

HOW TO
PROSPER AND
BE IN HEALTH

FORECASTING
HOPE



1. How to Prosper and Be in Health

I want to begin tonight by asking you a question. If you were given the opportunity to have three wishes, and to wish for any three things that you wanted in the entire world, what three things would you wish for? That's a heavy question, isn't it?



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2. Now it's possible some of us would wish for a million dollars, so we can pay all our bills and be debt-free. And I probably wouldn't blame you.



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3. Someone else might wish for a brand-new house, no mortgage, all paid off. That sounds pretty good, too.



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4. And maybe some of the men would wish for Super Bowl tickets for life.

But let me ask you something. How many of you would seriously consider taking one of those three wishes and asking for perfect health for the rest of your life? Can I see your hands? Whenever I ask that question, almost everybody's hand goes up.



5. I think it's safe to say that most people would definitely consider taking one of those wishes and asking for perfect health, no aches, no pains, for the rest of their life. And do you know what? I would, too. Because I think we all agree that good health is an important ingredient for happiness.



6. One of the most wonderful truths about God is how He loves and cares for us in such a personal way. We're going to discover tonight that God is not only concerned about our spiritual health, though that is His primary concern—but He is even concerned about our physical health—mind and body—while we are here on this earth.



JOHN 10:10

"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

7. Notice what Jesus says here in John chapter 10 and verse 10. The Bible says, "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

You see, my friends, it's the devil who is the thief. He has done a pretty good job of getting us to engage in unhealthy practices or bad decisions that will destroy our minds and our bodies. But Jesus said it is His desire that we can have life and have it more abundantly.

3 JOHN 2

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



8. The apostle John wrote something similar in his letter in 3 John verse 2 where the Bible says,

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

3 JOHN 2

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



9. Well, John said that he wants us to prosper. He wants us to be in health. And he is sharing with us what God had shared with him. We may wonder, why does God care about my physical health anyway? I can understand why He cares about my spiritual health. He wants me to have eternal life and be in heaven. And that's wonderful. But why does He care about my physical health?

GOD CARES ABOUT OUR PHYSICAL HEALTH



- God loves us.
- God knows it's difficult to be happy when you're in poor health.
- We can serve the Lord to our fullest ability.

10. Well, three reasons. Number one, because He loves you. He's a little bit like Mom who stood over your seat when you were a kid to make sure you ate your vegetables. Now you didn't like that, but Mom did it because she loves you. Well, God loves you too.

GOD CARES ABOUT OUR PHYSICAL HEALTH



- God loves us.
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11. Reason number two, God knows it's difficult for us to be happy when we are in poor health. When we have aches and we have pains and we can't do the things we want to do, sometimes it affects our attitude of happiness. And then number three, when we are in good health, we can serve the Lord to our fullest ability. But that leads us to a question.

GOD CARES ABOUT OUR PHYSICAL HEALTH



- God loves us.
- God knows it's difficult to be happy when you're in poor health.
- We can serve the Lord to our fullest ability.

12. If God really wants us to prosper and be in health, then why is our health in such a sad state of affairs in this world? Why does it seem as if our world is rampant with disease in our minds and our bodies? Why does it seem as though our hospitals and nursing homes are always overflowing? Why are mental health issues on the rise? Is it possible that God has given us some principles of health that this world has been ignoring? Is it possible that God has given a health plan for the human family that this world hasn't been paying attention to?



- God loves us.
- God knows it's difficult to be happy when you're in poor health.
- We can serve the Lord to our fullest ability.

13. My friends, the answer is yes. That's why we are going to study about God's health plan for the human family. We've been basically studying the principles of spiritual health in this seminar. Tonight, we are going to study the principles of physical health. That's important because what affects the body affects the mind. And what affects the mind affects the body. In these last days, our bodies and minds need to be healthy so we can decipher the difference between truth and error because the Bible says there will be a lot of deception in the end time.



- God loves us.
- God knows it's difficult to be happy when you're in poor health.
- We can serve the Lord to our fullest ability.

14. Now, the wonderful thing about God's health plan is, there are no forms to fill out, there are no in-network doctors, and there are no co-pays. Can you say, Amen?



GOD'S BASIC HEALTH PRINCIPLES

15. So, what we are going to do now is take a look at the three basic health principles of the Bible. You mean there are only three? That's right. Three broad basic principles that we can apply in any situation, in any culture, in any time of history. You will notice all three of those basic health principles actually come from the book of First Corinthians.

1 CORINTHIANS 10:31

"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."



16. So, let's go to the first principle of health in First Corinthians chapter 10 and verse 31. The Bible says, "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."

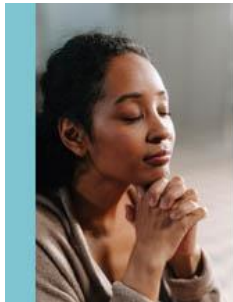
Now, that one is pretty simple and easy to understand. God is basically saying whatever you do, whatever choices you make, even if it's as specific as what I eat or drink, just make sure it's to the glory of God.

17. So, principle number one says that my health practices should bring glory to God.



1

OUR HEALTH PRACTICES
SHOULD GLORIFY GOD



1 CORINTHIANS 6:19-20

"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?"

18. Principle number two is right here in first Corinthians 6 verse 20. This text contains a principle that many people in the world do not like to admit. The Bible says,

"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?"



1 CORINTHIANS 6:19-20

For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's".

19. For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's".

Let's pause here. Notice it says we were bought at a price. We were bought in two ways. Number one, because God created us. He is the One who formed our mind and body at creation. Number two, because God redeemed us on Calvary when Jesus died on the cross for our sins.



1 CORINTHIANS 6:19-20

For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's".

20. Being bought at a price means my body doesn't belong to me. I don't have the right to do with it whatever I want. According to the world's principles, that's a little hard to accept because the world's attitude is, it's my mind and my body, I can do whatever I want as long as it doesn't hurt anybody else. But Biblically, that's not true.



1 CORINTHIANS 6:19-20

For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's".

- 21.** It was God who created the body and gave me life. I didn't create my own body. You didn't create your own mind with the capacity to think and know right from wrong. God made us.



2

OUR BODY IS HOLY AND BELONGS TO GOD, SO WE SHOULD TAKE CARE OF IT

- 22.** So principle number 2 says

"My body is holy and belongs to God, so I should take care of it."



1 CORINTHIANS 3:16

"Do you not know that you are the temple of God and that the Spirit of God dwells in you?"

- 23.** Principle number three is in First Corinthians chapter three verse 16. The Bible says,

"Do you not know that you are the temple of God and that the Spirit of God dwells in you?"



1 CORINTHIANS 3:16

If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are."

- 24.** If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are."



1 CORINTHIANS 3:16

If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are."

- 25.** Now in its original context, when it's talking about the temple of God it's referring to the church, the body of believers. But we could also specifically apply this to our body temple. Because the Bible says the Holy Spirit wants to fill our hearts and our minds and lead us in right directions. So, God is saying that body of yours, it's a special temple. It's holy. It's a gift He gives us. On this earth, we get only get one body, so we need to take care of it.



