

Thy Word is a Lamp Unto My Feet Lesson 9 2Q 2207

The Bible and Health

Read Sabbath's lesson – thoughts?

Why is it a moral matter to care for the body? Why is it incumbent upon Christians to take care of their bodies?

Isn't it true that no matter how vigorous the health principles you practice that with time the body wears out and the organs fail and death comes? Then what difference does it make? Didn't Jesus say don't be afraid of him who can destroy the body but he who can destroy the body and soul? So, doesn't this mean we shouldn't worry about habits that destroy the body?

NO! Why is it important? Because the body and the mind are linked. You cannot affect the body without affecting the mind and vice versa. As we undermine the physical health we weaken the mental health and make it harder to achieve the enlightenment of mind that we might otherwise have received. Additionally, indulgence of appetites have impact on more than body, they affect character and thus victory over appetites have not just physical benefit but spiritual benefit as the higher faculties are strengthened and the base passions are weakened.

SUNDAY

- Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. NIV
- I beseech you therefore, brethren, by the compassions of God, to present your bodies a living sacrifice, holy, acceptable to God, which is your intelligent service. Darby
- I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. KJV
- I call upon you, therefore, brethren, through the compassions of God, to present your bodies a sacrifice—living, sanctified, acceptable to God—your intelligent service; Young's Literal Translation

Thoughts about this passage? First notice that the be spiritual is to be intellectual and reasonable – God wants us to do that which is

understandable, reasonable, intelligent because we have been convinced it is right to do. Why is it reasonable and intelligent to present our bodies as living sacrifices to God? What does this mean?

What is the law upon which all life in the universe is designed to operate? Love – can the class give me some examples of how this law is the foundation of life? With this in mind, what does it mean to surrender ourselves as living sacrifices to God? Would it mean to be conduits of His love, to receive His love, abilities, wisdom, gifts etc and freely give all we receive to benefit others? Is this something reasonable and intelligent to do? Why?

Below are reviews of a book: **Altruism and Health**, Perspectives from Empirical Research, Edited by Stephen G. Post

Description

We're all quite familiar with the tale of Ebenezer Scrooge, who was miserable in his selfishness, but later became happy when he began helping others. Ebenezer's story is compelling, but is it true that helping others is good for the giver? Although numerous studies have demonstrated that people experience health benefits when treated kindly and compassionately, do those who provide love to others also experience health benefits? In other words, is it at least as good to give as to receive? Does virtue actually have its own rewards?

To answer these questions, *Altruism and Health* brings research in biology, psychiatry, psychology, gerontology, epidemiology, and public health. Much of this research shows that unselfish individuals will find life to be more meaningful, will usually be happier than their selfish counterparts, and will often experience better mental health. Some of this research also finds that unselfish individuals have reduced mortality rates and better physical

Reviews

"Do people who act generously and have kindly emotions reap benefits to themselves? Does this happen even though gaining returns does not motivate their altruistic feelings and behaviors? The path breaking essays in this book answer these questions, with appropriate qualifications, in the affirmative. Better psychological and physical health and a longer life are the main fruits that accrue to the altruistic person. This is true for youth, adults, and the elderly, as well as for those who are already ill. This book inaugurates a new science of giving. It uncovers the realities behind the ancient truth that it is more blessed to give than receive. It is a marvelous resource for health care providers, educators, social scientists, and the inquiring general reader."--Don Browning, Alexander Campbell Professor of Religious Ethics and the Social Sciences, University of Chicago, Emeritus

"It is hard to imagine a phenotype of greater importance to the future of humanity than that of the dynamic interplay, within various populations, of altruism and narcissism. Stephen Post should be congratulated for bringing together experts on that subject from an amazing diversity of disciplines--from the neuroendocrinology of species of voles to the care of HIV/AIDS patients. The overall picture that emerges is that it is not merely better to give than to receive from a moral point of view; it may also be a better strategy for the maintenance of health and well being for the altruistic giver and, given certain ecologies, may perhaps enhance the reproductive fitness of a population." --George M.

Martin, Professor of Pathology Emeritus, Director Emeritus, Alzheimer's Disease Research Center, University of Washington

"This collection sheds important light on the relationship between altruistic love and physical and emotional healing. *Altruism and Health* is a welcome and original addition to the literature. It is clearly written and accessible to both serious students of the effects of altruism, love, and healing, and to the general public. It will be welcomed by not only the general reader, but also by ministers, counselors, and other professional healers. It is certain to become a valuable reference work. I highly recommend it." --Samuel P. Oliner, Emeritus Professor of Sociology, Humboldt State University, and Director, Altruistic Personality and Prosocial Behavior Institute

"Socrates claimed famously that one never loses by doing the right thing. Stephen Post and his contributors claim, a little less boldly, that at least the generous will, probably, stay healthy--and, improving on Socrates, they support this claim with careful empirical science, impressive for its comprehensive detail. Here ethics and religion join science and enjoin us to be more caring and healthy. A seminal work, with an urgent message."--Holmes Rolston, III, University Distinguished Professor and Professor of Philosophy, Colorado State University.

