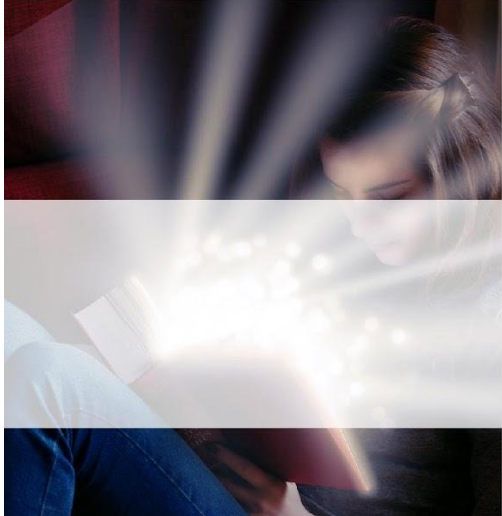




12 BIBLE HEALTH PRINCIPLES CHECKLIST

For a better **HEALTH** and more **HAPPINESS**



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The Bible Diet



INTRODUCTION

As you will read in the Bible verses below, the Bible is clear. God loves us so much, and cares about us. But as a good father he gives us instructions on how to care for our physical, mental and spiritual health. If we **cooperate** with God, His health laws can decrease and even eliminate sicknesses that come from Satan himself. The devil wants us to believe that we can be free by disobeying God's health laws and that we can do everything with, or put everything in our bodies, but as it is written in John 8:44 "Ye are of *your* father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar and the father of it".

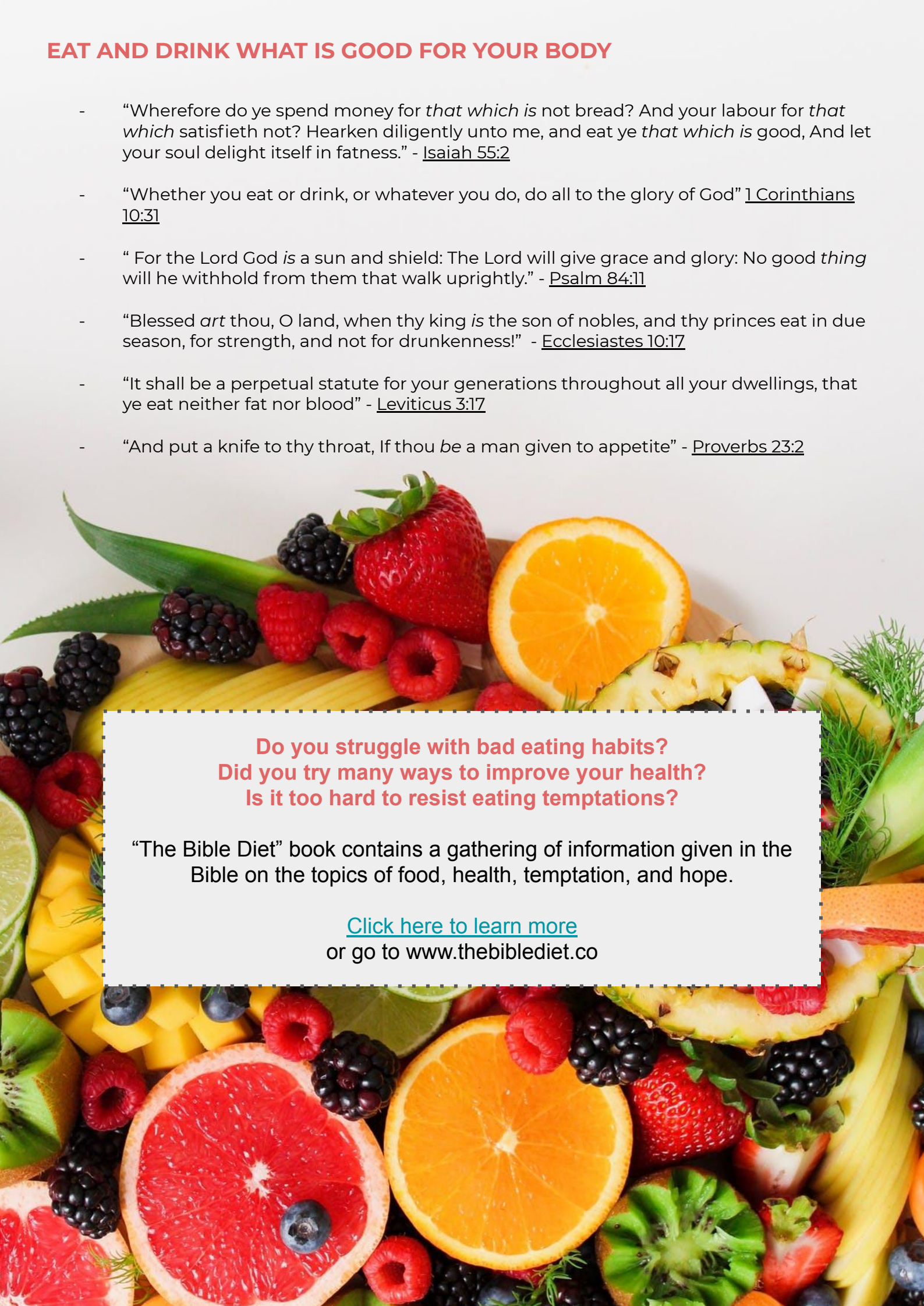
What is prophesied in the Bible can also be seen today, that while millions of people lack food, others are indulging themselves in gluttony and drinking. Modern scientific facts also prove that the Bible health principles are right.

