Name

Address

Email ***Tel***

For more information on Bible Study materials contact:

Gateway Centre
161 Pelham Street
Carlton, Victoria 3053, Australia

SFC 15C

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SEARCH FOR Certainty

Our Greatest Need – New Lifestyle!
我们最需要的新生活方式

Health For Today



Some time ago the president of the American Medical Association was addressing a large group of heart specialists in New York City. He began his speech with these words: "America's greatest need is for a new lifestyle." Even a casual look at the health habits of a majority of Americans indicates these words are indeed true. Degenerative diseases directly related to faulty habit patterns are on the rise. Heart disease, stroke, cancer, and diabetes have soared to epidemic proportions in the United States.

There is a close relationship between our physical well-being and our spiritual well-being. God is deeply interested in our physical health. The apostle John states it succinctly, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 2, NKJV).

The book of Revelation clearly teaches that God's message of physical health is a significant part of His last-day message for the world.

前不久，美国医委会主席在纽约市向一群心脏专家致词。他用以下话语作为他的开场白："美国人最大的需要是新的生活方式。"即使对大多数美国人生活习惯看一眼，也表明了这话是真的。严重疾病的上升趋势是直接与错误的生活习惯有关。心脏病，中风，癌症，以及糖尿病成为美国日益增多的流行病。

我们的身体与我们的灵性是有很密切的关系。上帝深深关注我们的身体健康。使徒约翰说："亲爱的弟兄啊，我愿你凡事兴盛，身体健壮，正如你的灵魂兴盛一样。"（约翰三书二节）

启示录清楚地教导我们，上帝有关身体健康的信息是他末世信息中可观的一部分。

1. What specific instruction does God give in Revelation 14:7 that includes our total lifestyle?
上帝在启示录14：7给了什么特别的信息来指导我们所有的生活方式？

圣经答案 The Bible answers: _____

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Giving glory to God includes a complete commitment of our physical, mental and spiritual natures to God. It involves a commitment of our entire being.

荣耀上帝包括完全将身，心，灵交与上帝，它包括一个完全的献身。

2. How do we give glory to God? Does giving glory to God have anything to do with our physical health habits?
我们怎样荣耀上帝？我们需要在身体健康的习惯上有所改变来荣耀上帝吗？ 哥林多前书 **1 Corinthians 6:19, 20; 10:31**

圣经答案 The Bible answers: _____

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The Christian life involves the whole person. It includes the entire surrender of our bodies to God. Holiness is wholeness for God.

基督徒的生活是涉及全人的。它包括完全的将整个身体交给上帝，成圣是为上帝追求完全。

3. What earnest appeal does the apostle Paul make regarding our bodies?
使徒保罗在论到我们的身体时有什么迫切的呼吁？
罗马书 **Romans 12:1**

圣经答案 The Bible answers: _____

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Although we may feel weak, in Christ we are strong. God's promise is sure. The power of Christ is stronger than our physical desires or cravings. In Jesus we can be over-comers. Whatever your physical craving or habit, however great your desire or inclination, there is victory for you in Christ. Heaven's power is available for you today. Our Lord may not take your craving or "taste" away immediately, but if you trust Him, relying on His promises, He will give you the victory.

虽然我们会觉得软弱，但在基督里我们是刚强的。上帝的应许是肯定的。基督的力量是强过我们肉体的欲望及渴求。在耶稣里我们必得胜。不论你绳梯的苛求习惯有多大或倾向有多深，在基督里你必得胜。天上的力量今天已为你预备。我们的主未必会马上将你所恳求的赐你或将坏习惯马上除掉，但假如你信靠他，依靠他有应许，他会赐你得胜。

我的决定 MY DECISION

☐ *I choose to surrender my body as a temple for the indwelling of the Holy Spirit. I choose to place into my body only those things which will give glory to God.*

我选择将我的身体作为生灵居住的殿，我选择只将荣耀上帝的东西放在我的身体内。

There is credible evidence that the Egyptians were dying of heart disease, cancer, diabetes, overweight and sexually transmitted diseases. Following God's principle of health would make a dramatic difference for Israel, and following them will make a difference for us as well.

有明显的证据表明埃及人多死于心脏病，癌症，糖尿病，体重超重以及传染性的性病。跟从上帝健康的原则会使以色列人有奇妙的改变，如果我们能够遵守同样的卫生原则，健康也会有好的改变。

13. What does the Bible say will happen to those who continue to rebel against God by defiling their bodies in certain respects, although they know better?
对于那些虽有知识但继续以毁坏自己身份来对抗上帝的人，圣经有什么论述？ 以赛亚书 **Isaiah 66:17**

圣经答案 The Bible answers: _____

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14. What Bible promise does God give to those who desire victory over physical habits that have defeated them for years?
上帝给那些渴望胜过坏习惯的人什么应许？
腓立比书 **Philippians 4:13**

圣经答案 The Bible answers: _____

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15. Where does all power for victory come from? How do I receive it? 得胜的力量是从那里来的？我们怎样获得它？约翰福音 **John 1:12**

圣经答案 The Bible answers: _____

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4. Will the group awaiting Jesus surrender all their physical habits to Him?
等候耶稣的人要全然将生活习惯降服于他吗？
帖撒罗尼迦前书 **1 Thessalonians 5:23**

