| D:h1: and Dafamanana | an Cuastian | Martult. | $\mathbf{D} = \mathbf{A}$ | TT = = 141- | II. aller | F |
|----------------------------|--------------|------------|---------------------------|-------------|-----------|----------|
| Biblical References | on Creation, | Nutrition, | Food, | Health, | Healing, | Exercise |

| Health | Psalms | PS 67:2 that your ways may be known on earth, |
|----------|-----------|--|
| | 67:2 | your salvation among all nations. |
| | 0,12 | (KJV: thy saving health among all nations) |
| Health | Jeremiah | JER 30:17 But I will restore you to health |
| | 30:17 | and heal your wounds,' |
| | | declares the LORD, |
| | | `because you are called an outcast, |
| | | Zion for whom no one cares.' |
| Healing | Psalms | PS 103:1 Praise the LORD, O my soul; |
| meaning | 103:1-5 | all my inmost being, praise his holy name. |
| | 105.1 5 | PS 103:2 Praise the LORD, O my soul, |
| | | and forget not all his benefits |
| | | PS 103:3 who forgives all your sins |
| | | and heals all your diseases, |
| | | PS 103:4 who redeems your life from the pit |
| | | and crowns you with love and compassion, |
| | | PS 103:5 who satisfies your desires with good things |
| | | so that your youth is renewed like the eagle's. |
| MISC | Hosea | HOS 4:6 my people are destroyed from lack of knowledge. |
| | 4:6 | |
| Creation | Psalms | PS 139:14 I praise you because I am fearfully and wonderfully made; |
| | 139:14 | your works are wonderful, |
| | | I know that full well. |
| Creation | Gen 2:7 | [7] the LORD God formed the man from the dust of the ground and breathed into his nostrils |
| | | the breath of life, and the man became a living being. |
| Food | Gen 3:19 | GE 3:19 By the sweat of your brow |
| | | you will eat your food |
| | | until you return to the ground, |
| | | since from it you were taken; |
| | | for dust you are |
| | | and to dust you will return." |
| Creation | Psalms | PS 103:14 for he knows how we are formed, |
| | 103:14 | he remembers that we are dust. |
| Creation | Ecc 12:7 | ECC 12:7 and the dust returns to the ground it came from, |
| | | and the spirit returns to God who gave it. |
| Healing | 2 Cor | 2CO 12:7 To keep me from becoming conceited because of these surpassingly great |
| | 12:7-9 | revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. [8] |
| | | Three times I pleaded with the Lord to take it away from me. [9] But he said to me, "My grace |
| | | is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the |
| | | more gladly about my weaknesses, so that Christ's power may rest on me. |
| Healing | Ph 4:11- | [11] I am not saying this because I am in need, for I have learned to be content whatever the |
| | 13 | circumstances. [12] I know what it is to be in need, and I know what it is to have plenty. I |
| | | have learned the secret of being content in any and every situation, whether well fed or |
| | | hungry, whether living in plenty or in want. [13] I can do everything through him who gives |
| | | me strength. |
| Illness | 1Cor | [28] A man ought to examine himself before he eats of the bread and drinks of the cup. [29] |
| | 11:28-32 | For anyone who eats and drinks without recognizing the body of the Lord eats and drinks |
| | | judgment on himself. [30] That is why many among you are weak and sick, and a number of |
| | | you have fallen asleep. [31] But if we judged ourselves, we would not come under judgment. |
| | | [32] When we are judged by the Lord, we are being disciplined so that we will not be |
| | | condemned with the world. |
| Illness | 1 Jn 1:9 | [9] If we confess our sins, he is faithful and just and will forgive us our sins and purify us |
| micso | 1 311 1.7 | 1 [2] If we comeas our sins, he is futural and just and will forgive us our sins and purity us |

| | | from all unrighteousness. |
|------------|-----------|--|
| Health | 1Cor | 1CO 3:16 Don't you know that you yourselves are God's temple and that God's Spirit lives in |
| illuitii | 3:16-17 | you? [17] If anyone destroys God's temple, God will destroy him; for God's temple is sacred, |
| | 5.10 17 | and you are that temple. |
| Health | 1Cor | [19] Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you |
| | 6:19-20 | have received from God? You are not your own; [20] you were bought at a price. Therefore |
| | | honor God with your body. |
| Health | Gal 6:7-8 | GAL 6:7 Do not be deceived: God cannot be mocked. A man reaps what he sows. [8] The one |