You will find in the following pages Bible verses about health, love, and help from God.



EAT AND DRINK WHAT IS GOOD FOR YOUR BODY

- “Wherefore do ye spend money for *that which* is not bread? And your labour for *that which* satisfieth not? Harken diligently unto me, and eat ye *that which* is good, And let your soul delight itself in fatness.” - Isaiah 55:2
- “Whether you eat or drink, or whatever you do, do all to the glory of God” 1 Corinthians 10:31
- “For the Lord God *is* a sun and shield: The Lord will give grace and glory: No good *thing* will he withhold from them that walk uprightly.” - Psalms 84:11
- “Blessed *art* thou, O land, when thy king *is* the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!” - Ecclesiastes 10:17
- “It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood” - Leviticus 3:17
- “And put a knife to thy throat, If thou be a man given to appetite” - Proverbs 23:2



**Do you struggle with bad eating habits?
Did you try many ways to improve your health?
Is it too hard to resist eating temptations?**

“The Bible Diet” book contains a gathering of information given in the Bible on the topics of food, health, temptation, and hope.

[Click here to learn more](#)
or go to www.thebiblediet.co

FORGIVE AND LOVE OTHERS

- "A sound heart is the life of the flesh: But envy the rottenness of the bones." [Proverbs 14:30](#)
- "Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift." - [Matthew 5:23, 24](#)



HAVE A CHEERFUL HEART

- “A merry heart doeth good *like* a medicine: But a broken spirit drieth the bones” - [Proverbs 17:22](#)
- “As he thinks in his heart, so is he” - [Proverbs 23:7](#)



DEVELOP A TRUST IN GOD

- “The fear of the Lord leads to life, and he who has it will abide in satisfaction” - [Proverbs 19:23](#)
- “My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.” - [Proverbs 4:20-22](#)



BALANCE WORKING, EXERCISING AND SLEEPING

- "Six days shalt thou labour, and do all thy work: But the seventh day *is* the sabbath of the Lordthy God: *in it* thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that *is* within thy gates" - Exodus 20:9, 10
- "The sleep of a labouring man *is* sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep." - Ecclesiastes 5:12
- "In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou *art*, and unto dust shalt thou return." - Genesis 3:19.
- "*It is* vain for you to rise up early, to sit up late, To eat the bread of sorrows: *For* so he giveth his beloved sleep." - Psalms 127:2
- "For what hath man of all his labour, and of the vexation of his heart, wherein he hath laboured under the sun? For all his days *are* sorrows, and his travail grief; yea, his heart taketh not rest in the night. This is also vanity." - Ecclesiastes 2:22-23



AVOID DRINKING ALCOHOL

- "Wine is a mocker, strong drink is raging: And whosoever is deceived thereby is not wise." - Proverbs 20:1
- "Look not thou upon the wine when it is red, When it giveth his colour in the cup, When it moveth itself aright. At the last it biteth like a serpent, And stingeth like an adder." - Proverbs 23:31-32
- Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God" - 1 Corinthians 6:9-10.



