

#3 Give Glory to Him

Key verse: Saying with a loud voice, Fear God, **and give glory to him**; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters. -Revelation 14:7

1. Revelation 14:7 says that we are to give glory to God, in what ways can we glorify God? (See 1 Corinthians 10:31)

2. What was man's original diet? (Genesis 1:29)

Note: In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. {CCh 221.4}

3. What was added to mans diet after sin? (Genesis 3:17-18)

Note: **Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.** These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. [376] – {CCh 222.1}

4. What other food article was added to the diet after the flood? (Genesis 9:3)

Note: God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man's wants required. God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthful article of food for man. – {CCh 228.1} After the Flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to

follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the Flood the race began to rapidly decrease in size, and in length of years. [406] – {CCh 228.2}

5. Even though man was permitted to eat meat, what was he still prohibited from eating? (Genesis 9:4)_____

6. In giving man the permission to eat meat, was the permission given to eat any kind of meat? Are there clean meat and unclean meat? (Genesis 7:2-3, Deuteronomy 14:2-21) (Isaiah 66:17) (read also Leviticus chapter 11)_____

7. Is a little wine good for the heart? (Proverbs 20:1, Proverbs 23:31-34, Genesis 9:21)

8. What benefits do we receive by obeying God's health laws? (Exodus 15:26)

9. What are the diseases of the Egyptians, the world? (Deuteronomy 28:27-28)

10. Does the Lord desire that we be in good health? (3 John 1:2)

11. It is the will of God that we glorify Him in our bodies, He wants us to “prosper and be in health”. Do you pledge, by the grace of God, to follow His health laws?

You may now continue to study #4 “Give Glory to Him - Dress and adornments”