| | | who sows to please his sinful nature, from that nature will reap destruction; the one who sows |
| | | to please the Spirit, from the Spirit will reap eternal life. |
| Health | Ph 1:23- | [23] I am torn between the two: I desire to depart and be with Christ, which is better by far; |
| | 24 | [24] but it is more necessary for you that I remain in the body. |
| Health | Col 2:8 | COL 2:8 See to it that no one takes you captive through hollow and deceptive philosophy, |
| Tioutifi | 001 2.0 | which depends on human tradition and the basic principles of this world rather than on Christ. |
| Knowledge | Jn 8:32 | [32] Then you will know the truth, and the truth will set you free." |
| Knowledge | Jn 13:14- | [14] Now that I, your Lord and Teacher, have washed your feet, you also should wash one |
| Kilowicuge | 17 | another's feet. [15] I have set you an example that you should do as I have done for you. [16] I |
| | 17 | tell you the truth, no servant is greater than his master, nor is a messenger greater than the one |
| | | who sent him. [17] Now that you know these things, you will be blessed if you do them. |
| Knowledge | Ac 17:11 | [11] Now the Bereans were of more noble character than the Thessalonians, for they received |
| Kilowicuge | AC 17.11 | the message with great eagerness and examined the Scriptures every day to see if what Paul |
| | | said was true. |
| Illness | Mk 5:25- | [25] And a woman was there who had been subject to bleeding for twelve years. [26] She had |
| micss | 26 | suffered a great deal under the care of many doctors and had spent all she had, yet instead of |
| | 20 | getting better she grew worse. |
| Drugs | Rev | REV 18:23 The light of a lamp |
| Diugs | 18:23 | will never shine in you again. |
| | 10.25 | The voice of bridegroom and bride |
| | | will never be heard in you again. |
| | | Your merchants were the world's great men. |
| | | By your magic spell all the nations were led astray. |
| | | (Greek: phar-ma-kia = drugs i.e. by your drugs all nations were led astray.) |
| Drink | Pr 20:1 | PR 20:1 Wine is a mocker and beer a brawler; |
| DIIIK | 11 20.1 | whoever is led astray by them is not wise. |
| Drink | Pr 23:32 | In the end it bites like a snake |
| DIIIK | 11 25.52 | and poisons like a viper. |
| Health | Gen 3:19 | GE 3:19 By the sweat of your brow |
| Exercise | Gell 3.19 | you will eat your food |
| Food | | until you return to the ground, |
| 1000 | | since from it you were taken; |
| | | for dust you are |
| | | and to dust you will return." |
| Exercise | Ge 2:15 | GE 2:15 The LORD God took the man and put him in the Garden of Eden to work it and take |
| Food | Ge 2.15 | care of it. |
| Exercise | Ge 3:23 | [23] So the LORD God banished him from the Garden of Eden to work the ground from |
| Food | Ge 5.25 | which he had been taken. |
| | Ere 20.0 | |
| Exercise | Exe 20:9- | 9] Six days you shall labor and do all your work, [10] but the seventh day is a Sabbath to the |
| Rest | 11 | LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor |
| | | your manservant or maidservant, nor your animals, nor the alien within your gates. [11] For in |
| | | six days the LORD made the heavens and the earth, the sea, and all that is in them, but he |
| E | 071-0.10 | rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. |
| Exercise | 2Th 3:10- | [10] For even when we were with you, we gave you this rule: "If a man will not work, he shall |
| Work | 11 | not eat." |
| | | 2TH 3:11 We hear that some among you are idle. They are not busy; they are busybodies. |
| | | [12] Such people we command and urge in the Lord Jesus Christ to settle down and earn the |

| | | bread they eat. |
|---------------|-----------------------------|---|
| Work | G3 9:20 | GE 9:20 Noah, a man of the soil, proceeded to plant a vineyard. |
| Exercise | | |
| Exercise | | Ge 2:15 (God made man and placed him in a garden.), Gen 1:29, 2:9, 16 (God provided the |
| | | food man was to eat.), Gen 3:18 (After the fall, there were thorns and thistles or weeds and |
| | | man had to work to remove the weeds and grow the food.) |
| Attitude | Ph 4:7-8, | [7] And the peace of God, which transcends all understanding, will guard your hearts and your |
| | 11 | minds in Christ Jesus. |
| | | PHP 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is |