3

**WE SHOULD NOT ENGAGE IN ANY
ACTIVITY THAT DESTROYS THE BODY**

- 26.** Therefore, God says we should not engage in any activity or practice that destroys that body.



3 HEALTH PRINCIPLES

1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

- 27.** So, let's review the three basic health principles of the Bible. You see it there on your screen. Principle number one—our health habits should glorify God. Number two—our body is holy and belongs to God. Therefore, we should take care of it. And principle number three—we are not to engage in any activity that destroys the body or the mind.



3 HEALTH PRINCIPLES

1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

- 28.** Now, you may be thinking, Pastor, that's a pretty quick sermon. You got through the three principles in five minutes. Are we done? No, we are not quite done yet. Because even though these principles are broad, we are going to apply them to specific things in our world today.



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

29. What I love about God's health plan is that it only has three simple principles. God doesn't have a list of two thousand different things that we need to remember. It's not like the IRS tax code that's got about a thousand different laws and most people can't even figure out what it is. God likes simple. So, I have to take these three simple but powerful principles and, with the help of the Holy Spirit, apply it to my life today. Apply them to the situations I face and the choices I make.



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

30. You see, God is not going to send an angel to take something harmful or unhealthy out of the cart when you're shopping at the grocery store. God's not going to be there to wag his finger and say, "Uh-uh-uh." God's not going to force us to get off of our couch and exercise. It's up to us to apply this to our life. Hopefully, we are surrendering ourselves to the Holy Spirit, and giving Him permission to convict us of things we need to change about our physical life.



31. Think of the Mercedes-Benz, for an example. If you've ever ridden in a Mercedes-Benz, then you know it is one fine quality car. It's an expensive car. When you buy a Mercedes-Benz, you get an owner's manual. That owner's manual tells you how to take care of the car, so that it has a long life. You get a maintenance schedule that tells you what kind of oil to use in it and what kind of fuel to put in it and how often to do preventive maintenance.



32. Now, what would happen if someone gave me a Mercedes-Benz and I decided to ignore the owner's manual? So instead of putting diesel into the gas tank like it tells me to do, I just decide to put regular gas in it. Then a few days later, it ends up at the dealership, in the repair shop, and I get a nice big repair bill. Can I blame the dealership for that? I can't. Because I ignored the owner's manual.



- 33.** So today, it's not fair for the world to blame God for poor health if we choose to ignore His principles of health. Because God loves us, He gives us these three powerful principles on how to have a happy, healthy, and abundant life.



- 34.** Let's take some time to apply them specifically, now. As we do this, we are going to look at some health practices that the world struggles with today. We may touch on some sensitive topics. In fact, the Word of God may step on our toes tonight. And you know what? That's OK. Jesus is a loving Savior, and if He gives us a gentle rebuke, it's because He's got something better for us—a healthier, happier, more abundant life.



- 35.** The truth is all of us struggle with something. All of us struggle with a health practice that maybe we need to change. All of us struggle with some kind of addiction in our life, one way or another. And it is Jesus who desires to set us free, in these last days.



- 36.** So, with that in mind, I want to share with you the story of a unique doctor from the state of California. Now this particular doctor was tired of his patients always coming to him and wanting some special pill or drug to take away their aches and pains without being willing to change their lifestyle and make better choices. This doctor didn't know how he could get across to his patients that they just can't always rely on drugs, but that they've got to make better choices and changes in their life.



37. So, what he decided to do was rather interesting. He decided to write a pamphlet that was titled, “I’ll Tell You How to Die Younger.” Then he sat it on the table in his waiting room. Let me ask you: when you go to the doctor’s office, what do you spend a lot of time doing? Sitting in the waiting room.



38. If you saw a pamphlet sitting on the table while you were waiting to be seen and it said, “I’ll Tell You How to Die Younger”, wouldn’t you be curious? Don’t you think you would be tempted to pick it up and read it? I’m pretty sure I would.



39. So, let’s look at the first thing the doctor from California said. Principle number one on how to die younger, he writes, “If you want to die younger, smoke heavily.” Now I can hear us saying, “I know that’s not a good thing, but the Bible doesn’t actually say thou shalt not smoke.” And that’s true. The Bible doesn’t.



40. The Bible also doesn’t say, “thou shalt not snuff cocaine” or “thou shalt not inject heroin.” But the Bible doesn’t have to be that specific, simply because it has already given us three basic and broad principles that we can apply to our life today. So, let’s go to those three principles and let’s see if we can apply them to this practice of smoking.

MEDICAL FACTS ABOUT TOBACCO



1. There are 18 active poisons in tobacco.
2. The main ones are nicotine and tar.
3. Half a drop of raw nicotine could kill a rabbit.
4. There are 2 ½ drops in every cigarette.

41. But first, let just look at some established medical facts. Number one, did you know there are eighteen active poisons in tobacco alone? The main ones being nicotine and tar. On top of that, half a drop of raw nicotine could kill a rabbit. And what's amazing is there are two and a half drops of nicotine in every cigarette. I know you might be tempted to say, "Then why doesn't it kill us instantly?" You know why? Because God is a merciful God. Wasn't it David who wrote that that this body of ours is fearfully and wonderfully made?

MEDICAL FACTS ABOUT TOBACCO



1. There are 18 active poisons in tobacco.
2. The main ones are nicotine and tar.
3. Half a drop of raw nicotine could kill a rabbit.
4. There are 2 ½ drops in every cigarette.

42. Did you ever notice that as soon as we cut ourselves or wound ourselves somehow, the body automatically starts healing itself? Even when we get all kinds of bugs or germs or viruses or bacteria in our bodies, immediately the body works to seek to deal with it and try to heal itself. That's the way God created the body. The problem though is if we keep making the same bad choices, one after another, over a long period of time, eventually it does catch up with us.

MEDICAL FACTS ABOUT TOBACCO



5. It is the leading cause of preventable deaths.
6. It increases the risk of all kinds of diseases.
7. Smoking is blamed for 1/3 of all cancer deaths.
8. 480,000 people die each year as a result of smoking.

43. The statistics go on to say, it is the leading cause of preventable deaths. It increases the risk of all kinds of diseases. Smoking is blamed for 1/3 of all cancer deaths. 480,000 people die each year as a result of smoking. Plus, it's a mind and body destroying habit. Even a warning from the Surgeon General is put on every pack of cigarettes.

3 HEALTH PRINCIPLES



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

44. So just knowing those facts, let's go back to the three principles and ask some questions. Principle number one, our health habits should glorify God. Is smoking a habit that glorifies God or even helps us? The answer would be no. Second principle, our body is holy and belongs to God.



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2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

45. Is smoking taking care of the body God gave us? No. Medical science would also say no to that. And then lastly, principle number three, we are not to engage in any activity that destroys the body. Does smoking destroy the body? The answer is, yes. So, according to the Biblical principles, does God want us smoking? And the answer would be no.



