

15 – Turn Back the Clock



1 How to Achieve Maximum Health



2 Situated on top of a cliff overlooking the emerald blue waters of the Mediterranean is an ancient Portuguese monastery.

The view is breathtaking.

The scenery is magnificent.

But there is one problem.

The only way to get to the top of the cliff is in an old wicker basket tied to a rope and hoisted up by an aged monk.



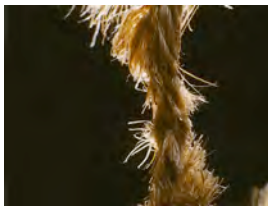
3 One day a guide and visitor were leaving the monastery.

As they stepped into the basket and were lowered down by the monk, the rope swung out over the jagged rocks below.

Nervously the tourist asked, “How often do they replace the rope?”



4 “Don’t worry,” the guide replied in a reassuring tone, “we replace it every time it breaks.”

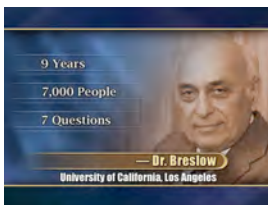


5 Just as in this story, thousands of people place themselves in an unpredictable situation regarding their health.

They wait until their health snaps, like the rope, then frantically grasp onto the latest health fad.

Broken health is not as easily replaced as a snapped rope!

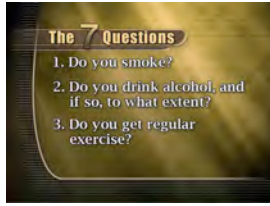
Health is not a matter of chance, it is a matter of choice—of obedience to nature’s laws.



6 Dr. Breslow of UCLA (University of California, Los Angeles) did a research study over a period of nine years.

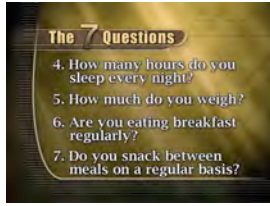
He asked 7,000 people seven questions relating to health habits and then observed these patients, comparing those who had followed positive health habits with those who had not.

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Here are the seven questions he asked:

1. Do you smoke?
2. Do you drink alcohol, and if so, to what extent?
3. Do you get regular exercise?



4. How many hours do you sleep every night?
5. How much do you weigh?
6. Are you eating breakfast regularly?
7. Do you snack between meals on a regular basis?

Those who faithfully followed good health habits relating to these seven questions lived an average of 11.5 years longer than those who did not!

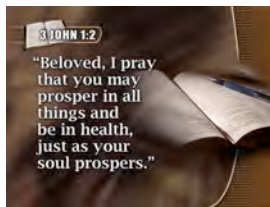


What would you give for 11.5 years added to your life?

What is being shared with you right now in this message could very well add years to your life—happy and healthy years.

Do you think it will be worthwhile for you to listen carefully?

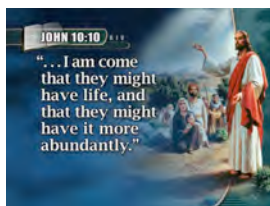
Some people are surprised to learn that God is concerned about our health and happiness here and now.



(Text: 3 John 1:2)

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

3 John 2.



(Text: John 10:10)

Jesus said, “I am come that they might have life, and that they might have it more abundantly.”

John 10:10.



Jesus wants us to have a happy, joyous, healthy life.

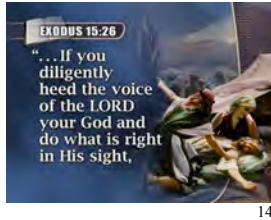
He wants us to live life to its fullest!

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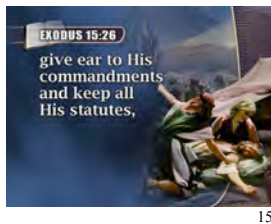
When God brought the Israelites out of Egypt, He reminded them of some very important rules and regulations concerning healthful living.

After outlining His plan for good health, He gave a most remarkable promise to those who would follow His instructions.