AVOID ADDICTIVE SUBSTANCES (TABACCO,...)

- "Know ye not that ye are the temple of God, and *that* the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which *temple* ye are" - [1 Corinthians 3:16-17](#)
- "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" - [Romans 6:16](#)
- "Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve" - [Matthew 4:10](#)
- "Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean *thing*; and I will receive you" - [2 Corinthians 6:17](#)
- "Wherefore do ye spend money for *that which* is not bread? And your labour for *that which* satisfieth not. Hearken diligently unto me, and eat ye *that which* is good, And let your soul delight itself in fatness." - Isaiah 55:2
- "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service" - Romans 12:1
- "Moreover it is required in stewards, that a man be found faithful" - [1 Corinthians 4:2](#)
- "Dearly beloved, I beseech *you* as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;" - [1 Peter 2:11](#)
- "Thou shalt not kill" - [Exodus 20:13](#)



HAVE TEMPERANCE

- “And every man that striveth for the mastery is temperate in all things. Now they *do it* to obtain a corruptible crown; but we an incorruptible.” - [1 Corinthians 9:25](#)
- “Let your moderation be known unto all men. The Lord *is* at hand.” - [Philippians 4:5](#)



HAVE JOYFUL MEAL TIMES

- “And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God.” - [Ecclesiastes 3:13](#)



HELP THE NEEDY

- *"Is not this the fast that I have chosen? To loose the bands of wickedness, To undo the heavy burdens, And to let the oppressed go free, And that ye break every yoke? Is it not to deal thy bread to the hungry, And that thou bring the poor that are cast out to thy house? Then shall thy light break forth as the morning, And thine health shall spring forth speedily: And thy righteousness shall go before thee; The glory of the Lord shall be thy reward."* - [Isaiah 58:6-8](#)



DON'T IGNORE GOD'S MESSAGE

- "Know ye not that ye are the temple of God, and *that* the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which *temple* ye are." - 1 Corinthians 3:16-17)
- "As the bird by wandering, as the swallow by flying, So the curse causeless shall not come" - Proverbs 26:2
- "Therefore to him that knoweth to do good, and doeth *it* not, to him it is sin" - James 4:17
- "If ye love me, keep my commandments" - John 14:15
- "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God" - 2 Corinthians 7:1
- "I also will choose their delusions, And will bring their fears upon them; Because when I called, none did answer; When I spake, they did not hear: But they did evil before mine eyes, And chose *that* in which I delighted not" - Isaiah 66:4



CARE FOR YOUR CHILDREN AND GRANDCHILDREN

- “Thou shalt not eat it; that it may go well with thee, and with thy children after thee, when thou shalt do *that which is* right in the sight of the Lord” - Deuteronomy 12:25
- “Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God *am* a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth *generation* of them that hate me” - Exodus 20:5





GOD LOVES YOU
HE CARES & CAN HELP

A large tree with a heart-shaped canopy of red leaves stands in a field of red flowers. The sky is blue with white clouds. The text "GOD LOVES YOU" is written in white across the tree's canopy.

GOD LOVES YOU

GOD LOVES YOU

- "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" - [John 3:16](#)
- "We love him, because he first loved us" - [1John 4:19](#)
- "He that loveth not knoweth not God; for God is love" - [1John 4:8](#)
- "The LORD is merciful and gracious, slow to anger, and plenteous in mercy" - [Psalms 103:8](#)
- "He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins" - [Colossians 1:13-14](#)
- "Give thanks to the Lord because he is good. His love continues forever." - [Psalm 136:1](#)
- "I will be a Father to you, And you shall be My sons and daughters, Says the Lord Almighty" - [2 Corinthians 6:18](#)
- "The Spirit itself beareth witness with our spirit, that we are the children of God" - [Romans 8:16](#)

