





certain that your visit is spiritual as well. The only way they can gain the victory over any defiling habit is through the power of Christ. Pray with these people and let them know that you are deeply interested in their gaining the victory over these habits.

2. The following items need to be eliminated from the diet of people who are living in the judgment hour: alcohol, tobacco, pork, shellfish and caffeine.
3. The positive items for good health: fresh air, water, sunshine, exercise, etc.
4. Talk about the advantages people have by following healthful living principles, rather than over-emphasizing the fact that they have to give up so many things. God does not take away that which is good for us. It is because He has our best interests at heart that He eliminates certain things from our diet. It is always because He loves us, not because He is trying to be arbitrary.

### Questions 1 to 4

This section quickly reviews Chapter 1 of Daniel, and gives the basic setting for the book of Daniel and its emphasis on health. You will need to move through this section fairly rapidly but still make certain that you cover the material. Be sure to give your students the main emphasis, that only those who pass the diet test pass the severe tests portrayed later on in the book of Daniel. The diet test paved the way for them to pass the test on the image.

### Questions 6 to 10 deal with alcohol.

You must not skimp through this section. Alcohol is a major problem in society today. Many Christians no longer see the necessity of total abstinence; this section of the lesson will help you to ratify the Biblical teaching of total abstinence.

The reason for this position is that God's people must have clear minds to discern the issues of the last days. Read the note under Question 10 to your students. If you need more information, refer to the additional quotations in the exhibit.

Remind your students that the problem with alcohol is what it does to the

human mind. Just a few drinks can destroy the mind. Since Christians have been purchased by the blood of Calvary and Christ is in control of their bodies and their minds, and they have been made kings and priests unto God, they must no longer touch alcohol. They need to take the same stand as Daniel.

Here again emphasize the fact that Daniel saw that it was important that he have a clear mind to pass the tests of ancient Babylon. Therefore it is essential that Christians today have clear minds to pass the final great tests that are coming upon this planet.

### Questions 11-13

These three questions deal with unclean foods. In this section you will need to present clearly to your students the Biblical prohibition against eating pork and shellfish. You will need to emphasize that this is not because God is arbitrary, but because He knows that these are not the best food for people. You will want to refer to Exhibit 2 for further details outlining recent medical research on pork and shellfish.

### Question 14.

The purpose of this question is to uphold the ideal of a vegetarian diet. Do not claim that God is stating that everybody must be a vegetarian. The point is that when Daniel hit a time of crisis he went back to the ideal diet of the Garden of Eden. Likewise, God's people face a crisis situation in the time of the end. In that sense it may be best to go back again to the ideal diet of the Garden of Eden.

Make certain that you present that as an **ideal** and not as an absolute necessity. If your students are especially interested in vegetarianism you might refer them to a vegetarian cooking class that your church will be conducting in the near future.

Mention that if any of them are serious about becoming vegetarians, they should begin slowly to eliminate from their diet those things that are harmful. The place to begin is with that which God has expressly

a milk shake and a cookie), it can only overcome 2 bacteria. By the time 24 teaspoons of sugar are taken into the system (the amount in a banana split), it can only overcome 1/2 a bacteria.

### Question 23

While this question does not take a lot of space, please give it good emphasis. These are the positive things that need to be done in order to live healthfully. Healthful living is not simply taking away that which is bad; it is replacing it with that which is good.

### Question 24

The emphasis here is that people are better off following God's plan. Be sure to work this into a very positive appeal to follow what God has asked people to do in healthful living, knowing that the result will be better health and sharper minds to make it through the final crisis that is coming upon the world.

### Response Questions:

1. If it is clear to you that God intends for His last-day people to live healthy lives, put a check mark in Box #1.
2. If it is your desire to glorify God in your body from abstaining from alcohol, tobacco, pork, shellfish, and caffeinated beverages, and by doing those things that will help your body, place a check mark in Box #2.
3. If you need special help to overcome a tobacco habit or any other defiling habit, place a check mark in Box #3.

**Note:** Visit immediately anyone who checks Box #3 and give help to overcome whatever habit they're dealing with. You might share some of the principles from the Breathe Free Stop Smoking program, but make

against pork and shellfish as you have already studied it.

**d. Drinking coffee, tea and caffeinated soft drinks.**

Again, the emphasis is that caffeine affects the brain and prevents clear thinking. While there is no Bible text against drinking caffeinated beverages, since they were not in existence in Bible times, the Biblical principle that a Christian's body is the temple of the Holy Spirit would apply here.

Anything that affects the mind of the Christian and prevents him from thinking clearly must be given up in the final crisis. Read some of the quotations from the exhibit to make this point clear.