| | | pure, whatever is lovely, whatever is admirableif anything is excellent or praiseworthy |
| | | think about such things. |
| | | [11] I am not saying this because I am in need, for I have learned to be content whatever the |
| | | circumstances. |
| Food | Ps 128:1- | PS 128:1 Blessed are all who fear the LORD, |
| Obedience | 2 | who walk in his ways. |
| Happiness | | PS 128:2 You will eat the fruit of your labor; |
| | | blessings and prosperity will be yours. |
| Happiness | Ps 144:15 | PS 144:15 Blessed are the people of whom this is true; |
| | | blessed are the people whose God is the LORD. |
| Happiness | Pr 16:20 | PR 16:20 Whoever gives heed to instruction prospers, |
| | | and blessed is he who trusts in the LORD. |
| Happiness | Jn 10:10 | [10] The thief comes only to steal and kill and destroy; I have come that they may have life, |
| | | and have it to the full. |
| God's | Col:1:16- | [16] For by him all things were created: things in heaven and on earth, visible and invisible, |
| natural | 17 | whether thrones or powers or rulers or authorities; all things were created by him and for him. |
| laws | | [17] He is before all things, and in him all things hold together. |
| God's | Ge 1:31 | GE 1:31 God saw all that he had made, and it was very good. And there was evening, and |
| natural | | there was morningthe sixth day. |
| laws | | |
| God's | Mt 5:45 | [45] that you may be sons of your Father in heaven. He causes his sun to rise on the evil and |
| natural | | the good, and sends rain on the righteous and the unrighteous. |
| laws | | |
| God's | Ge 6:12- | [12] God saw how corrupt the earth had become, for all the people on earth had corrupted |
| natural | 13 | their ways. [13] So God said to Noah, "I am going to put an end to all people, for the earth is |
| laws | | filled with violence because of them. I am surely going to destroy both them and the earth. |
| God's | Ro 1:22- | [22] Although they claimed to be wise, they became fools [23] and exchanged the glory of the |
| natural | 28 | immortal God for images made to look like mortal man and birds and animals and reptiles. |
| laws | | RO 1:24 Therefore God gave them over in the sinful desires of their hearts to sexual |
| | | impurity for the degrading of their bodies with one another. [25] They exchanged the truth of |
| | | God for a lie, and worshiped and served created things rather than the Creatorwho is forever |
| | | praised. Amen. |
| | | RO 1:26 Because of this, God gave them over to shameful lusts. Even their women |
| | | exchanged natural relations for unnatural ones. [27] In the same way the men also abandoned |
| | | natural relations with women and were inflamed with lust for one another. Men committed |
| | | indecent acts with other men, and received in themselves the due penalty for their perversion. |
| | | RO 1:28 Furthermore, since they did not think it worthwhile to retain the knowledge of |
| Cod's | 1Th 5:23 | God, he gave them over to a depraved mind, to do what ought not to be done. |
| God's | 1111 3:23 | 1TH 5:23 May God himself, the God of peace, sanctify you through and through. May your |
| natural | | whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. |
| laws God's | Mc1 2.6 | (i.e. man is spirit, soul, and body) |
| God's | Mal 3:6 | MAL 3:6 "I the LORD do not change. So you, O descendants of Jacob, are not destroyed. |
| natural | | |
| laws God's | $C_{2} \in \mathcal{C}^{2}$ | [2] Then the LOPD said "My Spirit will not contand with man formula for he is monthly his |
| God's | Ge 6:3 | [3] Then the LORD said, "My Spirit will not contend with man forever, for he is mortal; his |
| natural | | days will be a hundred and twenty years." |

| laws | | |
|---------------|-------------|--|
| Pure water | Ge 2:10 | GE 2:10 A river watering the garden flowed from Eden; from there it was separated into four |
| | | headwaters. |
| Pure water | Rev 22:1- | REV 22:1 Then the angel showed me the river of the water of life, as clear as crystal, flowing |
| Food | 2 | from the throne of God and of the Lamb [2] down the middle of the great street of the city. On |
| | | each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit |
| | | every month. And the leaves of the tree are for the healing of the nations. |
| Pure Food | Ge 2:9 | [9] And the LORD God made all kinds of trees grow out of the groundtrees that were |