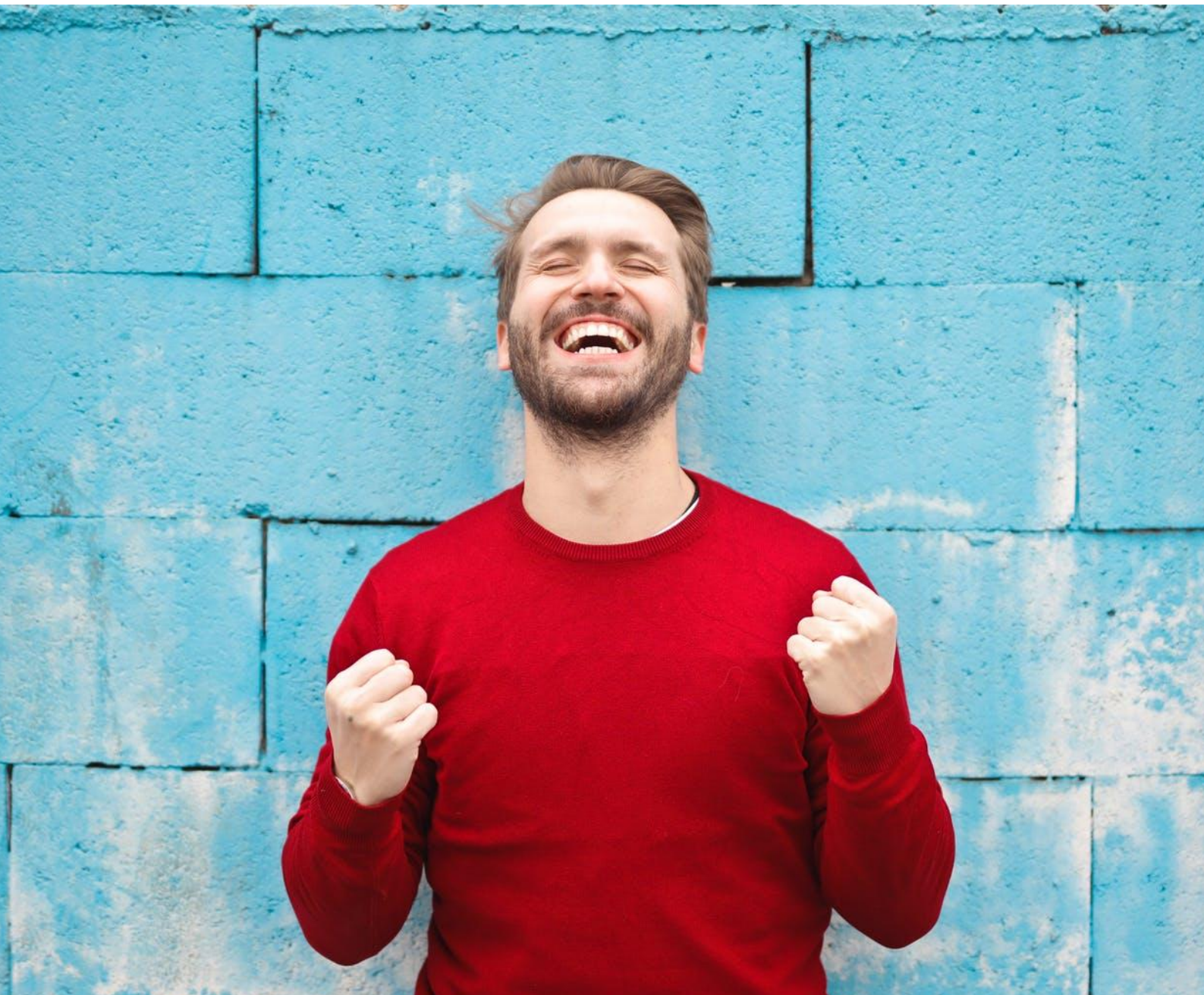


A person is silhouetted against a sunset over a lake. The sun is low on the horizon, creating a bright orange glow and a shimmering reflection on the water. In the background, there are rolling hills or mountains under a hazy sky. The overall mood is peaceful and contemplative.

