

16. What should be the purpose of every child of God when he realizes that the Lord is coming soon? *1 John 3:1-3*.

The Bible Says: _____

17. How can those who find themselves enslaved by injurious habits gain victory over them? *Philippians 4:13*.

The Bible Says: _____

The Lord is coming to redeem a special people - a people who have dedicated body, mind, and soul to Him. When the Hebrews brought a sacrifice to the Lord it was to be without spot or blemish. Paul makes this appeal to us: "Present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." *Romans 12:1*. Let us determine today that we will not indulge in any practice by which our bodies will be injured and defiled, but live to glorify God in every way.

If you have a problem and desire help, please check the square below:

I have an injurious habit which I desire to overcome. ☐

COMMENTS:

Published and
Distributed by **FPM** P.O. Box 162685, Altamonte Springs, FL 32716



What The Bible Says:

Lesson 31

Name _____

Address _____

City _____ State _____ Zip _____

About Highways to Health

*Always pray before opening your Bible.
Find the text in your Bible and write the answer.*

Every person who has had the satisfaction of owning a new car has received an owner's manual which tells him how to enjoy and care for the new vehicle. This manual gives almost all the information he needs to operate the car.

A wise owner will study the instructions of the manual carefully and will follow them closely. These suggestions are based on the fact that the manufacturer designed and built the car and knows how it will perform best.

From time to time people find themselves in a hospital. Doctors are forced to tell them that they are seriously ill and that their illness is caused by misuse of the body God has given them. We are told that 80 percent of all diseases, excluding accidents and infections, are the result of wrong health habits. Millions of Americans are committing suicide on the installment plan. They are literally digging their graves with their teeth.

The Creator and designer of the human body has written an instruction book. Shall we call it an Owner's Manual? In this Book, the Bible, God has given us some excellent instruction as to how to care for our remarkable bodies. In this Book, God has told us what to put into the body and what not to use. How few have taken time to let God show them the better way of life! As a result, many people suffer needless pain and experience premature death.

God does not lay down arbitrary rules just to show His authority. He