

**EDGEMONT BIBLE CHURCH**  
**WEDNESDAY NIGHT BIBLE STUDIES**  
**APRIL 28, 2021**  
**A MINI SERIES ON HEALTH, HEALING AND**  
**WHOLENESS**  
**“NONE OF THESE DISEASES”**

- I. *GOD CREATED A VERY GOOD WORLD FOR THE OPTIMUM HEALTH TO BE LIVED KNOWING HIM*
- A. *It was a life of harmony for animals and humans with a shared diet of plants that sustained them in healthy life. This is life in the Garden of Eden.*
1. *To the image bearers He gave every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed. That would be the fruit of all trees, berry plants, all vegetables, seed plants and their seeds, and fruit. We define fruit as that which is produced from flowers. Perhaps, in the garden, our role was that of grounds keeper not farming cultivator.*
  2. *Additionally, image bearers were given access to the tree of life which apparently was good for giving them on-going life indefinitely.*
  3. *To the rest of land and air creatures he gave every green plant i.e. chlorophyll plants themselves, bushes, tree leaves and grasses. Perhaps the seeds were eaten with the leaves but were eliminated from the body to be “re-planted” within this fertilized medium.*
- B. *But for image-bearers their good health was not simply dependent upon the plants or upon food alone. **Their lives and health depended upon a continuing relationship with God through trust and obedience.** God had warned them that a wrong diet could kill them but trusting Him would keep them alive and thriving. But the wrong diet was based on disobedience and distrust. It would be the distrust that would separate them from God first and then from their human life. Death is the ultimate infirmity, illness, disease, plague, weakness, etc. This life/death principle of faith is the test of human health.*
- C. *We should always remember that an image-bearer is at least two parts: 1) a body of dust that is animated by 2) the immaterial part of us that is like God and is given by God. We call this latter part a*

soul/spirit/heart and it is the center of personality. The former part, our body, is destined to return to the ground if not fed with the material part of the earth provided by God from creation. The latter part is kept alive by a continuous relationship of trust, faith and obedience. When such a relationship is not present, the human is separated from God, dead to God, his life source. Where such a relationship is not thriving, he is unhealthy, weak and infirm.

**D. The more we tamper with and alter the food God gave for the health of our bodies, the sicker we become. The more we try to eat that which He did not give us for food, the more unhealthy we become. It should be noted also that the more we attempt to eat in an unbalanced and over-eating manner the more we weaken our bodies.**

**E. Alternately, the more we neglect that which gives health to our spirit, the more we are lacking in good, healthy relationship to God, our life.**

## II. SIN ALTERED OUR DIET AND OUR RELATIONSHIP TO GOD

A. The foods of the Garden were no longer at our handy disposal since we had been banned from it. We would now have access to the foods of the wilderness.

1. We would eat from a cursed ground that would bring up non-edible plants and we would have to work it with difficulty.

Apparently, the plants of the Garden were not going to require a great deal of labor whereas the plants of the field were going to require it.

2. Additionally, we were **given grains** to eat as well perhaps in competition with the land and air creatures for the same food.  
Gen 3:17

3. We were going to take on the dual role of gatherer and farmer. Later, with yet another dietary change, the eating of meat, we would take on the role of hunter/herder, gatherer, farmer. It looks like we took on the role of hunter following the herds along. By necessity that would make us more gatherers than farmers. We would have to stop the wandering to become farmers.

B. We are not told how many of the animals or IF the animals were removed from the Garden with us, but we know they were in the wilderness area shared with us. To our knowledge they had no change in diet.

- C. *After the flood our diet was altered again **to include meat from the animals. One can see a marked decline in longevity after the flood.** Whether this was dietary or climatic is not declared by the Scriptures. But people ceased to live hundreds of years. Death became more prevalent after the flood.*
- D. *But we can also see that not all death was expressed by decrease in the longevity of life of the body; it was expressed primarily in the spirit of man through rebellion against God. The rebellion of man continued rapidly as revealed by his life drifting further away from God.*
- E. *The call of Abram, though not accompanied with a dietary change did provide a life change as faith was reintroduced in a powerful way. Through God's election of Abram, He gave to the world a people through whom He was going to give the way of life and health. God's mercy was at work to give men life.*

### III. *WE NOW FAST FORWARD, WITHOUT SIGNIFICANT CHANGE IN DIET, TO RAPID GAINS IN THE CONCEPTS OF FAITH AND TRUST*

- A. *Working with shepherds, God was calling a people to be His own particular people with gracious and merciful benefits granted to them because of faith. In succeeding generations, God was going to give to this elect group the path of life in both the material and spiritual part of them.*
- B. *We are not told much about their health or their food-intake but we do know a little about the diet of a people who lived around them. Lot went to live among the residents of Sodom. Within just a few years, only three residents of that city would be left alive! It would not be a plague that took their lives nor even poor diet. But diet would be a part of the formula. Ezekiel 16:49-50 tells us that the Sodomites were arrogant, had abundant food and careless ease, but they did not help the poor and needy. In their haughtiness they committed abominations and God removed them. Through this we see that though their food may have kept them alive and perhaps even thriving their attitude and habits were offensive to God and that ended their lives. **To have even a good physical life ends with brevity if one does not have a proper relationship with God***
- C. *God's chosen people, the descendants of Abraham, seemed to be a hearty stock, living longer lives than we do. We know as shepherds they had plenty of fresh air, sunlight and exercise. Meat and bread*

would have been a good portion of their staples, but we do not know much else.