| 1 010 1 000 | 00 213 | pleasing to the eye and good for food. In the middle of the garden were the tree of life and the |
| | | tree of the knowledge of good and evil. |
| Pure Food | Ge 1:29 | GE 1:29 Then God said, "I give you every seed-bearing plant on the face of the whole earth |
| 1 ule 1 oou | 001.29 | and every tree that has fruit with seed in it. They will be yours for food. |
| Food | Ge 9:3 | [3] Everything that lives and moves will be food for you. Just as I gave you the green plants, I |
| 1000 | 00 7.5 | now give you everything. |
| | | (Note: on a veggie diet, man lived 912 yrs; as a carnivore, w/i a couple of generations, his |
| | | lifespan had dropped to 100, and has declined since to about 70.) |
| Sunshine | Ge 2:25 | GE 2:25 The man and his wife were both naked, and they felt no shame. |
| Rest | Ecc 5:12 | ECC 5:12 The sleep of a laborer is sweet, |
| Rest | Ecc 3.12 | whether he eats little or much, |
| | | but the abundance of a rich man |
| | | |
| Attitude | Pr 17:22 | permits him no sleep. PR 17:22 A cheerful heart is good medicine, |
| Attitude | FI 17.22 | • |
| God's | L. 10.10 | but a crushed spirit dries up the bones. |
| | Jn 10:10 | [10] The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. |
| natural | | |
| laws | 21-2 | 2DV 1.2 Desc friend Lange distance and a second |
| God's | 3Jn2 | 3JN 1:2 Dear friend, I pray that you may enjoy good health and that all may go well with you, |
| natural | | even as your soul is getting along well. |
| laws | Jn 13:17 | [17] Now that you know these things, you will be blessed if you do them. |
| God's | Jn 15:17 | [17] Now that you know these things, you will be blessed if you do them. |
| natural | | |
| laws God's | Dt 30:19- | DT 20,10 This day I call because and earth as witnesses against you that I have get before you |
| | 20 | DT 30:19 This day I call heaven and earth as witnesses against you that I have set before you |
| natural | 20 | life and death, blessings and curses. Now choose life, so that you and your children may live |
| laws | | [20] and that you may love the LORD your God, listen to his voice, and hold fast to him. For |
| | | the LORD is your life, and he will give you many years in the land he swore to give to your |
| C . II | N4 7.12 | fathers, Abraham, Isaac and Jacob. |
| God's | Mt 7:13- | MT 7:13 "Enter through the narrow gate. For wide is the gate and broad is the road that leads |
| natural | 14 | to destruction, and many enter through it. [14] But small is the gate and narrow the road that |
| laws | 117, 10, 01 | leads to life, and only a few find it. |
| Choose | 1Kg18:21 | [21] Elijah went before the people and said, "How long will you waver between two opinions? |
| | | If the LORD is God, follow him; but if Baal is God, follow him." |
| 0.1 | D 106.2 | But the people said nothing. |
| God's | Ps 126:3 | PS 126:3 The LORD has done great things for us, |
| natural | 1 | and we are filled with joy. |
| laws | 1.2.16 | |
| God wants | Jn 3:16 | JN 3:16 "For God so loved the world that he gave his one and only Son, that whoever believes |
| us healthy | L 15 11 | in him shall not perish but have eternal life. |
| God wants | Jn 15:11 | [11] I have told you this so that my joy may be in you and that your joy may be complete. |
| us healthy | | |
| God wants | Mt 7:7-8 | MT 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be |
| us healthy | 1 | opened to you. [8] For everyone who asks receives; he who seeks finds; and to him who |
| ~ . | | knocks, the door will be opened. |
| God wants | 1Cor2:9 | 9] However, as it is written: |
| us healthy | | |

| | T | "No ave has seen |
|-------------------------|--------------|---|
| | | "No eye has seen, no ear has heard, |
| | | |
| | | no mind has conceived |
| C 1 | 11 10 00 | what God has prepared for those who love him" |
| God wants | Lk 12:32 | LK 12:32 "Do not be afraid, little flock, for your Father has been pleased to give you the |
| us healthy | | kingdom. |
| God wants | Mt 11:5 | 5] The blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the |
| us healthy | | dead are raised, and the good news is preached to the poor. |
| God wants | 1Jn 3:22 | 22] and receive from him anything we ask, because we obey his commands and do what |
| us healthy | | pleases him. |
| God wants us healthy | Mt 4:1-7 | MT 4:1 Then Jesus was led by the Spirit into the desert to be tempted by the devil. [2] After fasting forty days and forty nights, he was hungry. [3] The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." |