GOD CARES

GOD CARES

- "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" - [3 John 1:2](#)
- "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly" - [John 10:10](#)
- "The Lord commanded us to observe all these statutes, to fear the Lord our God, for our good always, that He might preserve us alive" - [Deuteronomy 6:24](#)
- "You shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you" - [Exodus 23:25](#)
- "That thy way may be known upon earth, Thy saving health among all nations" - [Psalm 67:2](#)
- Bless the Lord, O my soul, And forget not all his benefits Who forgiveth all thine iniquities; Who healeth all thy diseases" - [Psalm 103:2-3](#)
- "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" - 3 John 1:2
- Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation *received* by tradition from your fathers; But with the precious blood of Christ, as of a lamb without blemish and without spot - [1 Peter 1:18-19](#)

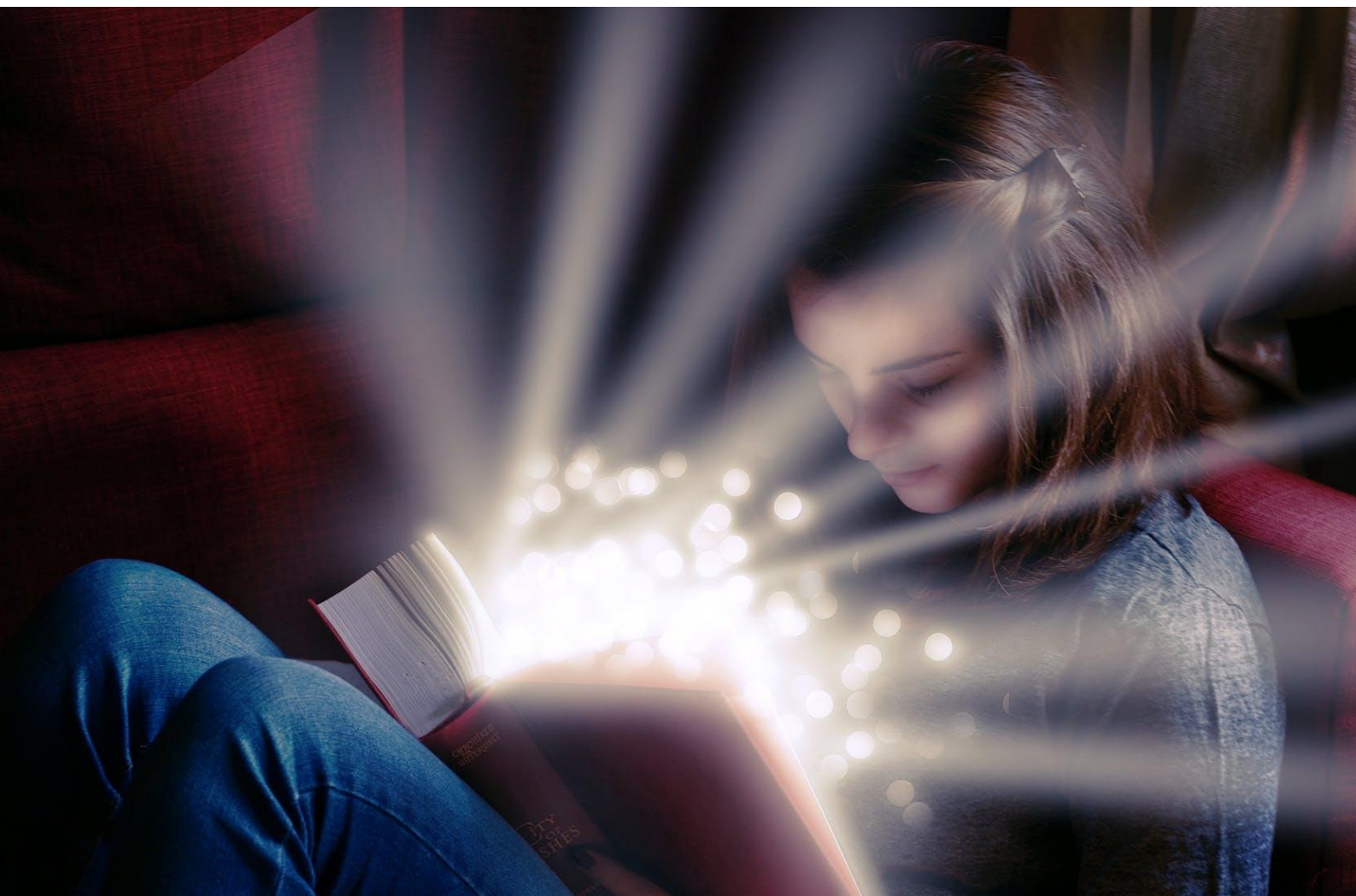


GOD CAN HELP



GOD CAN HELP

- "But as many as received him, to them gave he power to become the sons of God, *even* to them that believe on his name" - [John 1:12](#)
- "I can do all things through Christ which strengtheneth me" - [Philippians 4:13](#)
- "And they shall come thither, and they shall take away all the detestable things thereof and all the abominations thereof from thence. And I will give them one heart, and I will put a new spirit within you; and I will take the stony heart out of their flesh, and will give them an heart of flesh" - [Ezekiel 11:18-19](#)
- "All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out" - [John 6:37](#)
- "And Jesus looking upon them saith, With men *it is* impossible, but not with God: for with God all things are possible" - [Mark 10:27](#)
- "These things have I spoken unto you, that my joy might remain in you, and *that* your joy might be full" - [John 15:11](#)
- "Fear thou not; for I *am* with thee: be not dismayed; for I *am* thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness" - Isaiah 41:10
- "And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people" - Matthew 4:23
- "And ye shall know the truth, and the truth shall make you free" - [John 8:32](#)
- "He has not dealt with us according to our sins, nor punished us according to our iniquities. For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us" - [Psalm 103:10-12](#)



- "If You, Lord, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, that You may be feared" - [Psalm 130:3-4](#)
