or get light headed, and some throw up because our bodies reject smoking. Who made our body? God! So who rejects smoking? God does.*

*Nicotine causes the arteries to shrink. When arteries get smaller and smaller, clots can form in the blood stream possibly causing a heart attack or stroke. You cannot smoke to the glory of God.*

*A close chemical cousin to nicotine is caffeine. This means these two drugs belong in the same sub-narcotic class. Any drug ending in "ine" such as cocaine, morphine, and methamphetamine are highly addictive and mind altering. The book, You and Your Health by Harold Shyrock Vol. 1 p. 413 says, "Caffeine, the drug contained in coffee, is classified in textbooks as both a stimulant and a poison." You cannot drink caffeine to the glory of God.*

*A recent study shows that if you follow these health principles you can up to 10 years longer (Study done on CA SDA's, from 1976 to 1988 by the National Institutes of Health). You can live longer and feel great!*

*Philippians 4:13 "I can do all things through Christ who strengthens me."  
No matter what addictions we are struggling with God can give us victory!*

14. How does the Bible say we should dress? 2Corinthians 5:20

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*Note: God's people should not dress in a way that makes them eye candy. Our dress should be high enough, low enough, long enough, and loose enough to cover the business! Let's glorify Jesus in our dress not self.*

*Texts such as: 1Tim 2:9; 1Pet 3:3-4; Gen 35:1-4; Ex 33:5-6 reveal that it is against God's will for Christians to wear ornamental jewelry.*

15. What kind of entertainment is suitable for God's people?

Psalm 101:3; Philippians 4:8; Colossians 3:16

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*Note: The TV/movies we watch and the music we listen to should at the very least should not detract us from God and at best draw us to Him.*

MY CHOICE: Because I love Jesus, I want to eat and drink to God's glory.



### Lesson #21 How to Live Ten Years Longer

How would you like to live up to ten years longer? Who wouldn't, right? God has a way for you to do just that. God not only cares about our spiritual life, He also cares about our physical wellbeing also.

1. In what ways does God want us to prosper? 3John 2

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*Note: In all four gospels we find Jesus taking an interest in people's physical needs as well as their spiritual life. A lot of His time was dedicated to healing the sick. Jesus understood the principle: Healthy body = healthy mind.*

2. What does the first angel in Revelation 14 say that we should give to God? Revelation 14:6-7

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*Note: The first angel says that we should give glory to God, but how?*

3. How is it possible to give glory to God? 1Corinthians 6:19-20, 10:31

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*Note: We can glorify God in our bodies in the way we eat and drink. If there is a way to eat and drink to the glory of God then there is a way to not eat and drink to the glory of God. Apparently God takes how we treat our bodies very seriously if He moved several prophets of the Lord to write about it. Does God really care how we eat?*

4. What test in little things did Daniel and his three friends have when they were taken to Babylon? Daniel 1:8, 10-15

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*Note: In vs. 8 Daniel considered eating the king's food a moral issue. He knew that to refuse the king's hospitality could mean death, but Daniel courageously asked for a healthy diet and the Lord rewarded him. God gave Daniel an understanding heart (see Dan 1:17).*

5. What test in big things did Daniel's three friends face in chapter 3? Daniel 3:16-18, 25; Luke 16:10

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*Note: The three boys were faithful in dietary matters (little things) in chapter 1 and when they were challenged with false worship (big things) in chapter 3 they were faithful again. Do you think there is a connection? Most certainly!*

***In the Bible there are 3 diets: Ideal, acceptable, and unacceptable.***

6. What is the ideal diet? Genesis 1:29-30, 3:18-19

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*Note: Man's original diet before sin was fruit. Even the animals ate this way. After sin God added vegetables and bread. So God's ideal diet for man to function at our peak are fruits, nuts, grains, and vegetables.*

7. What is the acceptable diet? Leviticus 11:1-3

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*Note: The easy rule for figuring out what land animals are clean is: whatever has split hooves and chews the cud. Beef, goat, lamb, and venison are clean.*

8. What fish are clean? Deuteronomy 14:9-10

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*Note: Any fish with fins and scales are all clean. Fish such as: salmon, trout, bass, walleye, perch, tuna, and blue gill are all clean. Those you may eat.*

9. What birds are clean? Deuteronomy 14:11-12

*Note: The birds that forage on the ground are safe to eat. Birds such as turkey chicken, grouse, quail, pheasant, and pigeon are all clean.*

10. What is the unacceptable diet? Leviticus 11:4-7

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*Note: Most people have no problem with these things, but the one four legged animal that raises some issues is the pig. 25% of all pork products have living trichina larvae in it. Trichina is a parasite that feeds on your joints, which produces similar symptoms as arthritis. They say if you cook pork products well enough you will kill the worms, but I don't want to eat a worm dead or alive!*

*Since the rule for water life animals is: whatever has fins and scales then that means animals such as: lobster, shrimp, cat fish, and any other shell fish or bottom feeders are all unclean.*

11. What about Peter's vision? Acts 10:9-16, 28

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*Note: This vision has nothing to do at all with food. Peter was still a bit prejudice and was in need of an attitude adjustment. If he was supposed to be a missionary in foreign lands how could he be effective if he was still biased towards Jews? To remedy Peter's unfair assessment of the Gentiles God sent Cornelius who was a Roman to Peter for Biblical instruction. When God gave Cornelius the Holy Spirit, Peter was convinced that God did not make a difference between Jew or Gentile (see Acts 10:34-34, 44-48). Gentiles or non-Jews were just as much God's people if they believed as were the Jews.*

12. What does the Bible say about drinking alcohol? Proverbs 20:1, 23:29-35

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*Note: The statistics don't lie, they reveal that 40% of everyone who casually drinks develops serious drinking problems. What if your dog bit 2 out of 5 guests? You would get rid of that dog, wouldn't you?*

*Christian principles reason that the wine that Jesus made from water was nothing more than the pure juice of a grape or "new wine" (see Isa 65:8). Jesus would not give anyone anything that would cloud their judgment. The text in 1Tim 5:23 is unfortunately used to condone the use of alcoholic wine. On March 31, 2000, CNN published an article entitled, "Wine or Welch's? Grape Juice Provides Health Benefits Without Alcohol." A portion from the article reads, "Purple grape juice contains the same powerful*