| | | MT 4:4 Jesus answered, "It is written: `Man does not live on bread alone, but on every word that comes from the mouth of God.' " |
| | | MT 4:5 Then the devil took him to the holy city and had him stand on the highest point of the temple. [6] "If you are the Son of God," he said, "throw yourself down. For it is written: " `He will command his angels concerning you, |
| | | and they will lift you up in their hands, |
| | | so that you will not strike your foot against a stone.' " |
| | | MT 4:7 Jesus answered him, "It is also written: `Do not put the Lord your God to the test.' " |
| Body is | 1Cor | [19] Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you |
| temple | 6:19-20 | have received from God? You are not your own; [20] you were bought at a price. Therefore |
| - | | honor God with your body. |
| God wants | Gen 5:5, | [5] Altogether, Adam lived 930 years, and then he died. |
| us healthy | 27 | [27] Altogether, Methuselah lived 969 years, and then he died. |
| God wants | Gen | GE 21:1 Now the LORD was gracious to Sarah as he had said, and the LORD did for Sarah |
| us healthy | 21:1-8 | what he had promised. [2] Sarah became pregnant and bore a son to Abraham in his old age, at the very time God had promised him. [3] Abraham gave the name Isaac to the son Sarah bore him. [4] When his son Isaac was eight days old, Abraham circumcised him, as God commanded him. [5] Abraham was a hundred years old when his son Isaac was born to him. GE 21:6 Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me." [7] And she added, "Who would have said to Abraham that Sarah would |
| | | nurse children? Yet I have borne him a son in his old age." GE 21:8 The child grew and was weaned, and on the day Isaac was weaned Abraham held a great feast. [9] But Sarah saw that the son whom Hagar the Egyptian had borne to Abraham was mocking, |
| God wants us healthy | Dt 34:7 | [7] Moses was a hundred and twenty years old when he died, yet his eyes were not weak nor his strength gone. |
| Choices | 2Cor 3:17 | [17] Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. |
| Choices | 1Cor 8:9 | 1CO 8:9 Be careful, however, that the exercise of your freedom does not become a stumbling block to the weak. |
| Choices | Jos 1:7 | 7] Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. |
| Food as | Mk 14:22 | MK 14:22 While they were eating, Jesus took bread, gave thanks and broke it, and gave it to |
| covenant | | his disciples, saying, "Take it; this is my body." MK 14:23 Then he took the cup, gave thanks and offered it to them, and they all drank from it. MK 14:24 "This is my blood of the covenant, which is poured out for many," he said to |
| | | |
| Food as | En 16.21 | them. EX 16:21 The meanly of largel called the bread menne. It was white like conjunder and and |
| Food as covenant | Ex 16:31 | EX 16:31 The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey. |
| Food as | Dt 8:3 | 3] He humbled you, causing you to hunger and then feeding you with manna, which neither |
| | D1 0.5 | you nor your fathers had known, to teach you that man does not live on bread alone but on |
| covenant | 1 | you not your famers had known, to teach you that man does not live on bread alone but on |

| | | every word that comes from the mouth of the LORD. |
|---------------|----------|---|
| Nutrition | Isa 55:2 | ISA 55:2 Why spend money on what is not bread, |
| | | and your labor on what does not satisfy? |
| | | Listen, listen to me, and eat what is good, |
| | | and your soul will delight in the richest of fare. |
| Choices | Pr 16:18 | PR 16:18 Pride goes before destruction, |
| Choices | 11 10.10 | a haughty spirit before a fall. |
| Codairan | Gen 1:30 | 30] And to all the beasts of the earth and all the birds of the air and all the creatures that move |
| God given | Gen 1:50 | |
| food | | on the groundeverything that has the breath of life in itI give every green plant for food." |
| ~ | 1.1.1.07 | And it was so. |
| Stress | Jn 14:27 | 27] Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do |
| | | not let your hearts be troubled and do not be afraid. |
| Stress | Ph 4:6-7 | [6] Do not be anxious about anything, but in everything, by prayer and petition, with |
| | | thanksgiving, present your requests to God. [7] And the peace of God, which transcends all |