Notice especially the quotation from the Journal of Clinical Psychiatry, May 1981, Page 186, which indicates that people who are high consumers of caffeine are less active in religion. This could well indicate that drinking caffeinated beverages could have an adverse effect on a person's spiritual life.

While the evidence is not very strong here, it is certainly a good indication that the Christian should stay clear of anything that will deaden his spiritual life.

One other area that you might want to add to the lesson here is the excessive use of sugar. Americans today are eating too much sugar.

A hundred years ago the average intake of sugar was ten teaspoons a day. Today it is 33 teaspoons, or 130 pounds a year. Sugar clogs the system and prevents the body from fighting off disease. The white blood cells fight infection.

Under normal conditions one white blood cell can overcome 14 bacteria. However, when six teaspoons of sugar are introduced (the amount in a glazed donut), each white blood cell can only overcome 10 bacteria.

When 12 teaspoons of sugar are introduced into the body (the amount of sugar in a large piece of pie), it can only overcome 5 1/2 bacteria.

When 18 teaspoons of sugar are introduced into the system (the amount in

forbidden: pork and shellfish. Then they can continue till they reach the ideal of the Edenic diet.

### Question 15

The point of this question is to show without doubt that the distinction between clean and unclean animals predates Sinai.

Many people believe that these stipulations were given just to the Jews. But the fact that clean and unclean animals were present at the time of the Flood indicates that this distinction was made long before Israel came into existence.

### Question 16

This text shows clearly that God still intends for His people to eliminate pork in the time of the end. Please do not give a wrong emphasis to this text by indicating that God is arbitrarily destroying people because they eat pork.

The point is that these people know it is wrong, are hiding as they eat it, and yet claim to be sanctified Christians. They are destroyed for their hypocrisy, not necessarily because they eat pork. However, the text does clearly show that pork eating is considered contrary to the will of God at the time of the end.

At this point in the lesson you will need to refer to Exhibit 1 and examine some of the objectionable texts that are used to justify the eating of pork today.

While you will not have to spend a lot of time on these, you should carefully examine Acts 10. It is probably the most quoted text to justify pork eating. Examine this text carefully and then refer them to the other texts, if they have questions on them.

Remember, even though your people at the moment may not have questions on pork eating, they may after they share these concepts with their friends.

## Question 17

Beginning with this question we are attempting to build a theological basis on why healthful living is important for Christians today. Remember to keep emphasizing throughout the lesson the point that Daniel's diet test prepared him for the more severe tests that came later on. Likewise the diet test today can help prepare God's people for the final crisis that is coming upon the world.

## Question 18

Some people feel that what a person eats is his own business, that diet has nothing to do with religion. Questions 17 and 18 make it very clear that sin entered through appetite, and Jesus had to gain the victory over appetite in the wilderness.

## Question 19 to 21

These three questions build the theological premise that the Christian's body is the temple of the Holy Spirit, the place where God dwells. The point there is that a person becomes a temple for the dwelling of the Holy Spirit when he accepts Christ as Saviour.

The reason he is to glorify God is because he has been purchased with the blood of Calvary. Therefore the call to healthful living is not given to non-Christians, but to Christians who have been born again, purchased with the blood of Calvary.

Non-Christians can follow the principles of healthful living and live longer lives on earth, but Christians follow them because they have a living relationship with Christ. It is in this section of the lesson that you will need to make very clear the Christ-centeredness of the health message.

## Question 22

This question deals with many of the habit areas. It will review some of what we have already covered and add a couple of others that will need emphasis.

**a. Smoking** you may wish to quote some basic facts on smoking. Here are a few examples:

- 1) Every four minutes someone in the United States dies prematurely because of cigarette smoking.
- 2) Tobacco smoke contains over 30 different poisons, such as formaldehyde, carbon monoxide, carcinogens (cancer-producing agents), etc.
- 3) Dr. Alton Oshner, the famed lung surgeon of New Orleans, stated, "Smoking is a deliberate form of suicide. A bullet is quicker, cheaper, and a whole lot less painful than lung cancer."
- 4) In two months more people will die from smoking in the United States than all the American servicemen that died in the twelve years of the Vietnam conflict.
- 5) The total yearly deaths from smoking surpasses:
  - a. All deaths from T.B. epidemics throughout the 19th century.
  - b. All known deaths from yellow fever in all known history.

Having given these statements on smoking, again refer to the fact that the Christian's body is the temple of the Spirit of God. Since Jesus dwells within, the Christian will not want to defile his body by placing a cigarette in his mouth. You might even read the statement in the lesson under "Smoking." It is strong, but helps people to see the spiritual need to quit smoking.

- b. Alcohol:** Re-emphasize the need to stay clear of alcoholic beverages.
- c. Pork and Shellfish:** Very briefly review the Biblical prohibition