- "Come now, and let us reason together," says the Lord, "Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool." - [Isaiah 1:18](#)
- "I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins" - [Isaiah 43:25](#)
- "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses" - [Mark 11:25](#)
- "Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven" - [Luke 6:37](#)
- "It was necessary for the Christ to suffer and to rise from the dead the third day, and that repentance and remission of sins should be preached in His name to all nations" - [Luke 24:46-47](#)
- "Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord" - [Acts 3:19](#)
- "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" - [1 John 1:9](#)
- "Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee" - [John 5:14](#)
- "She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more" - [John 8:11](#)



Matheus 14
A morte de João Batista
 14 NAQUELE tempo Herodes, o terrano, a quem o rei de Arábia e o rei de Itália tinham enviado a prender João, o batista, e o prendeu no cárcere por causa de Herodes, o filho de Herodias, a qual ele tinha casado com João, o irmão de João Batista.

Matheus 15
 14 E Jesus, saindo, viu uma grande multidão, e possuindo de íntima compaixão para com ela, curou os seus enfermos.
 15 E, sendo chegada a tarde, os seus discípulos aproximaram-se dele, dizendo: O lugar é deserto, e a hora é avançada; despede a multidão, para que vão pelas aldeias, e compreem comida para si.
 16 Jesus, porém, lhes disse: Não é mister que váo: dai-lhes vós de comer.
 17 Então eles lhe disseram: Não temos aqui senão cinco pães e dois peixes.
 18 E ele disse: Trazei-mos aqui.
 19 E, tendo mandado que a multidão se assentasse sobre a erva, tomou os cinco pães e os dois peixes, e erguendo-os ao céu, abençoou, e partindo-os, deu-os aos discípulos, e os discípulos a multidão.
 20 E assentaram todos, e saciaram-se de alfofas cheias, que sobeiram, além das mulheres.
 21 Então aproximaram-se os que estavam no barco, e adoraram-no, dizendo: És verdadeiramente o Filho de Deus.
 22 E quando passado para a outra banda, chegaram à terra de Genesaré.
 23 E quando os homens daquele lugar aquelas terras em redor, e trouxeram-lhe todos os que estavam enfermos, e rogavam-lhe que ao menos eles pudessem tocar a orla do seu vestígio: todos os que a tocavam ficavam sãos.

ENTÃO chegaram ao pé de Jesus, e apresentaram-lhe os livros que os escribas e fariseus lhe tinham trazido, e começaram a ler, e Jesus disse-lhes: Não há profeta sem honra, a não ser na sua pátria e na sua casa.