| | | understanding, will guard your hearts and your minds in Christ Jesus. |
| Attitude | 1Cor | 1CO 13:13 And now these three remain: faith, hope and love. But the greatest of these is love. |
| | 13:13 | |
| Attitude | Pr 14:30 | PR 14:30 A heart at peace gives life to the body, |
| | | but envy rots the bones. |
| Attitude | Pr 23:7 | PR 23:7 for he is the kind of man |
| 1 minude | 11 25.7 | who is always thinking about the cost. |
| | | "Eat and drink," he says to you, |
| | | but his heart is not with you. |
| | | KJV: For as he thinketh in his heart, so is he. |
| D 11 . C | M(12.10 | |
| Belief | Mt 13:12 | 12] Whoever has will be given more, and he will have an abundance. Whoever does not have, |
| | | even what he has will be taken from him. |
| Attitude | 2Pe 1:4 | 4] Through these he has given us his very great and precious promises, so that through them |
| | | you may participate in the divine nature and escape the corruption in the world caused by evil |
| | | desires. |
| Belief | Lk 17:21 | [21] nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is within |
| | | you." |
| Belief | Mt 8:13 | MT 8:13 Then Jesus said to the centurion, "Go! It will be done just as you believed it would." |
| | | And his servant was healed at that very hour. |
| Drink | Pr 20:1 | PR 20:1 Wine is a mocker and beer a brawler; |
| | | whoever is led astray by them is not wise. |
| Drink | 1Tim | 1TI 5:23 Stop drinking only water, and use a little wine because of your stomach and your |
| DIIIK | 5:23 | frequent illnesses. |
| Detox | 2Cor 7:1 | 2CO 7:1 Since we have these promises, dear friends, let us purify ourselves from everything |
| Delox | 2001 7.1 | |
| D (| D 517 | that contaminates body and spirit, perfecting holiness out of reverence for God. |
| Detox | Ps 51:7 | PS 51:7 Cleanse me with hyssop, and I will be clean; |
| | | wash me, and I will be whiter than snow. |
| Exercise | Pr 19:15 | PR 19:15 Laziness brings on deep sleep, |
| | | and the shiftless man goes hungry. |
| Exercise | Ex 20:9- | [9] Six days you shall labor and do all your work, [10] but the seventh day is a Sabbath to the |
| | 10 | LORD your God. On it you shall not do any work, |
| Exercise | Pr 6:6-8 | PR 6:6 Go to the ant, you sluggard; |
| Move it to | | consider its ways and be wise! |
| lose it (wt); | | PR 6:7 It has no commander, |
| move it or | 1 | no overseer or ruler, |
| lose it | 1 | PR 6:8 yet it stores its provisions in summer |
| (atrophy) | | and gathers its food at harvest. |
| | Ev 2.11 | |
| Exercise | Ex 2:11 | EX 2:11 One day, after Moses had grown up, he went out to where his own people were and |
| | | watched them at their hard labor. |
| Attitude | Ph 4:7 | 7] And the peace of God, which transcends all understanding, will guard your hearts and your |
| | 1 | minds in Christ Jesus. |

| Ex 15:26 | 26] He said, "If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you." |
|-----------|---|
| L v 3·17 | |
| L v 3.17 | any of the diseases i brought on the egyptians for Lam the LUKU, who heats you |
| | |
| LV 3.17 | LEV 3:17 " This is a lasting ordinance for the generations to come, wherever you live: You |
| 11 01 04 | must not eat any fat or any blood.'" |
| Lk 21:34 | LK 21:34 "Be careful, or your hearts will be weighed down with dissipation, drunkenness and |
| | the anxieties of life, and that day will close on you unexpectedly like a trap. |
| Gen 1:29 | GE 1:29 Then God said, "I give you every seed-bearing plant on the face of the whole earth |
| | and every tree that has fruit with seed in it. They will be yours for food. |
| Lv 11:2-3 | [2] "Say to the Israelites: `Of all the animals that live on land, these are the ones you may eat: |
| | [3] You may eat any animal that has a split hoof completely divided and that chews the cud. |
| Lv 11:9 | LEV 11:9 " `Of all the creatures living in the water of the seas and the streams, you may eat |
| | any that have fins and scales. [10] But all creatures in the seas or streams that do not have fins |
| | and scaleswhether among all the swarming things or among all the other living creatures in |
| | the wateryou are to detest. |
| Nu 11:5 | [5] We remember the fish we ate in Egypt at no costalso the cucumbers, melons, leeks, |
| | onions and garlic. |
| Gen 1:30 | [30] And to all the beasts of the earth and all the birds of the air and all the creatures that move |
| | on the groundeverything that has the breath of life in itI give every green plant for food." |