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

46. Now, having said that, it's important for us to understand that there are many sincere people in this world who struggle with this habit. You or I might be one of them. It does not mean that you love Jesus any less. It doesn't mean that you are not a sincere Christian. And it doesn't mean that God will love you more when you stop smoking.



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

47. God already loves you as much as He possibly can because He died for you on the cross. His love for you is not dependent on your health practices. His love for you is not dependent on whether you choose to stop smoking or not. God already loves you. Can you say, Amen?



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

48. But He does want something better for us. Remember, John told us God wants us to prosper and be in health. It's the thief that comes to kill and to steal and to destroy. And so, if this is a habit that you are struggling with, in a few minutes I want to share with you God's plan for victory over any habit or any addiction that is in our life.

3 HEALTH PRINCIPLES



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

49. But before then, let's address something else going on in our world today that has to do with health. Let's go back to the doctor from California and see what he wrote next on his pamphlet, "I'll Tell You How to Die Younger".



IF YOU WANT TO DIE YOUNGER, DRINK ALCOHOL EVEN IN MODERATION

50. Number two, he said, "If you want to die younger, drink alcohol even in moderation." Now we certainly want to be sensitive on this topic as well because this is also an addiction that many people in the world have to deal with. The Bible does speak specifically about this one. So, let's look at a couple verses in the Bible that specifically deal with the idea of alcohol.



IF YOU WANT TO DIE YOUNGER, DRINK ALCOHOL EVEN IN MODERATION

51. Some say it doesn't matter, don't worry about it. As long as I am not hurting anybody else it's no big deal. Others, including Christians, may say, just a little bit is OK, in moderation. Social drinking is no big deal. But instead of looking at our own opinions, the highest opinion is always what God says in His Word. Because nobody knows the body better than the One who created it and who breathed the spark of life into us. So, let's look at some medical facts about alcohol. Then we'll go to some verses from the Bible.

MEDICAL FACTS ABOUT ALCOHOL



1. 88,000 people die from alcohol-related deaths each year.
2. Countless auto accidents each year due to alcohol.
3. Alcohol is a depressant and slows the activity of the brain.

52. We are told that 88,000 people die from alcohol-related deaths each year. There are countless auto accidents each year due to alcohol use causing numerous injuries and fatalities. Alcohol is a depressant and slows down the activity of the brain.

MEDICAL
FACTS ABOUT
ALCOHOL



4. It only takes six minutes for alcohol to reach the cells in the brain.
5. It is a significant factor in violent crime.
6. 60-70% of marital abuse cases involve alcohol.

53. It only takes 6 minutes for alcohol to reach the cells in the brain. It is a significant factor in violent crime including marital abuse. In fact, in marital abuse cases, 60-70% of the time alcohol was involved.

MEDICAL
FACTS ABOUT
ALCOHOL



7. There are millions of families affected by alcohol in negative ways.

54. There are millions of families who affected by alcohol in negative, or even tragic, ways.

MEDICAL
FACTS ABOUT
ALCOHOL



7. There are millions of families affected by alcohol in negative ways.

55. And friend, if you doubt that, just look at any police report on these things or ask any person that had to grow up in a home where alcohol ruled. Listen to their memories that they have of verbal abuse, physical abuse, sexual abuse, and emotional abuse when people get out of control and their minds are taken over by another substance. Words and actions are burned into a person's mind that many times they can never forget. The families, the relationships, the marriages that are totally torn apart because alcohol has taken over.

MEDICAL
FACTS ABOUT
ALCOHOL



7. There are millions of families affected by alcohol in negative ways.

56. Now friends, is that something God wants us to experience? Does God want us to experience these negative effects when words fly because we are under the control of another substance? Or when fists fly because we are under the control of an intoxicating substance? No, God wants us to have the happy, the healthy, and the abundant life. That's why He specifically addresses this issue of alcohol. So, let's go and see some of the specific things that God's says in His Word.



PROVERBS 20:1

"Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise."

- 57.** Let's turn in our Bibles to the book of Proverbs chapter 20 and verse 1. Notice what the wisest man who ever lived wrote, because apparently, he experienced this. The Bible says,

"Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise."



PROVERBS 20:1

"Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise."

- 58.** Now, let's stop here for a minute. Solomon knew what life was like on both sides of the fence. In the beginning of his life, Solomon was very faithful to God. Of all things, he prayed that God would give him wisdom. But you know then, later on, he made the mistake of having a thousand wives and concubines—many of them pagan—who for a while, led him away from God. And in the second part of his life, he had actually apostatized from the God of heaven.



PROVERBS 20:1

"Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise."

- 59.** It wasn't until later that he came back to God, and that's when he wrote the wisdom literature of Proverbs, Ecclesiastes, and Song of Solomon, where he gives us wisdom from his life. He tells us what he experienced on both sides—when he was with God and when he was away from God. The things that he writes are powerful and they come from experience.



- 60.** Notice what Solomon said—and we already read it—wine is a mocker and strong drink is a brawler. Well, think about it, my friends. Have you ever seen someone where wine or alcohol has totally taken control and they make a mockery of themselves? They're acting foolish or stupid or in silly ways, at the party, at the bar, or at home. They embarrass themselves but they can't remember it the next morning. And reputations are ruined.



- 61.** But then there's the flip side. You see, for some people, alcohol makes them silly and foolish. But then you have people where alcohol makes them mean and nasty and cruel. And that's what Solomon is talking about when he says that wine or strong drink is a brawler. Have you ever seen someone who's ready to fight because they are intoxicated by another substance? Then words fly, and they say things to their spouse, to their children, and to their parents.



- 62.** Words that are burned into their minds forever. Words that can never been taken back. Or worse yet, such persons are so overtaken by another substance in their mind and in their body, that literally their fists fly, and they abuse the people that they love so much. That's something that a person usually can never forget.



- 63.** For you see, God says wine is a mocker. It will either make a fool out of you or it will make a fighter of you. And God says, whoever is led astray by it is not wise. Stay away from it.

Now I know someone may ask the question, "but doesn't the Bible say that people drank wine? Didn't Jesus create wine for the wedding of Cana?" Well, instead of looking at that on the surface, let's go a little bit deeper.



"WINE" IN THE BIBLE

FERMENTED WINE
(Alcoholic Beverages)

PURE JUICE OF THE GRAPE
(Non-alcoholic)

- 64.** One of the things that we have to understand is that in the English Bible, the English word "wine" is used both for the fermented wine, the alcohol, but it's also the word is used to describe the unfermented wine which is the pure grape juice. So, you have to look at the context of the verse to tell what it's talking about.



"WINE" IN THE BIBLE

FERMENTED WINE
(Alcoholic Beverages)

PURE JUICE OF THE GRAPE
(Non-alcoholic)

65. Is it talking about the fermented alcoholic wine or is it talking about the unfermented wine which is the fruit of the vine? That's what we need to understand. When you look at the story of Jesus changing water into wine, people like to jump to the assumption and say, "See, Jesus was creating alcohol for them."



