

# 21. HEALTHFUL LIVING

## 1. **3 JOHN 2**

John prays that Christians have good spiritual and physical health

## 2. **ROMANS 12:1-2**

If we surrender our body and mind to God, He can renew us spiritually and physically

## 3. **1 THESSALONIANS 5:23**

God desires not just our hearts to be changed, but our minds and our bodies as well

## 4. **1 CORINTHIANS 6:19-20**

Our body is the temple of the Holy Spirit - God desires intimate interaction with us

## 5. **1 CORINTHIANS 3:16-17**

If we defile our bodies, we are defiling the temple of God - His dwelling place



6. **GENESIS 1:29**

The original diet at Eden consisted of fruit

7. **GENESIS 7:2**

After the fall, God permitted the eating of “clean” meats

8. **LEVITICUS 11:1-20**

God has given a detailed guide to clean and unclean meats

9. **PROVERBS 20:1**

The Bible states that those who consume alcohol are not wise

10. **PROVERBS 31:4-5**

Alcohol consumption leads to impaired decisions and judgment

11. **1 CORINTHIANS 10:31**

We are to bring honor to God even in our eating and drinking

12. **PHILIPPIANS 4:13**

Jesus can give us strength to overcome bad health habits