NEW KINGDOM & GOD'S PROMISE



NEW KINGDOM & GOD PROMISES

- “And the inhabitant shall not say, I am sick: The people that dwell therein *shall be forgiven their iniquity.*” - [Isaiah 33:24](#)
- “And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away” - [Revelation 21:4](#)
- “But they that wait upon the Lord shall renew *their* strength; They shall mount up with wings as eagles; They shall run, and not be weary; *And* they shall walk, and not faint” - [Isaiah 40:31](#)



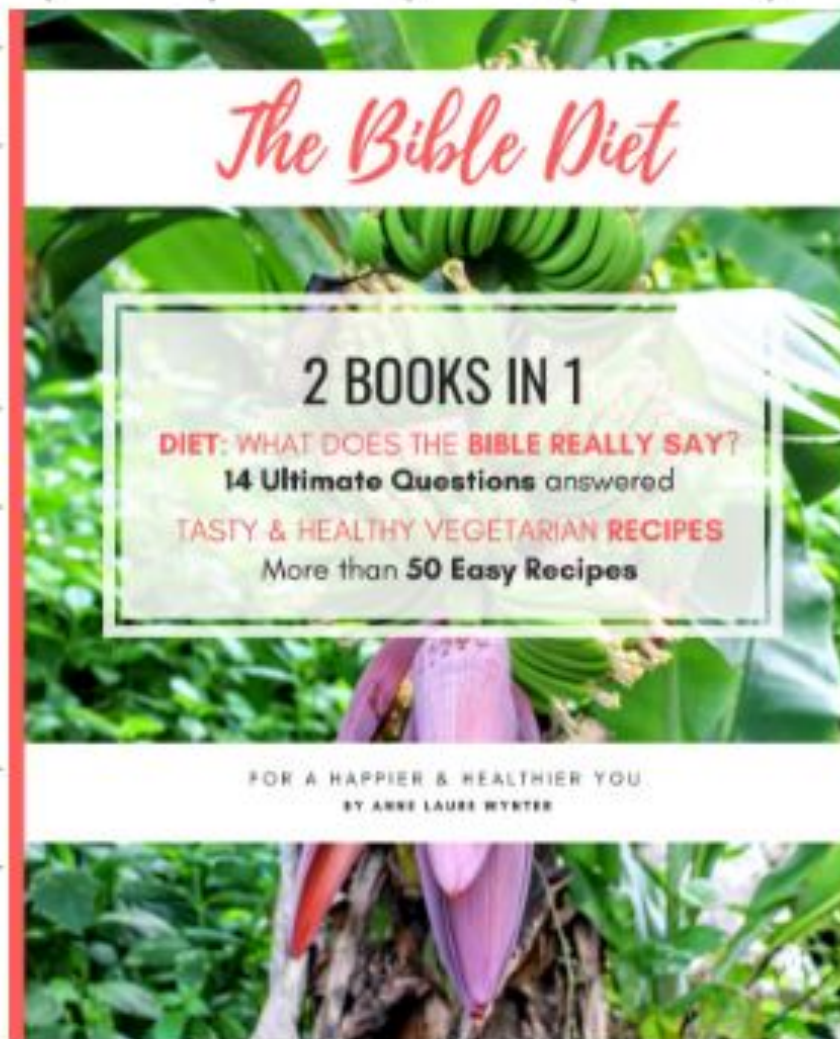
Please note

Despite the great importance of considering our physical, mental and spiritual health, we can only enter heaven by accepting Jesus Christ as our savior and Lord and grace through faith. "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God" - [Ephesians 2:8](#)

Nevertheless, we should not forget that if we don't pay attention to the health laws of God, we might have less good judgment and it can be easier to sin. Indeed our physical, mental and spiritual health depend on one another because one affects the other. And "Even so faith, if it hath not works, is dead, being alone." - James 2:17



“THE BIBLE DIET” BOOK



DO YOU ASK YOURSELF...

- Does the Bible say what food to eat and what food to avoid?
- Are there recommendations in the Bible?
- Can I find help in the Bible when it is too hard to resist temptations?
- I tried everything, how can I end my bad eating habits?

You will will **in this book** a gathering of information given in the Bible on the topic of food, health, temptation, and hope.

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