"WINE" IN THE BIBLE

FERMENTED WINE
(Alcoholic Beverages)

PURE JUICE OF THE GRAPE
(Non-alcoholic)

66. Let's just think about that for a second. Number one, was Jesus familiar with the Old Testament Scriptures? Yes or no? Of course, He was. Did Jesus know what was written there in Proverbs? Of course, because it was His Holy Spirit that inspired Solomon to write those words. Would Jesus ignore the adjunctions and principles of the Old Testament? On top of that, when it says that He turned water into wine, why are we assuming that was alcoholic wine? Think about it.



67. In that story, if you read it in John chapter 2, it said that they were to fill up six water pots. Each pot was about twenty to thirty gallons. Are we really willing to say that Jesus created 120-150 gallons of alcohol, enough to make that entire wedding party and maybe even the entire city of Cana drunk as a skunk? Are we really willing to say that?



68. It's important to understand that wine in the Bible can also refer to the pure fruit of the vine, the grape juice. I believe that is what Jesus created for the people at the wedding in Cana. We have to be careful not to put our own assumptions into the Word of God.



PROVERBS 23:29-33 NIV

"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. . .

- 69.** But let's go a little further, because the book of Proverbs says something else very specific about this practice of alcohol. It's in Proverbs 23 and we are going to read verses 29-33. As Solomon writes this, it looks like he's speaking from experience because he is pretty graphic here. The Bible says, "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. . ." – now which wine is it talking about?



PROVERBS 23:29-33 NIV

. . .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!

- 70.** The next phrase tells us - ". . .who go to sample bowls of mixed wine." OK—the mixed wine. That's the alcoholic type. "Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly!"



PROVERBS 23:29-33 NIV

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."

- 71.** 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."

That sounds like it's written by someone who knows. Because again, if you have ever experienced that in your life, or you have ever seen someone intoxicated, that is a very accurate portrayal.



WHAT ABOUT ALCOHOL?

- Causes woe, sorrow, contention, babbling, wounds.
- Causes you to see strange things.
- Causes you to say cruel or perverse things.

- 72.** Now, you see on the screen a summary of what those verses say. It tells us that alcohol causes woe and suffering. It causes contention and fights. It causes babbling and wounds. It causes someone to see strange sights, things that might not even be there. It causes us to say cruel things and perverse things when it takes over.

WHAT ABOUT ALCOHOL?



- Compared to the poison of a snake.
- You will lose control.
- Who would invent a drink like this?

73. And it's even compared to the poison of a snake.



74. Now, let me ask you something. If I was standing up here and I had a nice big bottle that had the skull and cross bones on it and I said, "Here my friend! The venom of a viper is in this. Have a drink of poison!" How many of you would take it? Probably nobody.

But what if I said, "Just drink a little, in moderation." Would you still take it? Of course, you wouldn't. Because you know that little bit can cause harm.



75. Why would we take a chance on a little bit of something that has the potential to lead us down a road that can do nothing but bring negative things into our life? They say alcohol or wine is good for the heart. Well, guess what? There are a hundred other things that are good for the heart—like eating walnuts or almonds. You can eat them and not have all the negative side effects that could possibly come to a person's health and to a person's family from alcohol.



76. You see, Proverbs says, with alcohol, you lose control. Even when you don't get drunk, you still lose part of the control of your mind. And it is always a dangerous thing when you give control of your mind over to someone else or something else like a substance. So, I want to invite us to think carefully about this, my friends. Who is it that wants to have control of our minds and our body? Who is it that does not want us to be in control so that we cannot connect our minds to Jesus Christ? The enemy.



- 77.** So, who would invent a drink that takes control out of our hands and puts it in somebody else's? Who would invent a drink like that? It would be the enemy. The one who seeks to kill and to steal and to destroy. Because remember, Jesus came to bring us life and to bring it more abundantly. That's why He says to stay away from alcohol.



- 78.** (If you need to shorten the message, you can skip this story)

Let me share with you a story that strongly illustrates God's counsel.



- 79.** Let me tell you about Joe. Joe was a relationship with his girlfriend, Susan. But the relationship went awry and they broke up. Break ups are sometimes hard to deal with, especially if it was a long-term relationship. I mean, break ups hurt no matter what a person's age is. And the way Joe chose to deal with it was that he went off with one of his other buddies on a drinking binge—for three straight nights. They went to the bars and just kept drinking until it got late at night and the bar was closed.



- 80.** Then they went out in the streets and for the rest of night, they just vandalized all the cars and houses they could see. Three nights in a row—50 cars and houses, they vandalized. Finally, after three days, the police caught up with them. They were charged and arrested, and Joe had to pay restitution. And part of that was having to spend some time in the county jail.



81. But one day's Joe's friend came to visit him in jail. Joe was really upset that his friend came to see him because he didn't want his friend to see him this way--- with a prison suit and handcuffs around his wrists. As they were talking, Joe's friend eventually asked him why he did this. Why did he go out and vandalize all these cars and homes. Joe's answer was shocking. He said to his friend, "I don't even remember doing it."



82. All those three nights in a row, he had no recollection of vandalizing these 50 cars and homes, because another substance had taken over. He did things he would not have normally done in his right mind. It was an experience that both would never forget! That's why God says stay away. Wine is a mocker. It makes a fool of you. Wine is a brawler. It gets you in trouble. It is best that we drink other things.



83. But perhaps the most dangerous thing about alcohol is how it interferes with man's ability to know God and make right decisions. Who is that wants to interfere with our ability to know God and make right decisions? It would be the enemy. The thief, the one who comes to steal, to kill, to destroy our happiness. But it is Jesus who wants to set us free because He has come to give us life and to give it more abundantly. Can you say, Amen?



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

84. And so now if we apply these three principles to alcohol what do we come up with? Principle one—Our health habits should glorify God. Does drinking alcohol glorify God? Probably not. Number two—our body is holy. It belongs to God. We are to take care of it. Is alcohol taking care of our minds and our bodies? Probably not. And then number three, we are not to engage in any activity that destroys the mind or the body.



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
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85. Does alcohol destroy the mind and the body? And medical science would say, yes. So according to the Bible's health plan, does God want us engaging in alcohol at any level? The answer is no. Because He has got something much better for us than a substance that takes control of our minds, our bodies, and even our hearts.



1. Our habits should glorify God.
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3. We are not to engage in any activity that destroys the body.

86. You say, "Pastor, I struggle with this. I've tried to quit drinking and I've found it so difficult. Pastor, I've tried to stop smoking. I just can't." We could put a thousand things in there that all of us deal with, addictions and choices that we've made. I have my issues too. Maybe it's not smoking or alcohol. But you see, all of us deal with something. And one is not worse than the other.



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

87. I don't have the right to stand here and say your problem is worse than mine. Your addiction is worse than mine. You're a greater sinner than I am. You've got a worse health habit in your life. I don't have the right to do that. Because Jesus wants to set me free. He wants to set you free—whatever it is that we are struggling with.



1. Our habits should glorify God.
2. Our body is holy and belongs to God, so we should take care of it.
3. We are not to engage in any activity that destroys the body.

88. And so, what I want to share with you now is God's plan for victory over any negative habit in our life. Five principles that come from Scripture that we could start using today with the power of the Holy Spirit.