Romans 14:7 and Ephesians 5:29 have to do with relationships –that no one lives in isolation and that in marriage we are unified and no one hates his own body – how are relationships and marriage related to health?

What reason is given in the Bible for the creation of Eve? It is not good for man to be alone I will make a helpmeet for him. What does this mean? Could Adam experience the fullness of Godlike love without someone for him to serve and give to? Eve was not created with the primary purpose of Adam having someone who would do what Adam wanted, but as a being for Adam to serve, for Adam to give of himself for in order for Adam to experience the fullness of godly love!

Is there a promise in the Bible for long life based on a relationship command? 5th commandment? What does this mean? Does it mean God will use His power to miraculously give long life to those who honor their parents but God will use His power to cut short the life of those who dishonor their parents? Or is it a reality of the way God designed us to function as relational beings?

Our first relationships, the prime relationship, the template relationships upon which other relationships are built are the relationships we have with our parents. Now if those relationships are dysfunctional, if we have hostility, anger, resentment, bitterness etc. in our hearts toward our parents, if we exploit and demean our parents, what kind of relationships will we likely have with others? And if we go through life, not only with the unresolved tensions of our parental relationships eating at us, but also continuing to have conflict and stress in new relationships – what

will happen? A cascade of continual stress hormones within the body and unhealthy lifestyle choices that will wear out the life force and we will die early. Conversely, when love flows freely, when we are at peace with self and others then the stress hormones are not firing all the time and we have better health and live longer.

The two passages in the lesson from Corinthians are about being the Temple of the HS, what do you think this means? How are we supposed to be the temple? What does it mean for the HS to dwell in us? Is this just individually or corporately or both? How does the Spirit's presence change us and affect us as individuals and as a group? Does this have health benefits?

MONDAY

Read top section – thoughts? This is absolutely right – the plan of salvation is the plan of healing and restoration.

Read second paragraph “Healing and restoration...” Thoughts? Salvation “may” include healing and restoration or DOES include healing and restoration? Can we be saved without being healed? And if we are healed, as God designs aren't we then saved?

Read bottom pink section – thoughts?

What are the 9 natural remedies? And why are they important, how do they benefit us and how can we apply them?

1. Exercise
2. Fresh air
3. Sunshine
4. Rest
5. Water
6. Abstemiousness (self-control or temperance)
7. Nutritious Food
8. Trust in God
9. Beneficence

1. How does Exercise benefit us?

Improved cardiovascular health, lowers bad cholesterol, raises good cholesterol, better glucose metabolism and reduced risk of DM, reduced body fat, better blood pressure, stronger muscles and bones, stronger heart muscle. In the brain, better capillary blood flow so better oxygenation, increased endorphins, enkephalins, increased neurotrophic factors. Improved ability to think clearly, better ability to organize

thoughts. All of which leads to clearer mind so better ability to understand God, His character and methods and put His plan into action

2. Fresh air

Brings oxygen which the body and brain need to function, removes CO2 which is toxic if too high. Fresh air is not filled with pollutants and germs which can damage the body and undermine the functioning of the brain. This would exclude air filled with tobacco or marijuana smoke etc.

3. Sunshine

Vitamin D conversion, UV radiation antibacterial properties, activates immune response and reduces cancer risk as well as improve immune response to protect against infection and help repair damaged skin, reduces seasonal depression through various brain hormones.

Sun-seeking immune cells rise up to fight skin cancer

03 February 2007

A BLAST of sunshine doesn't just ward off depression. It could also help fight skin cancer and other skin diseases by attracting immune cells to the skin surface.

Skin produces the inactive form of vitamin D3 in response to sun exposure. Now Eugene Butcher of Stanford University in California and his colleagues have shown that immune cells in the skin known as dendritic cells convert the inactive vitamin D3 into its active form.

The active form then causes T-cells - immune cells that destroy damaged and infected cells, and regulate other immune cells - to change the receptors on their surfaces to enable them to migrate to the upper layers of the skin. Here they can help repair sun-induced damage and fight off pathogens (*Nature Immunology*, DOI: 10.1038/ni1433).

"Sunshine is good for you, as long as it's not too much," says team member Hekla Sigmundsdottir. She says the finding may help explain the success of vitamin D3 skin creams for conditions like psoriasis: the creams attract T-cells to the skin, where they can fight inflammation.