D. By the time they are enslaved by the Egyptians we know that part of their diet included fish, cucumbers, melons, leeks, onions, and garlic (Numbers 11:5); at the time they were remembering those delights, they were eating angels' food (Psalm 78:25) manna and only manna. They were not only staying alive but, Psalm 105 tells us they came into the promised land with joy and a joyful shout!

#### **IV. GOD'S COVENANT FOR A STRONG AND HEALTHY PEOPLE WHO WOULD GLORIFY GOD WITH THEIR NATION**

A. **God's promise to Israel about health (Deu 7:12-15 also) Ex 15:26 and said, "If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you." (NKJV)**

B. **Let's examine the terms:**

1. **"IF..." A conditional statement. This is the responsibility of the people. Obedience to God is LIFE! No one knows and understands life better than the One who created it in the first place. He knows what works and we are so limited in our knowledge that we cannot even guess what might work!**
  - a. **"...you diligently heed the voice of the LORD your God..." They had to listen carefully to what He said. He does not make vain or empty statements. Details are important to Him because what He says is always true. Loose interpretations of what one thinks He said is not acceptable. Pay close attention as listening to the most important person in the whole cosmos. Listen as if your life depends on it...IT DOES!**
  - b. **"...and do what is right in His sight,..." once again it is not loose interpretations. It is not what is right in your own sight but what is right in His.**
  - c. **"...give ear to His commandments..." There is no confusion as to whom one is to listen when it comes to knowing the correct way to live. Only God and His commandments offer a person clear understanding on what is the correct way to live. He is the creator**

*and His ways are always pure and true. Listen to Him alone for counsel and commands.*

- d. "...and keep all His statutes..." He does not speak in vain and there is no hierarchy of values as to which is more important than another. He will not share statutes with another god or philosopher. We do not make our own evaluations of which ones to keep.*
- e. "...I will put none of the diseases on you which I have brought on the Egyptians." HIS PROMISE TO THEM for keeping those conditions. We see He would give them good health in exchange for their keeping His conditions with diligence and being obedient to all He laid down for them. NOTE: He would not bring or put diseases on them that HE HAD put on the Egyptians. Here we see Him taking full responsibility for the plagues and diseases that had come on the Egyptians. This was not simply a natural occurrence or process such as we are commanded to believe about the COVID-19 Coronavirus. God had brought them on the Egyptians and could just as easily put them on the chosen ones if they chose to defy His rules for health.*
- f. Once again we see the connection of good health and obedience to God or complete trust in Him. God had used those diseases to weaken the stubborn, arrogant and ungodly resolve of the Egyptians and their gods to resist God fully as if they were His equals. When the apple of His eye had become so arrogant as to destroy themselves, He would use everything in His power, mercy, and grace to stop them from that destruction. If that meant a disease that would cost some their lives, He would do it to save the rest. His only reason for halting such healing is if their stubbornness had reached the level of hardness that nothing would turn them about. He would allow them to go into total destruction.*
- g. He makes the clear statement that all healing is within Him. How simple this should be to grasp since He is our Creator and knows every molecule in us and its proper relationship to every other molecule in us and external to us. He is LORD and controls all*

**processes of the universe. Nothing goes beyond His notice and control. There are no random diseases about which He has no knowledge or control of movement.**

**h. At least one part of the commandments, laws, statutes and His words, were the dietary laws that He gave to Israel to keep them healthy and prosperous as a nation. One would be wise to pay some close attention to the diet described if one wanted to have good health. Remember that our relationship to the law is that it is written in our hearts and is to be treated with utmost respect. However we determine to pay attention to it and to heed its teachings, it must be by faith in God alone and not to justify ourselves before Him. We believe we have been given much freedom in Christ to eat as we think wisely to do but we are not given freedom to ignore the teachings of God's Word.**

*What can we conclude from our observations?*

*Good health always starts and ends with a trusting, healthy relationship to God. It is in trusting Jesus as the Christ and the Lord. It is in the fear of the Lord. It is in obedience to Him. It is in covenant loyalty. It is in loving God with our whole being and our neighbor as ourselves. It is found in trusting God to have good health. It is expressed by showing deep gratitude for everything we eat. It is in glorifying God in whatever we eat or drink. It is found in faithfully moving adequately; it is in being in the sunlight; drinking clean water; breathing clean air; eating clean, raw or lightly altered whole foods, the way He created them.*

*Our original diet was vegetarian: fruits, vegetables, nuts, seeds, berries etc.*

*Grains came after the fall*

*Meat came after the flood.*

*One might do well to consider the ratio and relationship these foods have with the original diet, if physical health is a concern.*

*When God wanted to create His own nation of His own people to glorify Himself and make Himself known, He included a promise on what He would do with them to be sure they were a healthy prosperous people. People might do well to pay close attention to what He said.*