TELL GOD YOU'VE MADE THE
DECISION TO QUIT

- 89.** Let's take a look at God's plan for victory. I'm going to put it here on the screen. Step number one—tell God that you've made the decision to quit. That's the first step. I've got to decide in my mind that I don't want this in my life. Now you may say, "Yeah, but I still desire it. I say that today, but what's going to happen tomorrow when I'm tempted?" Listen, you don't worry about tomorrow. The first step is making the decision today that you don't want it in your life anymore, and you want God to start working to take it out.



TELL GOD YOU'VE MADE THE
DECISION TO QUIT

- 90.** It has to start with a choice. I can't come at that flippantly and say, "Well, maybe it's OK, maybe it's not." I've got to make a definite choice in my mind. I've got to say, "God, I don't want this in my life. I'm choosing to quit, but I need Your power to stay in the status of this being finished in my life."



ASK HIM TO TAKE THE DESIRE AWAY
AND THANK HIM FOR THE VICTORY

1 Corinthians 15:57

- 91.** Principle number two—ask Him to take the desire away and thank Him for the victory. Just because I say today, "God, I don't want this in my life," doesn't mean the desire isn't going to come tomorrow. So, my next step is to ask, "Lord, will You take this desire away from me—whether it is gradually or immediately?" And then thank Him for the victory.



ASK HIM TO TAKE THE DESIRE AWAY
AND THANK HIM FOR THE VICTORY

1 Corinthians 15:57

- 92.** What do mean—thank Him for the victory today? Yes! In faith, give it to God and say, "God, I'm asking You to take the desire away. And I'm thanking You right now for the victory. I'm thanking You in faith." By thanking Him ahead of time, you are exercising the faith that He has the power and is going to give you the victory.



REMEMBER YOU'RE DEAD TO SIN.
WHEN TEMPTED, STOP AND PRAY.

Romans 6:11

- 93.** Principle number three—remember you are dead to sin. So, when you are tempted, stop and pray. Now, I know that seems kind of cliché, but honestly think about that. When you sense the temptation coming—and most of us know when the temptation is coming—we feel ourselves getting weak. We want to give in. That's when we need to stop and pray. Because it's awfully hard to sin and pray at the same time. So, at that moment, we pray for that Higher Power, that Holy Spirit, to come in and remove that desire that the temptation is bringing.



DON'T PROVIDE FOR THE DESIRE.
AVOID TEMPTING SITUATIONS.

Romans 13:14

- 94.** Step number four—don't provide for the desire. Avoid tempting situations. In other words, if I am trying to stop smoking, don't keep cigarettes at your house. If I'm seeking to stop drinking, I probably don't need to go the bar with my friends. "Oh, I want to go be with my friends, but I won't drink!" But putting yourself in that situation is inviting temptation. It's making it easier for temptation to come.



DON'T PROVIDE FOR THE DESIRE.
AVOID TEMPTING SITUATIONS.

Romans 13:14

- 95.** Go be with your friends, but not at the bar. We do not purposefully place ourselves in bad situations and then say, "God, I put myself here, but I know You're a big God, and You're going to deliver me." Sometimes we unintentionally place ourselves in a bad situation and we don't realize it. It's accidental. But it doesn't mean we have to do it on purpose.



SPEND TIME WITH GOD DAILY.
FIND A PRAYER PARTNER.

Matthew 26:41

- 96.** And step number five—the most important one. Spend time with God daily. Find a prayer partner. I do not have the power within myself to overcome whatever this negative health practice is. I need Jesus. I need the One who wants to set me free, who has already proved that He loves me by dying on the cross of Calvary. So, every day it is essential to spend time with Jesus in His Word. Take 20-30 minutes each day to read the Bible and talk to Him in prayer.



SPEND TIME WITH GOD DAILY.
FIND A PRAYER PARTNER.

Matthew 26:41

- 97.** Inviting the power of heaven to come into my life is critical to change my desires, to make the change in me that I could never make for myself. Because I can promise you one thing, you will never overcome a health habit in your life by always thinking about overcoming that health habit. I don't overcome smoking or drinking or looking at things on the computer or anything else by mustering up my will power and saying, "I'm not going to do it this time. I'm going to try harder. I'm going to put more effort into it." Victory doesn't happen that way.



SPEND TIME WITH GOD DAILY.
FIND A PRAYER PARTNER.

Matthew 26:41

- 98.** Do you know how victory comes? Victory comes when I decide to spend time with Jesus every day. Each day, no matter how I feel, I'm going to open up His Word and I'm going to invite the Holy Spirit to come into my heart and to come into my life.



SPEND TIME WITH GOD DAILY.
FIND A PRAYER PARTNER.

Matthew 26:41

- 99.** See, that's where effort belongs in the Christian life. It's not about trying hard to be good. It takes Jesus and His Holy Spirit living in me to make that change. Therefore, when I make the decision to spend time with Jesus on a daily basis, that scares the devil. The devil is the thief who wants to kill and to steal and to destroy. But he knows that when the Holy Spirit takes over and I'm spending time with Jesus, he has got to leave because there's another Person in charge of my life and my heart-- and that Person is Jesus Christ. Can you say, Amen?



SPEND TIME WITH GOD DAILY.
FIND A PRAYER PARTNER.

Matthew 26:41

- 100.** That's God's plan for victory—five simple steps. So, friends, if you are struggling with something—and we all are—we can turn to Jesus because He is stronger than any physical habit we may have.

PHILIPPIANS 4:13

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



101. The Bible promises, "I can do all things through Christ who strengthens me."

Now, one more thing before we move on. If you struggle with a negative health habit in your life, and you want to ask God to give you victory, please come see me or someone on our team. I'd be happy to sit down and pray with you and walk you through the five steps.



102. There's also something in the Bible called "anointing" where we turn ourselves over to God and ask Him to bring healing into our lives. That may be something you're interested in. God desires something better for you. So, feel free to talk to me or someone on our team.

Now so far tonight, we have basically dealt with bad health habits and addictive things. We could list a hundred things. The point is, Jesus wants to deliver us. But now, let's go a little further.



103. Are there any principles that the Bible gives us on the choices that we make every day about what we put into our bodies and mind? The answer is, yes. I want to invite us to go back to creation in the book of Genesis. There God gave us an interesting principle all the way back before sin entered this world. And it deals with physical health.



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."

104. It's in Genesis chapter one and verse 29. God has just created Adam and Eve and now He speaks this word to them about their diet. The Bible says,

"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."



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."

105. Now, notice something. God gave them a principle concerning their physical life. He said, "I have given you this whole garden. And here's what your diet is going to be: fruits, grains, nuts, and vegetables." Now what do you notice there? That's basically describing a vegetarian diet! A plant-based diet. And, of course, that make sense, because in order to have meat eating, what would have to happen? You have to kill animals and there was no killing in the garden of Eden before sin entered. So that makes perfect sense.



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."

