



B REVEALING WHAT THE BIBLE SAYS

God's provision of healthy food



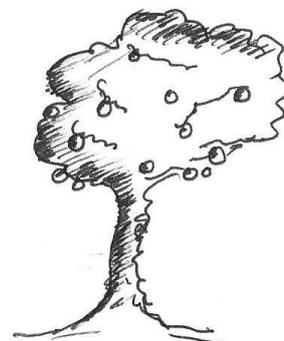
Why use this Bible study?

This Bible study can help us explore guidance from the Bible on the importance of eating healthy food.



Fruit of the trees

Read Genesis 1:11-13 and Genesis 1:29-31. Discuss the main foods that are eaten in our area. How many of these come from seed-bearing vegetables or trees?



God first chose a vegetarian diet for us. He only gave permission for people to eat foods such as grains, nuts and fruits from vegetables and trees. However, after the flood he gave permission to eat meat. People were told not to eat blood or fat, and only to eat 'clean' meat from animals that feed on plants or insects, rather than unclean meat from scavengers. (See Leviticus 11.) The food laws were given to mark the Israelites as God's people, but they were good for the people's health as well.



Key points

- God has provided a variety of healthy foods for us to enjoy and to help us stay healthy.
- The Bible tells us that our bodies are a temple of the Holy Spirit that we should keep holy and not destroy.
- God is concerned about what we do with our bodies, how we look after them and what we eat.



Questions for discussion

Read Genesis 9:1-5. God makes a new covenant concerning food, this time with Noah and his family.

- What has changed from the time when the first covenant in Genesis 1 was made?
- What new food was available? Why do you think there has been a change?
- Why do you think God told people not to eat meat with blood in it?
- Why does this law not apply to us today?

Awareness-raising

Children & youth

Climate & environment

Conflict & peace-building

Corruption & governance

Disaster risk management

Discrimination & inclusion

Food & livelihoods

Gender & sexual violence

Health & HIV

Influencing decision-makers

Migration & trafficking

Water, sanitation & hygiene

Read Corinthians 3:16-17.

- What do you think it means for our bodies to be a temple of God's spirit?
- How can we keep our bodies holy and not destroy them?

**Notes**

This Bible study is adapted from one first published in Tearfund (2005) Footsteps 65 – *Adding value to food* - http://tilz.tearfund.org/en/resources/publications/footsteps/footsteps_61-70/footsteps_65/

Related tools

- B – A wise choice of diet [*B: Food & livelihoods-1*]
- C2 – Developing rural home gardens [*C2: Food & livelihoods-8*]
- C2 – Developing urban home gardens [*C2: Food & livelihoods-9*]
- C2 – Poultry keeping [*C2: Food & livelihoods-3*]
- C2 – Keeping livestock [*C2: Food & livelihoods-2*]
- C2 – Processing and preserving fresh produce [*C2: Food & livelihoods-11*]

Awareness-raising
Children & youth
Climate & environment
Conflict & peace-building
Corruption & governance
Disaster risk management
Discrimination & inclusion
Food & livelihoods
Gender & sexual violence
Health & HIV
Influencing decision-makers
Migration & trafficking
Water, sanitation & hygiene