

A Biblical Approach to Health



By Randall Ricker March 14, 2020

Sabbath Church of God in NC

The more we live by the Bible, the
happier we will be.

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Exercise

I Timothy 4:8

For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

Diet

Proverbs 23:20-21

Do not mix with winebibbers, *Or* with gluttonous eaters of meat;
For the drunkard and the glutton will come to poverty,
And drowsiness will clothe *a man* with rags.

Proverbs 25:16, 27

Have you found honey? Eat only as much as you need,
Lest you be filled with it and vomit... *It is* not good to eat much honey;
So to seek one's own glory *is not* glory.

Leviticus 7:23-24

“Speak to the children of Israel, saying: ‘You shall not eat any fat, of ox or sheep or goat. And the fat of an animal that dies *naturally*, and the fat of what is torn by wild beasts, may be used in any other way; but you shall by no means eat it.

Diet

Leviticus 11:2-3, 6-10, 13, 20

“Speak to the children of Israel, saying, ‘These *are* the animals which you may eat among all the animals that *are* on the earth:

Among the animals, whatever divides the hoof, having cloven hooves *and* chewing the cud—that you may eat... the hare, because it chews the cud but does not have cloven hooves, *is* unclean to you;

and the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, *is* unclean to you... 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.

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...

And 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,...

All flying insects that creep on *all* fours *shall be* an abomination to you.

Diet

Leviticus 19:19

...You shall not let your livestock breed with another kind. You shall not sow your field with mixed seed...

Quarantine

Leviticus 13:1-4

And the LORD spoke to Moses and Aaron, saying:

“When a man has on the skin of his body a swelling, a scab, or a bright spot, and it becomes on the skin of his body *like* a leprous sore, then he shall be brought to Aaron the priest or to one of his sons the priests.

“The priest shall examine the sore on the skin of the body; and if the hair on the sore has turned white, and the sore appears *to be* deeper than the skin of his body, it *is* a leprous sore. Then the priest shall examine him, and pronounce him unclean.

“But if the bright spot *is* white on the skin of his body, and does not appear *to be* deeper than the skin, and its hair has not turned white, then the priest shall isolate *the one who has* the sore seven days.

Quarantine

Leviticus 14:33-38

“When you have come into the land of Canaan, which I give you as a possession, and I put the leprous plague in a house in the land of your possession, and he who owns the house comes and tells the priest, saying, ‘It seems to me that *there is* some plague in the house,’ then the priest shall command that they empty the house, before the priest goes *into it* to examine the plague, that all that *is* in the house may not be made unclean; and afterward the priest shall go in to examine the house. And he shall examine the plague; and indeed *if* the plague *is* on the walls of the house with ingrained streaks, greenish or reddish, which appear to be deep in the wall, then the priest shall go out of the house, to the door of the house, and **shut up the house** seven days.

Sanitation

Leviticus 11:24-25, 31-34

24 'By these you shall become unclean; whoever touches the carcass of any of them shall be unclean until evening; 25 whoever carries part of the carcass of any of them shall **wash his clothes and be unclean until evening**: ...31 These are unclean to you among all that creep. Whoever touches them when they are dead shall be unclean until evening. 32 Anything on which any of them falls, when they are dead shall be unclean, whether it is any item of wood or clothing or skin or sack, whatever item it is, in which any work is done, **it must be put in water**. And it shall be unclean until evening; then it shall be clean. 33 Any earthen vessel into which any of them falls you shall break; and whatever is in it shall be unclean: 34 in such a vessel, any edible food upon which water falls becomes unclean, and any drink that may be drunk from it becomes unclean.

Sanitation

Deuteronomy 23:12-13

“Also you shall have a place outside the camp, where you may go out; and you shall have an implement among your equipment, and when you sit down outside, you shall dig with it and turn and cover your refuse.

Alcohol and drugs

I Timothy 5:23

No longer drink only water, but use a little wine for your stomach's sake and your frequent infirmities.

Alcohol and drugs

Proverbs 23:29-35

Who has woe? Who has sorrow? Who has contentions?

Who has complaints? Who has wounds without cause?

Who has redness of eyes?

Those who linger long at the wine, Those who go in search of mixed wine...

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.

Yes, you will be like one who lies down in the midst of the sea,

Or like one who lies at the top of the mast, *saying*:

“They have struck me, *but* I was not hurt;

They have beaten me, but I did not feel *it*.

When shall I awake, that I may seek another *drink*?”

STD's

I Corinthians 6:18-20

Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or 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? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

Ephesians 5:1-5

...But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God.

Emotions and our health

Proverbs 3:7-8

Do not be wise in your own eyes; Fear the LORD and depart from evil.
It will be health to your flesh, And strength to your bones.

Proverbs 17:22

A merry heart does good, *like* medicine,
But a broken spirit dries the bones.

Proverbs 12:25

Anxiety in the heart of man causes depression,
But a good word makes it glad.

Proverbs 13:12

Hope deferred makes the heart sick,
But *when* the desire comes, *it is* a tree of life.

Emotions and our health

Ecclesiastes 9:7-10

Go, eat your bread with joy,

And drink your wine with a merry heart;

For God has already accepted your works...

Live joyfully with the wife whom you love all the days of your vain life which He has given you under the sun, all your days of vanity; for that *is* your portion in life, and in the labor which you perform under the sun.

Whatever your hand finds to do, do *it* with your might; for *there is* no work or device or knowledge or wisdom in the grave where you are going.

Emotions and our health

Ecclesiastes 12:13

Let us hear the conclusion of the whole matter:

Fear God and keep His commandments,

For this is man's all.

Emotions and our health

Romans 8:28, 31

And we know that **all things work together for good to those who love God**, to those who are the called according to *His* purpose...

What then shall we say to these things? If God *is* for us, who *can be* against us?

Matthew 6:33

“But **seek first the kingdom of God and His righteousness**, and all these things shall be added to you.

Corona in present perspective

	Cases % of Population	Deaths % of Population
Corona Virus		
World	.001%	.00005 %
Wuhan, China	1 %	.04 %
China	.005 %	.0002 %
Flu (average year)		
World	12 %	.005 %
USA	6 %	.009 %

A positive approach

Philippians 4:4-8

Rejoice in the Lord always. Again I will say, rejoice!...

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, **let your requests be made known to God**; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—**meditate on these things**.