



## LESSON 14: LORD OF YOUR BODY

**If you heard of a statistically proven method of extending your life by seven to nine years, would you be interested? You're probably nodding your head affirmatively, but wondering "what's the catch?" There is no catch.**

**For 29 years researchers studied and compared the lifestyles of Seventh-day Adventists in the United States with those of the general public and found that Seventh-day Adventist men have a 8.9-year advantage over other men and the women have a 7.5-year advantage over the average woman. Looking at this research, one scientist said, "It appears that the best insurance one can take out today is to follow the lifestyle of SDA's." (Adventist Review, June 29, 1989)**

**What is this lifestyle? It is one based on Biblical principles. Most SDAs live by God's "owner's manual" and they reap the benefits of better health and longer lives.**

### JESUS IS LORD OF YOUR BODY

What does the Bible teach about your body? 1 Corinthians 6:19

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What are two reasons your Lord claims ownership of your body?

Psalm 139:13,14

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1 Corinthians 6:20

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Your Lord claims ownership of your body because He created you and He bought you with His own blood.

When you ask Jesus to be Lord of your life, what will be your attitude about your body?

Romans 12:1

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1 Corinthians 10:31

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What is your Lord's wish for your body? 3 John 2

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Does your Lord have any specific directions about the care of your body? Yes. Go back to 1 Corinthians 6:13-18. What is one area of our physical lives that God says He is Lord?

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God cares about your sexual relationships. He wants to be Lord of this part of your life; not to stifle your enjoyment but to enhance it through healthy practices.

## FOOD

God also cares about your diet. When He created people in the beginning, what kind of diet did he provide? Genesis 1:29

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This original diet consisted of fruits, nuts and grains. When was flesh food added to man's diet? Genesis 9:1-3

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Though God allowed people to eat flesh after the Flood, He was particular about what animals should be eaten. He distinguishes between "clean" and "unclean" meats. (Genesis 7:2) Leviticus 11 describes the "clean" and "unclean" meats. What is the standard for "clean" animals. Leviticus 11:3

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What specific animals does the Lord label as "unclean" because they meet only half the standard? Leviticus 11:4-8

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

How do you know what seafoods are “clean”? Leviticus 11:9-12

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What about birds? Leviticus 11:13-19

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Did you notice that it is the scavengers of the earth (hawks, crabs, pigs etc) that the Lord asks you not to eat?

Besides dietary laws, God gave His people health standards which are still applicable today. He instructed Israel about hygiene. They were to quarantine infectious diseases; (Numbers 5:2) contaminated articles were to be destroyed; (Leviticus 7:19) meat left over more than three days was to be burned. (Leviticus 7:17) Remember, they had no refrigeration.

How wonderful that God gave His people detailed instructions so they could enjoy good health!

What blessings did He promise Israel if they served Him and followed His instructions? Exodus 23:25

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Did He keep His promise? Psalm 105:37 (last part)

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## DRINK

What does your Lord say about what you drink? Proverbs 20:1

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How does the Bible describe those who drink intoxicating liquors? Proverbs 23:29-35

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It sounds like people know about the bad effects of alcohol even back in Bible times. In our day we have scientific research that warns of the mind and body-destroying dangers of alcohol and drugs.

Though the Bible doesn't contain scientific statistics, the people who have lived by its principles even when they didn't understand all the reasons behind the rules, have benefited.

Believing that their bodies belong to God, Seventh-day Adventists have followed a lifestyle devoid of alcoholic beverages, cigarettes and drugs, and it is this kind of lifestyle that has given them the leading edge.

The Bible also talks about what we put on our bodies.

## CLOTHING

What is the Bible principle about what you wear? 1 Peter 3:3-5

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God is more interested in what is on the inside rather than what is on the outside, but nowhere in His Word does He say that His followers need to wear outward ornaments.

What did He advise His people to do with their clothing and ornaments when He wanted them to come especially close to Him? Genesis 35:1-4; Exodus 33:1-6

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Instead of wearing their ornaments, what did the people of Israel do? Exodus 35:21-22,29

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## ACTIVITIES

With Jesus as your Lord, what will be your guide for all your activities? Philippians 4:8

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After they were converted, what did the Ephesians do about some of their activities? Acts 19:18-19

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What kind of life does Jesus want you to have? John 10:10 (last part)

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Because He made you, He knows what's best for you and how you should live so you can enjoy optimum physical, emotional, moral and spiritual health. Doesn't it make sense to let Him be Lord of your body?

