

Health

God Created us to be Healthy

We had perfect health before the fall. (**Ge 1:26,31** compare **Mt 5:48**)

God's will for each of us today is that we be healthy. (**Ps 67:1,2, Jer 29:11, Jer 30:17,22, Jn 10:10**)

We will be restored to perfect health in Heaven. (**Rev 21:4, Rev 22:2,3**)

True Health is Holistic

Our being has physical, mental, emotional, and spiritual dimensions. (**Mk 12:30, Lk 10:27, 1Co 7:34**)

Soul = body + breath of life. (**Ge 2:7**)

However, breath of life = spirit. (compare **Ps 104:29** and **Ecc 12:7**)

Therefore, soul = body + spirit.

Note: The spirit is not the same as the soul. (**Heb 4:12**)

The Ten Pillars of Health

1. Right relationship with God (**Ex 15:26, Ex 23:25,26, Dt 7:12,15, Ps 103:2,3, Pr 3:7,8, Pr 4:20-22, Ac 3:19**)
 2. Pure air (**Ge 2:7, Ps 104:29, Jn 3:8, Jn 20:22**)
 3. Pure water (**Jn 4:13,14, Jn 7:37,38, Rev 22:1**)
 4. Right food (**Ge 1:29, Lev 11:46,47, Mt 4:4, Mt 26:26-28, Jn 4:34, Jn 6:32,33,35,48,51, 2Co 6:17**)
 5. Rest (**Ex 20:8-11, Mt 11:28,29, Heb 4:1,4,9,10**)
 6. Exercise (**Ge 3:17-19, Ecc 1:13, Ac 24:16, 2Th 3:8-10, 1Ti 4:7,8, Heb 12:1**)
 7. Sunlight (**Mal 4:2, Mt 13:43, Lk 11:33-36, Jn 3:19-21, Jn 8:12, 1Jn 1:5, Rev 22:5**)
 8. Right attitude (**Ps 42:11, Pr 16:24, Pr 17:22, Pr 23:7, Ro 12:2, Gal 5:22,23, Php 4:8**)
 9. Moderation in the use of good things (**Pr 6:9-11, Pr 20:13, Pr 25:16,27** compare **Pr 24:13, Ecc 12:12, Isa 58:6-8**)
 10. Abstinence from poisonous agents (**Pr 20:1, Pr 23:29-35, Ro 12:1, 1Co 3:16,17, 1Co 6:19,20, 1Co 9:26,27, 1Co 10:31, 2Co 6:17, 2Co 7:1, Gal 6:7,8, 1Th 5:22, 1Pe 2:11, 1Jn 3:2,3, Rev 17:1-6, Rev 18:1-4**)
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