# GENEROUS LIVING

## ALL OF ME
### IN RESPONSE TO ALL OF HIM

## Stewardship of Health

**G**reat medical care is **priceless - but wouldn't it be great if we didn't need doctors anymore?** Did you know there is a proven way to put a lot of doctors out of work? Take care of your body! Scientists have sounded the ominous warnings about cholesterol, tobacco, stress, obesity, and alcohol, so why press your luck? Hospitals and psychiatric institutions are packed with people who have ignored the warnings - do you really want to join them? God truly cares how you treat your body, and He's given you a free health plan, and a manual to go by... the Bible!

**1. Are health principles really a part of true Bible religion?** "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2.
**Answer**:  Yes. In fact, the Bible rates health right near the top of the list in importance. Man's mind, spiritual nature, and body are all interrelated and interdependent. What affects one affects the other. If our bodies are misused, our minds and spiritual natures cannot become what God ordained they should.

**2. Why did God give health rules to His people?** "And the Lord commanded us to do all these statutes ... for our good always, that he might preserve us alive." Deuteronomy 6:24.
**Answer**:   God gave health rules because He knows what is best for the human body. Automobile manufacturers place an "operations manual" in the glove compartment of each new car. God, who made our bodies, also has an "operations manual." It is called the Holy Bible. Ignoring God's "operations manual" results in disease, twisted thinking, and burned-out lives. Following God's rules results in "saving health" (Psalms 67:2) and more abundant life (John 10:10). These great health laws are like a wall or fence to keep out the diseases of Satan.

*Learn more about the Generous Living initiative on the Carolina Conference website, www.carolinasda.org*

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