106. Now please understand, this is not saying in any way that you and I are saved by our diet or that we become more righteous by what we eat. But God is saying that He wants us to have a happy, healthy, and abundant life. So, He gives us principles that we can choose to follow. Since God appears to advocate a plant-based diet in the beginning, before sin, that's why many people choose to follow it. You hear a lot of talk about a plant-based diet today, even in the secular world.



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."

107. But Pastor, are you saying that people who don't do a plant-based diet are not following God? Are you saying it's a sin to eat meat? Certainly not. The Bible doesn't say that it is a sin to eat meat. After the flood—and even after sin entered the world—God gave humankind permission to eat meat and other forms of food. But the Bible also gave a distinction between that which is clean and that which is unclean. Now I know the prevailing attitude is the issue of clean and unclean foods was just for the Jews and not applicable today.



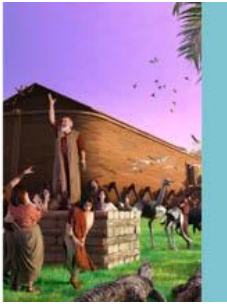
GENESIS 1:29

"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."

108. But I want to show you something in the book of Genesis that many times we overlook. It goes all the way back to Noah's day.

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.

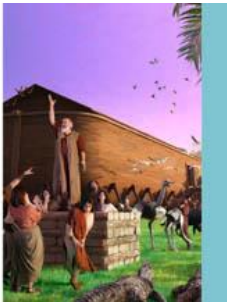


109. We want to go to Genesis 7 and verse one. The Bible says,

"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.

GENESIS 7:1-2

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."

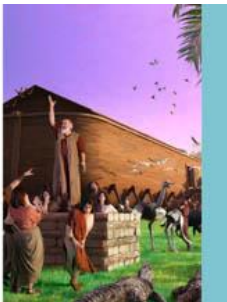


110. You shall take with you seven each of every clean animal, a male and his female: two each of animals that are unclean, a male and his female."

Now did you notice something, there? As God is bringing the animals into the ark, there's a distinction. The Bible says there are the clean—and there are seven of them. But there are what's called the unclean. And how many are there? Just two.

GENESIS 7:1-2

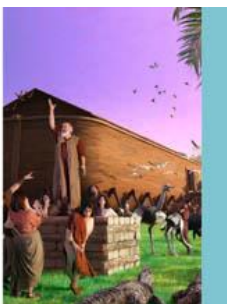
You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female."



111. Now why would that be? Well, first of all, it's very clear that even in Noah's day, long before the Jewish nation existed, God made a distinction between clean and unclean. Why? Because God cares for us. God was telling humankind, "OK, if you're going to need to eat meat, here's what I'm going to do. I'm going to share with you the ones that are going to be clean and acceptable for human consumption. And I'm going to show you the ones that are unclean and not good for human consumption because they have disease inside of them."

GENESIS 7:1-2

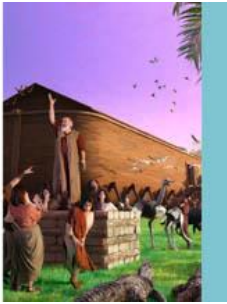
You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female."



112. God could have said, "I don't care. Do whatever you want. I'm not going to warn you of what could be harmful" What would we think of a parent who said that to their child, didn't warn them of harmful things, and let them do whatever they wanted? We would say that parent doesn't love their child. We might even call it neglect or abuse. But God is not like that. He's a personal God. He loves us. He cares for us. Even our physical health.

GENESIS 7:1-2

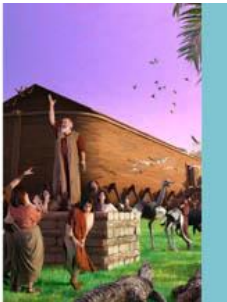
You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female."



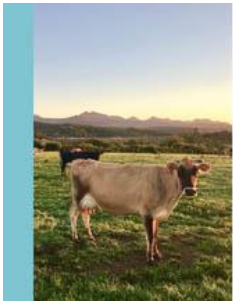
113. So, why were there seven clean animals? Because when the waters subsided, they were going to need some of those animals, either to eat them or offer them as sacrifices. Why were there only two of the unclean? Because they weren't going to eat them nor sacrifice them. How do we know? Because if you eat or sacrifice one of them, when there's only a male and female, what's going to happen? That species is going to go extinct. So, God made the distinction between clean and unclean all the way back in Noah's day.

GENESIS 7:1-2

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."



114. The rest of the Christian world is starting to catch up with this. They're starting to realize that the principles of health that God gave in the Bible are still applicable and important today because God wants us to have an abundant life. And so, more and more Christian TV shows are starting to talk about health. But what's interesting is that God talked about these things long ago. It just seems as though we have been ignoring them and overlooking them for so long.

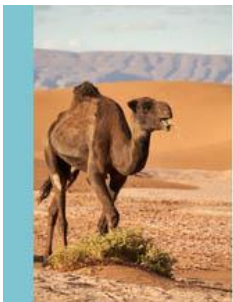


DEUTERONOMY 14:6-7

"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,

115. In fact, God gets a little more specific in the book of Deuteronomy. Let's go to Deuteronomy 14:6-7. The Bible says,

"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,



DEUTERONOMY 14:6-7

of those that chew the cud or have cloven hooves, you shall not eat such as these: and then He names some that we should stay away from, the camel,

116. of those that chew the cud or have cloven hooves, you shall not eat such as these: and then He names some that we should stay away from, the camel,



DEUTERONOMY 14:6-7

the hare, and the rock hyrax; for they chew the cud but do not have cloven hooves; they are unclean for you."

117. the hare, and the rock hyrax; for they chew the cud but do not have cloven hooves; they are unclean for you."

Well, I don't know about you, but that doesn't bother me because those are not animals I have thought of eating any way! I've never thought of eating a camel, never thought of eating a rock hyrax or a badger, never had a camel sandwich in my life. I like camels, but not to eat.



God makes it simple. Whatever has a divided hoof and chews the cud is clean and acceptable for human consumption.

118. When it comes to land animals, God makes it simple. He just says this: whatever has a divided hoof, and chews the cud, is clean. It is acceptable for human consumption. And those are basically all the herbivores of the earth. You're basically getting your vegetables secondhand when we eat them.



DEUTERONOMY 14:8

"Also, the swine is unclean for you, because it has cloven hooves, yet does not chew the cud;

119. It's the next verse that is a little disturbing to some of us because it takes away something we love so much. Look at what it says.

"Also, the swine is unclean for you, because it has cloven hooves, yet does not chew the cud;



DEUTERONOMY 14:8

you shall not eat their flesh or touch their dead carcasses."

120. you shall not eat their flesh or touch their dead carcasses."

Oh, no! Come on, Lord! You take away one of our favorite things, Miss Piggy. Is God being cruel? Is God being difficult? No, He's not my friends. God cares about us. God knows the pig is like the scavenger of the earth and not safe to eat. Did you ever see what pigs eat?



DEUTERONOMY 14:8

you shall not eat their
flesh or touch their
dead carcasses."

121. Let me tell you, if you ever see how pigs live even in their natural habitat, you'll understand why God said, "Don't eat them." They roll around in the mud. It's caked all over them.