圣经答案 The Bible answers: _____

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5. What does the Bible teach about the use of intoxicating drinks and alcoholic beverages?
圣经对于使用麻醉剂或酒精类饮品有什么教训？
箴言**Proverbs 20:1; 23:29-33**

圣经答案 The Bible answers: _____

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Some Christians drink moderately and see little harm in it. But the Bible clearly teaches that "wine is a mocker." It deceives you. Two out of every five people who begin drinking (40%) end up having serious problems with alcohol. Are people who drink moderately capable of discerning when they have drunk too much? Dr. Melvin Knisley of the University of South Carolina clearly demonstrated that even moderate drinking destroys thousands of brain cells. It affects conscience, reason and judgment. In this crisis hour of history, God's people need the clearest minds to make the wisest decisions. Think of the social benefits of abstinence from alcohol. Quitting alcohol would dramatically reduce absenteeism in the workplace, fatal car accidents and multiple marriage problems. Alcohol is often the "port of entry" for the use of mind-altering drugs and other illegal substances. Dr. Knisley's advice is sound. He unashamedly says, "The only way to deal with alcohol is to quit it cold."

一些基督徒认为适量的饮酒是无伤大害的，但是圣经明确表明"酒使人亵慢"，它是欺骗你的。五个饮酒经验的人当中有两个最终会因酒精引发严重的问题。那些所谓适度饮酒的人是否清楚知道什么时候他已饮了大量的酒呢？南卡罗来连纳州大学的马荣。肯斯利医生明确指出，即使适量的饮酒也会伤害千万的脑细胞，它影响到知觉，理智及判断。在这个历史危机时刻，上帝的字民需要清明的心智来作聪明的选择。

想想戒酒给社会带来的利益，戒酒会使人减少旷工，致命的交通事故，以及许多婚姻问题，究竟通常是滥用精神科药物和其它非法药物的进门槛。肯斯利医生的忠告是响亮的，他坚决地说，"对付酒精的唯一办法是绝对地戒掉它。"

6. What clear warning does God give that applies to those who defile their bodies by alcohol, drugs, or tobacco?
上帝对那些因酒精，毒品，或烟草而伤害他们身体的人发出了什么警告？ 哥林多前书 **1 Corinthians 3:16, 17**

圣经答案 The Bible answers: _____

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7. What was the original diet given to human beings by God?
上帝给人最初的事物是什么？创世记 **Genesis 1:29; 2:16**

圣经答案 The Bible answers: _____

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The original diet that God gave to Adam and Eve was fruits, nuts, grains and vegetables. Our first parents and their children ate the healthful, life-giving natural products of the earth.

上帝给亚当，夏娃最初的事物是水果，硬壳果，五谷以及蔬菜。我们第一代父母及他们的子女食用地上出产健康的自然食品。

8. How many classes of animals did Noah bring into the ark? 挪亚带了多少种类的动物进入方舟？
创世记 **Genesis 7:2, 3**

圣经答案 The Bible answers: _____

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9. How can you tell if an animal is clean or unclean?
你能说出哪些动物是洁净或不洁净的？
利未记 **Leviticus 11:1-4**

圣经答案 The Bible answers: _____

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10. What does God say regarding the swine or pigs?
上帝对猪的描述是什么？利未记 **Leviticus 11:7, 8**

圣经答案 The Bible answers: _____

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God's counsel applies to all pork products, including bacon, ham and pork-based sandwich meats. Pork is extremely high in fat, contributing to coronary artery disease. Trichinosis is a well-established fact from the eating of contaminated pork products. Bacon and ham cured with nitrates are seriously suspect as a contributing factor to cancer. The scientific evidence in favor of God's diet is continually growing in the twenty-first century.

上帝的劝告是对于所有的猪肉产品，包括腊肉，火腿和猪肉三文治。猪肉有特别高的脂肪，容易印发冠心病，旋毛虫病，通常是因为食用不洁净的猪肉个火腿而引起的。腊肉和火腿与硝酸盐混合的事物，被认为是导致癌症的因素。科学证明上帝为人预备的食物，在二十一世纪仍然是最好的。

11. What general principles does God give regarding seafood?
上帝对海鲜的基本原则是什么？利未记 **Leviticus 11:9-11**

圣经答案 The Bible answers: _____

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God's Word declares that any living creature in the sea without fins and scales is unclean. All shellfish, such as crabs, clams, oysters, shrimp and lobsters, are scavengers. They are unclean. Since the God who made our bodies desires us to be in health, He has given us these instructions to preserve our health.

上帝的话语表明在海中一切无翅无鳞的生物都是不洁净的。一切贝壳鱼类，包括蟹，蛤蜊，鲍鱼，虾以及龙虾都是作清道夫的海产。它们都是不洁净的。因为上帝渴望我们的身体有健康，他给我们的指引是为着我们的健康。

12. What amazing promise did God make to Israel if they followed His principles of health?
假如以色列人遵守上帝给他们的健康原则，他们会得到上帝什么奇妙的应许？出埃及记 **Exodus 15:26**

圣经答案 The Bible answers: _____

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