

Anyone who has had the satisfaction of owning a new car receives an owner's manual that tells you how to enjoy and care for the new vehicle. The manual gives you all the information that you need to operate the car. It tells you how fast to drive the car when breaking it in. It specifies the type of oil and lubricant that the car will need and how often they must be changed. A wise owner will study the instructions of the manual carefully and will follow them closely. Their suggestions are based on the fact that the manufacturers designed and built the car and know how it will perform best.

From time to time people find themselves in a hospital. The doctor is forced to tell them that they are seriously ill and that their illness is due to the misuse of the body that God has given them. We are told that 80% of the disease, excluding accidents and infections, is due to wrong health habits. Millions of people are committing suicide on the instalment plan. They are literally digging their own graves with their teeth.

The Creator and Designer of the human body has written an instruction book. Shall we call it an Owner's Manual? In this book, the Bible, God has given us some excellent advice as to how to care for our remarkable bodies. In this Book, God has told us what to put into them and what not to use in the operation of the body. How few have taken time to let God show them a better way of life. As a result, many people suffer needless pain and premature death. God does not lay down arbitrary rules just to show His authority. He gives this advice, because having made us, He knows what is best for us. Let us study His Owner's Manual.

1. What type of life will God give to His children? John 10:10 -
2. What is the desire of our heavenly Father in regard to our physical well being? 3 John 2 -
3. What should the Christian's attitude be in the use of the body?  1 Corinthians 10:31 -
4. Why should the Christian be particularly careful in the way he cares fo his body? 1 Corinthians 3:16-17 -

5. What are some of the ways in which we can defile our bodies? Dan. 1:8

6. What was the diet God gave to Adam before the flood? Genesis 1:29 -
Note: This description includes grains, nuts, fruit, and vegetables (herbs). Meat was not a part of the original diet. Flesh was added after the flood. Genesis 9:1-3.
7. Into what two classifications did God divide the animals when he sent
them into the ark? Genesis 7:1-2 -
8. Which animals does God say are clean and fit for food? Deut. 14:2-6 -
"And every beast that and cleaveth the cleft into
two claws, and among the beast, that shall ye eat."
9. What fish are considered by God to be clean? <b>Deuteronomy 14:9-10</b> - "These shall ye eat of all that are in the water, all that have
shall ye eat."
10. What specific animals are listed as unfit for man to eat? Deut. 14:7-8 -
(Also read <b>Leviticus 11:47)</b>
11. What will be the fate of those who continue to ignore the instructions of God in eating unclean food? Isaiah 66:15-17 -
12. What does Solomon say concerning those who use strong drink?  Proverbs 20:1 -
13. What does the Bible teach will be the result of using strong drink?
Proverbs 23:29-35
14. What command of God will keep the Christian from the use of tobacco and other harmful drugs? Exodus 20:13 -

<b>15.</b> Why should the Christian desire to glorify God in his body by caring for it? <b>1 Corinthians 6:19-20</b> -
16. What should be the purpose of every child of God when he realizes that the Lord is coming soon? 1 John 3:1-3 -
17. How can those who find themselves enslaved by a habit, gain the victory over it? Philippians 4:13 -
Also read: 1 Timothy 4:1-5 and Acts 10:9-16 - Is this really talking about food? Can you pray over food and it will be blessed?
The Lord is coming back to redeem a peculiar people - a people who have not indulged in unhealthy habits but who have dedicated mind, body and soul to Him. When the Hebrews brought a sacrifice to the Lord it was to be without spot and blemish. Paul makes this appeal to us: "Present your bodies as a living sacrifice, holy acceptable unto God which is your reasonable service." Romans 12:1. Let us determine today that we will not indulge in any practice by which our bodies will be injured and defiled, but we will live to glorify our Lord in every way, until His return.
I have a habit which I desire to overcome. Please pray for me.  I am determined to live for Christ according to the Bible.
This study has been faithfully updated from the original "The Bible Speaks"  All Bible texts quoted are from the King James Bible  For more information call us or contact us through our website:
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