DEUTERONOMY 14:8

you shall not eat their
flesh or touch their
dead carcasses."

122. They eat the mud. They eat the manure. They eat the garbage. They eat the maggots in the garbage. They eat whatever is put in front of them. So, God is saying is, "Listen, I created them to be like the scavengers of the earth. You might want to stay away from them because when you're eating them, you are eating all the filth they ingest." God created their bodies to handle it, but not ours. So, God tells us this because He loves us.



DEUTERONOMY 14:8

you shall not eat their
flesh or touch their
dead carcasses."

123. Truth be told, medical science knows this. If you have a heart issue or any other serious medical problem, what is one of the first things your doctor tells you to stop eating or at least limit? He talks about pork or pig products. Notice what a recent article said on healthline.com:



"Among foods that inspire a cult-like following, pork often leads the pack, as evidenced by the 65% of Americans eager to name bacon the country's national food. Unfortunately, that popularity comes at a cost.

DENISE MINGER, HEALTHLINE.COM
IS PORK BAD FOR YOU? FOUR HIDDEN DANGERS

124. "Among foods that inspire a cult-like following, pork often leads the pack, as evidenced by the 65% of Americans eager to name bacon the country's national food. Unfortunately, that popularity comes at a cost.



125. Along with being the most commonly consumed meat in the world, pork may also be one of the most dangerous, carrying some important and under-discussed risks that all consumers should be aware of.” (Healthline.com/nutrition/is-pork-bad)

What are some of those risks? The article goes on to say how pork increases the risk of hepatitis E, multiple sclerosis, liver cancer and cirrhosis, and yersinia. So, what medical science is saying what God said long ago.



DEUTORONOMY 14:9-10

“These you may eat of all that are in the waters; you may eat all that have fins and scales.

126. What about animals in the sea? Has God given us any counsel concerning them? Let’s read verse 9. The Bible says,

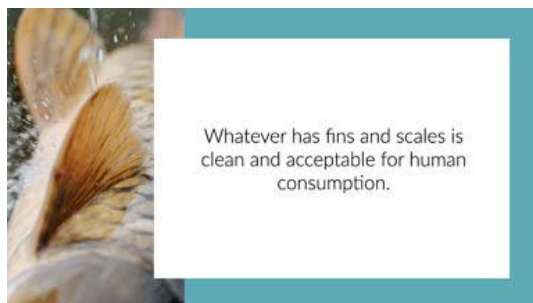
“These you may eat of all that are in the waters; you may eat all that have fins and scales.



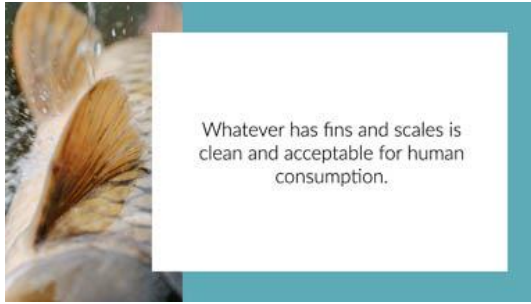
DEUTORONOMY 14:9-10

And whatever does not have fins and scales you shall not eat; it is unclean for you.”

127. And whatever does not have fins and scales you shall not eat; it is unclean for you.”

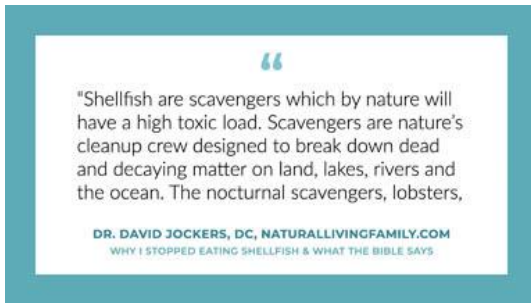


128. Again, God makes it simple. He says whatever has fins and scales is clean and acceptable for human consumption. So, most fish have fins and scales and are OK to eat. But then most seafood—lobsters, clams, and crabs, and shrimps—do not have fins and scales. Oh, no! Lord, why? We love seafood. Some of these are delicacies on the face of the earth. Again, it’s because God loves us.



Whatever has fins and scales is clean and acceptable for human consumption.

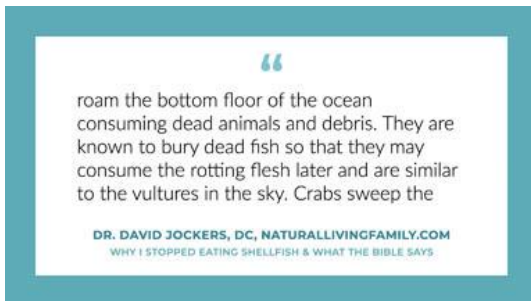
129. Think about it. Ask any marine biologist, and he or she will tell you they are the scavengers of the ocean floor. They clean up the filth on the ocean floor. When we eat them, we are ingesting the filth they eat. When we have certain health conditions, medical science tells us to stay away from them. But God knew it long ago, because He's the One who created the body.



“Shellfish are scavengers which by nature will have a high toxic load. Scavengers are nature's cleanup crew designed to break down dead and decaying matter on land, lakes, rivers and the ocean. The nocturnal scavengers, lobsters,

DR. DAVID JOCKERS, DC, NATURALLIVINGFAMILY.COM
WHY I STOPPED EATING SHELLFISH & WHAT THE BIBLE SAYS

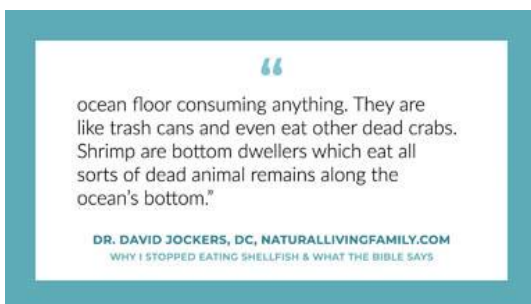
130. Here's a quote worth considering from Natural Living Family.com. “Shellfish are scavengers which by nature will have a high toxic load. Scavengers are nature's cleanup crew designed to break down dead and decaying matter on land, lakes, rivers and the ocean. The nocturnal scavengers, lobsters,



roam the bottom floor of the ocean consuming dead animals and debris. They are known to bury dead fish so that they may consume the rotting flesh later and are similar to the vultures in the sky. Crabs sweep the

DR. DAVID JOCKERS, DC, NATURALLIVINGFAMILY.COM
WHY I STOPPED EATING SHELLFISH & WHAT THE BIBLE SAYS

131. roam the bottom floor of the ocean consuming dead animals and debris. They are known to bury dead fish so that they may consume the rotting flesh later and are similar to the vultures in the sky. Crabs sweep the



ocean floor consuming anything. They are like trash cans and even eat other dead crabs. Shrimp are bottom dwellers which eat all sorts of dead animal remains along the ocean's bottom.”