The finding also adds to a growing body of evidence that dendritic cells, which live in tissues exposed to the external environment, such as those in the skin and nose, act as traffic controllers for the immune system, interpreting local conditions and directing T-cells to where they are needed.

From issue 2589 of New Scientist magazine, 03 February 2007, page 16

4. Rest

This refers to what kind of rest? Sleep AND Sabbath rest – rest for the body in sleep and rest for the mind and soul in God.

Lack of sleep results in increased risk of accidents, impaired cognition, higher stress hormones, impaired memory efficiency, and impaired ability to think clearly in emotionally laden situations. It raises risk of cardiovascular disease, hypertension, stroke.

Lack of Sabbath rest results in increased anxiety, worry, tension, emotional and mental exhaustion with subsequent cascade of physiological damage and increased risk of death. Does someone have to rest on the 7th day Sabbath to get this benefit? No and Yes, any day in which someone takes off and lets go of worldly interests, rests mind and body will give benefit to health, but what does someone miss without the true appreciation of the 7th day Sabbath? The evidence of what the Sabbath reveals about God and thus they miss greater insight, intimacy and understanding about God. And the more intimacy we have we God the greater our trust and the less our fear.

Lack of sleep may impact upon moral judgement

12:32 01 March 2007
NewScientist.com news service
Phil McKenna

Lack of sleep can affect people's moral judgement, a new study shows. The findings could have implications for people in positions of responsibility, whose decisions often have life or death consequences, such as overworked medical professionals and sleep-deprived soldiers.

William Killgore and colleagues at the Walter Reed Army Institute of Research in Silver Spring, Maryland, US, set up an experiment with 26 healthy adults, all of whom were active-duty military personnel.

The participants were presented with a variety of hypothetical dilemmas, first when well rested and later, after staying awake for 53 hours. Situations included complex moral quandaries such as having to choosing whether or not to let one person die in order to save the lives of several others. Less weighty dilemmas without a moral component were also included, such as "is it OK to substitute ingredients in a chocolate brownies recipe?"

While participants did not become less "moral" when sleep deprived, they did require two seconds longer on average to answer complex moral questions, Killgore says. However, questions without a moral component did not take longer to answer after participants were kept awake.

Asleep at the wheel

The findings, along with previous brain-imaging studies, suggest that sleep deprivation has a particularly debilitating effect on decision-making processes that depend heavily on emotion. "When people go for more than 24 hours without sleep there are dramatic decreases in brain activity in the prefrontal cortex [the area of the brain involved in processing emotions and decision-making]," says Killgore. "It basically goes to sleep."

Sleep deprived participants also showed slight shifts in what they deemed appropriate actions compared to when they were well-rested. The changes were more pronounced in individuals

who scored lower in "emotional intelligence" tests. Killgore believes that those with a lower emotional capacity to begin with may have less resistance to the affects of sleep deprivation.

Judy Illes at the Center for Biomedical Ethics at Stanford University, California, US, says the study's implications are profound. "Moral judgements are perhaps the most complex decisions that people have to make, decisions that are laden with personal, social, religious, and cultural values," she says.

"We don't want tired irritable soldiers making bad decisions that endanger themselves or others that are not a threat to them. Nor do we want health care providers who are unable to make quick medical decisions on behalf of their patients."

Both Illes and Killgore are quick to note that further research, including brain imaging, should be conducted as laboratory results do not always translate to real world situations.

Journal reference: *Sleep* (v 30, p345)

While you slumber, your brain puts the world in order

22 February 2007

From New Scientist Print Edition. [Subscribe](#) and get 4 free issues

Ever wondered why sleeping on a problem works? It seems that as well as strengthening our memories, sleep also helps us to extract themes and rules from the masses of information we soak up during the day.

Bob Stickgold from Harvard Medical School and his colleagues found that people were better able to recall lists of related words after a night's sleep than after the same time spent awake during the day. They also found it easier to recollect themes that the words had in common - forgetting around 25 per cent more themes after a waking rest. "We're not just stabilising memories during sleep," says Stickgold. "We're extracting the meaning."

In another experiment, people were shown cards with symbols followed by reports of various weather outcomes - so for example, diamond shapes might be followed by rain 70 per cent of the time. Twelve hours after training, people felt able to guess the weather from the symbols, though they struggled to voice their "rules". After sleeping, their predictions were 10 per cent better.

Sleep helps us extract rules from our experiences, says Stickgold. It's like knowing the difference between dogs and cats, he says, even if it is hard to explain. He presented the results last week at a meeting organised by The Science Network at the Salk Institute in La Jolla, California.

