

## GOD'S INSTRUCTION FOR GOOD HEALTH

God created Adam and Eve in His image, after His likeness, and told them what not to eat, but they disobeyed God.

**Genesis 2:16** And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: <sup>17</sup> But of the tree of the knowledge of good and evil, thou shalt not eat of it: **for in the day that thou eatest thereof thou shalt surely die. Genesis 3:2-4**

And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: <sup>3</sup> But of the fruit of the tree which *is* in the midst of the garden, **God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.** <sup>4</sup> And the serpent said unto the woman, **Ye shall not surely die:** <sup>6</sup> And when the woman saw that the tree *was* good for food, and that it *was* pleasant to the eyes, and a tree to be desired to make *one* wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

THEY BELIEVED SATAN, AND NOT GOD, AND THEY DIED IN SIN.

If mankind would have obeyed God, and ate only those things that God told them that they could eat, we would not have sickness, and death today. We would not have worry, and stress.

Although man lost his Godly image, God has made away for mankind to redeem himself through His Son Jesus Christ. Through Christ we can live again. But we must obey God's Word. We don't have life when we fail to let the Word of Christ work effectually in our hearts.

**I Thessalonians 2:13** For this cause also thank we God without ceasing, because, **when ye received the word of God** which ye heard of us, ye received *it* not as the word of men, but as it is in **truth, the word of God, which effectually worketh also in you that believe.**

**Matthew 4:4** But he answered and said, It is written, **Man shall not live by bread alone, but by every word** that proceedeth out of the **mouth of God.****John 6:48-51** I am that bread of life. <sup>49</sup> Your fathers did eat manna in the wilderness, and are dead. <sup>50</sup> This is the bread which cometh down from heaven, that a man may eat thereof, and not die. <sup>51</sup> I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

**SPIRITUAL WEALTH, AND SPIRITUAL HEALTH IS GREATER THAN CARNAL WEALTH, AND CARNAL HEALTH.**

**Paul did not sit around complaining about his physical condition. For he knew that he had Spiritual Health. As well as spiritual wealth.**

**Look how the people talked about Paul's physical condition.**

**II Corinthians 10:9** That I may not seem as if I would terrify you by letters. <sup>10</sup> *For his letters, say they, are weighty and powerful; but his bodily presence is weak, and his speech contemptible.*

**Galatians 4:13** *Ye know how through infirmity of the flesh I preached the gospel unto you at the first.* <sup>14</sup> And my temptation which was in my flesh ye despised not, nor rejected; but received me as an angel of God, *even* as Christ Jesus.

**I Timothy 6:6-9** But **godliness with contentment is great gain.** <sup>7</sup> For we brought nothing into *this* world, *and it is* certain we can carry nothing out. <sup>8</sup> And **having food and raiment let us be therewith content.** <sup>9</sup> *But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.*

We must not worry about misfortunes, for the Bible tells us;

My brethren, count it all joy when ye fall into divers temptations; <sup>3</sup> Knowing *this*, that the *trying of your faith worketh patience.* <sup>4</sup> *But let patience have her perfect work,* that ye may be perfect and entire, wanting nothing.

**James 1:2-4**

Worry and stress can make you sick, and steal your peace and joy. But if you would allow your self to be renewed in the spirit of your mind,

**Isaiah 26: 3 Thou wilt keep him in perfect peace, whose mind is stayed on thee:**

because he trusteth in thee. <sup>4</sup>

Trust ye in the LORD for ever: for in the LORD JEHOVAH *is* everlasting strength:

**Philippians 4:6-8** Be careful (anxious) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. <sup>7</sup> And the *peace of God, which passeth all understanding, shall keep your hearts and minds* through Christ Jesus. <sup>8</sup> Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, *think on these things.*