

**Healthful living Study – by Rabbi Isaac**

- III Jn. 1:2            God desires that we prosper and be in health.
- I Thess. 5:23        Sanctification includes body, mind, and emotions as well as spiritual faculties.
- Rom. 12:1,2        Present your bodies a living sacrifice unto God. (What is sacrificing?)  
Gal. 5:22-24        Self-control is one of the fruits of the spirit. True Christians have crucified their selfish human nature with its passions and desires.
- I Cor. 3:16,17       Your body is the temple of God.
- I Cor. 10:31        Whatsoever you eat or drink, do all to the glory of God.
- Prov. 20:1           Wine is a mocker, strong drink is raging.
- Prov.23:29-32      Do not drink fermented wine. It brings sorrow, woe, and contention. It is deceptive and clouds judgment.
- Isa. 5:11            Woe to those who are intoxicated by wine.
- Prov. 4:17           Excessive wine leads to violence.
- Prov. 31:4,5        Wine is not for kings or princes since it perverts wise judgment.
- Rev. 5:10           Since we are kings and priests unto God, we need clear minds.
- Gen. 1:29            God's original diet for man was a vegetarian diet.
- Gen. 7:2            Noah understood the difference between clean and unclean animals. Since at the time of the flood, God gave permission to eat the clean animals, they were brought by sevens. The unclean scavengers and carnivores came by twos.
- Lev. 11:1-12        Clean animals must have a split of divided hoof and chew the cud. Unclean animals are those like pigs that do not have the above features. Clean sea animals must have both fins and scales.
- Isa. 66:15-17      Those who rebel against God's dietary standards will not be in the kingdom.
- Isa. 65:1-5        God links eating unclean foods to heathen idolatry.
- Acts 10:9-16       Peter's sheet with all kinds of unclean animals, including rats, alligators, crocodiles. God says arise and eat. Peter is horrified! What does God mean? *Verse 17* indicates Peter is uncertain.
- Acts 10:28        Peter explains that the vision applies not to food but to calling Gentiles unclean. In this vision, God breaks the racial barrier. Peter is open to witness now to the Gentiles. The vision deals with the fact that through the cross all barriers between people are removed.
- Phil. 4:13          God provides spiritual strength to overcome physical habits.
- Heb. 4:15,16        Yeshua was tempted like we are. He fasted 40 days and overcame so we, too, can receive His power to overcome.