DR. DAVID JOCKERS, DC, NATURALLIVINGFAMILY.COM
WHY I STOPPED EATING SHELLFISH & WHAT THE BIBLE SAYS

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(<https://naturallivingfamily.com/eating-shellfish/>)

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ocean floor consuming anything. They are like trash cans and even eat other dead crabs. Shrimp are bottom dwellers which eat all sorts of dead animal remains along the ocean's bottom.”

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- 133.** So again, God is saying, “these are things you are going to want to stay away from.” Now God is not going to send the angel Gabriel to order for you at the restaurant. It’s got to be a choice between you and God. But because God loves us, He has given us these health principles so you can apply them to your life, because He wants us to have a happy, healthy, and abundant life.



- 134.** (If you need to shorten the message, you can skip the explanation of Peter’s vision and go to the conclusion and appeal).

Now before we close this evening, there is one more text I need to cover because many people usually have a question on it. What about Peter’s vision? So, let’s take a moment and look at that because sometimes people greatly misunderstand it and think it is saying that all foods are clean.



- 135.** But if you really think about that and carry it out to where it leads, are you really going to say that all foods are clean? That would mean a rat, a bat, and a cockroach, and a host of other disgusting things would be clean and safe to eat. Bon Appetit! I’m not quite ready to go in that direction. So, let’s just go to this passage and see what it’s actually saying. It’s in Acts chapter 10. Here’s the background:



- 136.** There is a man named Cornelius. He is an Italian soldier. However, he is a true believer in the God of heaven. He believes in the Jewish faith. One night he had a dream where an angel said, “You need to go send for a man named Peter. He has something to share with you and your family.”



137. And the angel actually told Cornelius where Peter was. He said Peter is in Joppa. He is at Simon the tanner's house who lives by the sea. He literally gave him the name and address of the place where Peter was staying. God had His own GPS long ago. So, Cornelius sends a dispatchment of his servants to find Peter and bring him back to his house.

But here's the problem. Peter grew up as a traditional Jew. Jewish culture says Gentiles are unclean.



138. You don't go to eat in their house or fellowship. Because of his culture and upbringing, God knows that Peter is not going to go to Cornelius' house. So, God knows He's got to get Peter's attention and send him a clear message to go. Peter is up on the rooftop of the house where he is staying. It's soon lunch time and he's hungry. And that's where Peter has this vision of a net with all kinds of unclean animals in it and an angel saying, "Go ahead and eat."

Let's pick it up in Acts 10:9.

ACTS 10:9-15

"Peter went up on the housetop to pray, about the sixth hour. Then he became very hungry and wanted to eat; but while they made ready, he fell into



139. The Bible says,

"Peter went up on the housetop to pray, about the sixth hour. Then he became very hungry and wanted to eat; but while they made ready, he fell into

ACTS 10:9-15

a trance and saw heaven opened and an object like a great sheet bound at the four corners descending to him and let down to the earth. In it were all



140. a trance and saw heaven opened and an object like a great sheet bound at the four corners descending to him and let down to the earth. In it were all

ACTS 10:9-15

kinds of four-footed animals of the earth. . . And a voice came to him, Rise Peter; kill and eat. But Peter said, 'Not so, Lord! For I have never eaten



141. kinds of four-footed animals of the earth. . . And a voice came to him, Rise Peter; kill and eat. But Peter said, 'Not so, Lord! For I have never eaten

ACTS 10:9-15

anything common or unclean. And a voice spoke to him again the second time, 'What God has cleansed you must not call common [unclean]."



142. anything common or unclean. And a voice spoke to him again the second time, 'What God has cleansed you must not call common [unclean]."

He saw a vision or a dream where a sheet was let down and all these unclean animals were in the sheet. And now the angel in the vision says something puzzling to Peter, "Rise Peter, kill and eat them." And Peter responds by saying, "Not so Lord! For I have never eaten anything common or unclean."

ACTS 10:9-15

anything common or unclean. And a voice spoke to him again the second time, 'What God has cleansed you must not call common [unclean]."



143. Now, notice something. If Peter thought that Jesus' death on the cross got rid of the clean and unclean, why in the world would Peter have given that response? So, we already see that Peter's understanding of what Jesus taught did not mean that clean and unclean were done away with. So, Peter doesn't understand what this vision means. But then, Cornelius' men arrive at the house, find him, explain to him that they are supposed to take him back to Cornelius. God is telling him he needs to go to this man's house.

ACTS 10:9-15

anything common or unclean. And a voice spoke to him again the second time, 'What God has cleansed you must not call common [unclean]."



144. On the way, Peter is starting to figure out what this dream meant. Peter is about to go into the house of a Gentile which is something that a Jew, in that culture, would never do. Gentiles were considered unclean and you did not enter their home. But when Peter went there and shared the gospel of Jesus with Cornelius and his family, the Holy Spirit fell upon them and they were baptized. Then Peter realized what this dream was about.

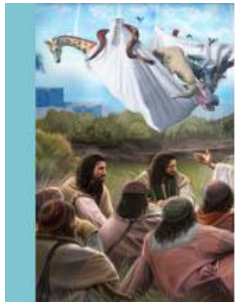


ACTS 10:28

"But God has shown me that I should not call any man common or unclean. And I now realize how true it is

145. And Peter testifies in verse 28,

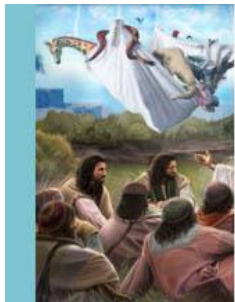
"But God has shown me that I should not call any man common or unclean. And I now realize how true it is



ACTS 10:28

that God does not show favoritism but accepts men from every nation who fear him and do what is right."

146. that God does not show favoritism but accepts men from every nation who fear him and do what is right."



ACTS 10:28

that God does not show favoritism but accepts men from every nation who fear him and do what is right."

147. Peter knew that dream had nothing to do with clean or unclean foods. God was trying to show him to not consider those Gentiles unclean. Because whoever accepts Jesus Christ as their Savior, is made clean and their sins are washed away. They are made righteous in the blood of Jesus. So, don't call any person common or unclean. That's when the walls between Jews and Gentiles were broken down, in the name of Jesus. When you read things in their context, it always makes perfect sense.



ACTS 10:28

that God does not show favoritism but accepts men from every nation who fear him and do what is right."

148. So, friends, tonight, as we summarize these wonderful principles of health, God gives us this simple invitation for you and me to take to heart.



ROMANS 12:1

"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."

149. In Romans 12:1, the Bible says, speaking of surrender, "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."

My friends, tonight, are you and I willing to say, "Lord, I give You my body. I give You my mind. I want You to live in me. Take my heart. Help me make right choices that even my health practices can bring glory to You."



ROMANS 12:1

"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."

150. We really have two choices. I can complain against God, and say, "Oh, God, You are such a party-pooper. You are so restrictive. Why do You take these things away from me?" Or I can look at Jesus and say, "Thank You, Jesus. Thank You for caring for my body and mind in such a personal and loving way. Thank you for these principles on how to have a happy, healthy, and abundant life."



ROMANS 12:1

"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."

151. Tonight, may it be our desire to surrender our hearts and lives to Jesus.



152.

