

Fitness for the Crisis

- John 10:10** God wants us to have an abundant life.
 - 3 John 2** God wants us to be healthy physically and spiritually.
 - Ex. 15:26** If we follow God’s directions, we can live healthy lives.
 - Ps. 84:11** God will not hold back anything that is good for us.
 - 1 Cor. 10:31** Whatever we eat or drink, it should be to God’s glory.
 - 1 Cor. 6:19-20** Our bodies are not our own. The Holy Spirit wants to dwell there.
 - Rev. 21:27** Heaven will allow nothing that defiles.
 - Deut. 29:17-20** “Gall and wormwood” (margin: “poisonful herbs”)—including tobacco—are an abomination to God.
 - Prov. 20:1** Wine (fermented) is a mocker. We should not be deceived by it.
 - Prov. 23:29-32** Alcohol brings misery and trouble.
 - Isa. 5:20-24** Woe to those who drink strong drink and wine.
 - Isa. 65:8** “New Wine” as found in the cluster (grape juice) is a blessing (Matt. 26:29).
 - Gen. 7:1-2** In the beginning, with Noah, God made a distinction between clean and unclean animals. This distinction came well before the Jewish nation.
 - Lev. 11:1-8** The Bible tells us how to tell clean from unclean animals. The clean animal must have a cloven hoof and chew the cud. This means pigs, rabbits, camels, squirrels and other similar animals are unclean.
- NOTE:** Sheep, cows, deer, goats, chickens, and turkeys are *clean* animals and the Bible permits the eating of these.
- Lev. 11:9-10** For fish or sea food to be clean it must have fins and scales.
 - Isa. 66:15-17** The unclean foods which God asks us to abstain from will be unclean even in the day when Jesus returns.
 - 1 John 3:3** If we hope to see Jesus, we will purify ourselves as he is pure.
 - Rom. 12:1-2** We are to present ourselves a living, holy sacrifice to God.