| | And it was so. |
| Dt 8:8 | [8] a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey; |
| | SS 2:5 Strengthen me with raisins, |
| 55 2.5 | refresh me with apples, |
| | for I am faint with love. |
| Mk 6.41 | [41] Taking the five loaves and the two fish and looking up to heaven, he gave thanks and |
| WIK 0.41 | broke the loaves. Then he gave them to his disciples to set before the people. He also divided |
| | the two fish among them all. [42] They all ate and were satisfied, [43] and the disciples picked |
| | up twelve basketfuls of broken pieces of bread and fish. [44] The number of the men who had |
| | |
| Car 4:11 | eaten was five thousand. |
| Gen 4:11 | GE 43:11 Then their father Israel said to them, "If it must be, then do this: Put some of the |
| | best products of the land in your bags and take them down to the man as a gifta little balm |
| D 05 16 | and a little honey, some spices and myrrh, some pistachio nuts and almonds. |
| Pr 25:16 | PR 25:16 If you find honey, eat just enough |
| - | too much of it, and you will vomit. |
| Ez 4:9 | EZE 4:9 "Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar |
| | and use them to make bread for yourself. |
| Isa | [15] He will eat curds and honey when he knows enough to reject the wrong and choose the |
| 7:15,22 | right. |
| | [22] And because of the abundance of the milk they give, he will have curds to eat. All who |
| | remain in the land will eat curds and honey. |
| Ps 102:2- | PS 103:2 Praise the LORD, O my soul, |
| 3 | and forget not all his benefits |
| | PS 103:3 who forgives all your sins |
| | and heals all your diseases, |
| Jer 17:14 | JER 17:14 Heal me, O LORD, and I will be healed; |
| | save me and I will be saved, |
| | for you are the one I praise. |
| Ps 23:4 | PS 23:4 Even though I walk |
| | through the valley of the shadow of death, |
| | I will fear no evil, |
| 1 | |
| | for you are with me: |
| | for you are with me; your rod and your staff. |
| | your rod and your staff, |
| 2Cor 3:4 | • |
| | Gen 1:30 Dt 8:8 SS 2:5 Mk 6:41 Gen 4:11 Pr 25:16 Ez 4:9 Isa 7:15,22 Ps 102:2- 3 Jer 17:14 |

| | | strengthen me according to your word. |
|-------------|---------------|---|
| Attitude | Ph 4:13 | [13] I can do everything through him who gives me strength. |
| Attitude | 1Cor | 1CO 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God |
| | 10:31 | |
| Attitude | 1Cor | 1CO 13:8 Love never fails. |
| | 13:8 | |
| Attitude | Jn 1:17 | 17] For the law was given through Moses; grace and truth came through Jesus Christ. |
| Attitude | Mt 22:37-9 | MT 22:37 Jesus replied: " `Love the Lord your God with all your heart and with all your soul and with all your mind.' [38] This is the first and greatest commandment. [39] And the second is like it: `Love your neighbor as yourself.' [40] All the Law and the Prophets hang on these two commandments." |
| Attitude | Mt 18:3 | [3] And he said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. |
| Attitude | Mt 6:12 | MT 6:12 Forgive us our debts, |
| Forgiveness | | as we also have forgiven our debtors. |
| Attitude | Mt | MT 18:21 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my |
| Forgiveness | 18:21-22 | brother when he sins against me? Up to seven times?" |
| U | | MT 18:22 Jesus answered, "I tell you, not seven times, but seventy-seven times. |
| Attitude | Ep 4:31 | 31] Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. [32] Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. |
| Attitude | Je 31:13 | JER 31:13 Then maidens will dance and be glad, |
| | | young men and old as well. |
| | | I will turn their mourning into gladness; |
| | | I will give them comfort and joy instead of sorrow. |
| Attitude | Mk 14:34 | [34] "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch." |
| Attitude | Ec 3:4 | ECC 3:4 a time to weep and a time to laugh, |
| | | a time to mourn and a time to dance, |
| Attitude | Mt 5:16 | [16] In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven. |
| Attitude | Ph 4:8 | PHP 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirableif anything is excellent or praiseworthy think about such things. |
| Attitude | Ps 46:10 | PS 46:10 "Be still, and know that I am God; |
| Attitude | Ps 23 | PS 23:2 He makes me lie down in green pastures, he leads me beside quiet waters, PS 23:3 he restores my soul. |
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