From issue 2592 of New Scientist magazine, 22 February 2007, page 17

5. Water

Water internal and external. Regular bathing prevents infections, skin breakdown, improves circulation to the skin, improved immune response, lymph flow.

Drinking water keeps the organs hydrated, flushes waste products, prevents GI and renal problems and keeps the brain cells healthier.

6. Abstemiousness

Is a principle of avoiding all things harmful and using judiciously those things which are good

7. Nutritional Foods

- a. Omega 3 fatty acids
 - a. Wild cold water fish, flax seeds, black walnuts
- b. Almonds, pecans, walnuts (Vitamin E and omega 3)
- c. Pomegranate juice (strong antioxidant, may remove amyloid protein from the brain and protect against Alzheimer's)
- d. Green leafy vegetables (B Vitamins)
- e. Fruits (antioxidants, vitamins)
- f. Grains
- g. Folate
 - a. Avocado
 - b. Orange juice
 - c. Spinach
 - d. Black beans
 - e. Soy beans
 - f. Asparagus
- h. B vitamins (not B12)
 - a. Beans (not soy)
 - b. Cantaloupe
 - c. Sweet potato
 - d. Broccoli
- i. B 12 – if vegan take a supplement, otherwise dairy, eggs, meat

8. Trust in God

Trust in God, opens the heart to experience the indwelling of the HS, which brings love, removes fear, enlightens the mind, brings peace, overcomes our existential anxieties. This trust in God calms limbic system which reduces activation of the hypothalamic pituitary axis and therefore we avoid increase in glucocorticoids and monoamines (stress hormones), which cause increased blood pressure, heart rate, activation of sympathetic nervous system, activation of macrophages and cytokines which are toxic to insulin receptors in the body and glucocorticoid receptors in the brain, resulting in increased diabetes, weight gain, depression, memory problems, heart disease, stroke, elevated cholesterol and generally shortened life. So, trust in God results in greater emotional peace with greater physical health.

10. Beneficence/Altruism

We were created to be conduits of God's love. We are to receive love, truth, abilities etc. from God and freely give to others. As we give we receive. This is the very base code and principle for life itself. Harmony with this principle is the basis of true health and happiness.

TUESDAY

Read middle paragraph "Through the miraculous..." thoughts?

Read bottom pink – thoughts? What do you think it means to "Pray for more faith to believe in those promises."?

Where does faith come from? Is our faith in the promises or the one who made the promises? And how do we get more faith in Him?

WEDNESDAY

Bottom pink section read – thoughts?

How is diet related to character?

Does it matter what we eat? How do we deal with Christ's words in Mark 7?

MK 7:14 Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. ¹⁵ Nothing outside a man can make him 'unclean' by going into him. Rather, it is what comes out of a man that makes him 'unclean.' "

MK 7:17 After he had left the crowd and entered the house, his disciples asked him about this parable. ¹⁸ "Are you so dull?" he asked. "Don't you see that nothing that enters a man from the outside can make him 'unclean'?" ¹⁹ For it doesn't go into his heart but into his stomach, and then out of his body." (In saying this, Jesus declared all foods "clean.")

MK 7:20 He went on: "What comes out of a man is what makes him 'unclean.' ²¹ For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, ²² greed, malice, deceit, lewdness, envy, slander, arrogance and folly. ²³ All these evils come from inside and make a man 'unclean.' "

Does this mean Christ was saying everything is okay to eat? What does it mean okay? Is Christ saying everything is good to eat? Healthy to eat? Why not have a poison ivy salad? Does the Bible prohibit it? Why not eat it then? So what is Christ dealing with here? Why not eat Foxglove salad? Why not eat schrooms? Hemlock?

Will eating any physical food change your character? What is Christ most concerned with? Character! But what will change your character?

When we allow our reason to be turned off, when we reject truth, when we don't think for ourselves and when we let powerful feelings make our decisions for us. The children of Israel were being fed Manna, they craved the flesh pots of Egypt, was their problem in eating meat or having no self control and not using their good judgment to choose that which was best for them?

Likewise today, the issue is one of being intelligent i.e. spiritual, using our judgment to reasonable choose that which is best and recover and maintain self control rather than letting appetites control.

THURSDAY

Healthy relationships –

Healthy relationships require healthy people, the most powerful thing you can do is first ensure you are the healthiest most Christlike person you can be in all your actions and decisions in the way you act and relate to others.

Healthy relationships reduce stress and lengthen life.

FRIDAY

Read first paragraph –thoughts

Question one – read – thoughts? What have we traditionally left out of our health evangelism? God's plan to heal and restore the mind! The only purpose of physical health evangelism is to keep the brain and mind healthy to reconnect with God!