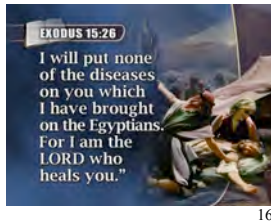


(Text: Exodus 15:26)

He said: “If you diligently heed the voice of the Lord your God and do what is right in His sight,



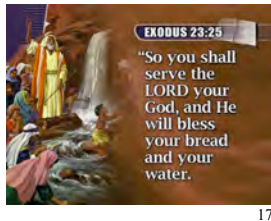
give ear to His commandments and keep all His statutes,



I will put none of the diseases on you which I have brought upon the Egyptians. For I am the Lord who heals you.”

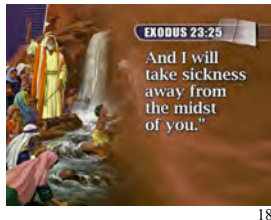
Exodus 15:26.

He also said this,



(Text: Exodus 23:25)

“So you shall serve the Lord your God, and He will bless your bread and your water.



And I will take sickness away from the midst of you.”

Exodus 23:25.

Do you catch the significance of this?

If we follow the Lord’s instructions, the effects of disease can often be reversed!

That is priceless information!

What an amazing promise!

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19

(Text: Psalm 105:37)

Commenting on the fulfillment of this promise, the psalmist tells us,

“There was not one feeble person among their tribes.”

Psalm 105:37.

“Well” you say, “probably the Egyptians didn’t have the same diseases we have today.” Wrong!



A team of specialists from around the world gathered in 1975 for the express purpose of performing autopsies on the Egyptian mummies in the Manchester (England) Medical School museum. These mummies dated back to 1900 B.C.



21

The findings were remarkable.

The ancient Egyptians suffered from many illnesses common to modern man, such as:

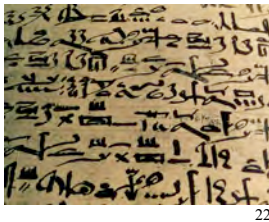
heart disease,

cancer,

vascular diseases,

and arthritis.

Although Egypt was the educational and cultural center of the world during Moses’ lifetime, its medical knowledge and remedies were very similar to those of the African witch doctor today!



In 1552 B.C., not long before the birth of Moses, a famous medical book was written in Egypt called The Papyrus Ebers.

This book lists scores of remedies or “cures” for a host of diseases, infections, and accidents, very few of which you would probably like to use!



For slivers embedded deeply, it recommends rubbing worm’s blood and horse dung into the wound.

For snake bite: drink water poured over an idol.

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24

Bald? Rub into the scalp a tonic made from horses' hooves, date blossoms, and dog heels boiled in oil.



25

The Bible tells us that Moses was educated in all the wisdom of the Egyptians (Acts 7:22).

His writings are filled with instruction concerning sanitation, quarantine, personal hygiene, and nutrition, but not once did he prescribe any of the cures listed in The Papyrus Ebers.

Where did Moses get his amazing health principles and guidelines?

From God!



26

God designed our bodies.

He knows how we can avoid disease and keep our bodies at optimum performance!



27

A young man bought a shiny sports car for which he had saved money for years. He was given the manufacturer's manual that told exactly how to care for his new car in the very best way, to keep it running at its best for many years.



28

It was an expensive car, and you would think the new owner would have at least read the instructions about its care.

But he did not.

The only thing he could think about was how fast it could reach 60 miles per hour—in just seconds.

He liked to make it go as fast as it could, then put on the brakes to see how quick it could stop.

He liked to hear the squeal of the tires.

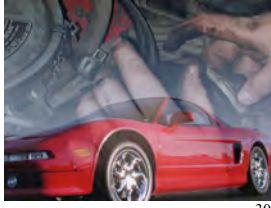


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He didn't check the oil or water or air in the tires – he didn't have time for that.

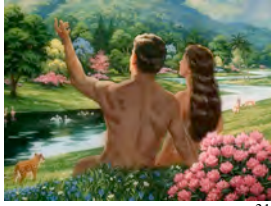
He wanted to be behind the steering wheel, driving where he wanted to go—and especially to the places where lots of people could see him speed by in his flashy car.

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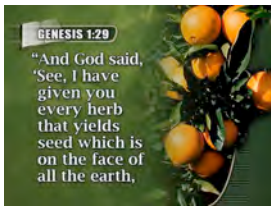
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You can guess the rest of the story.
Yes, the car didn't last long before it needed expensive repairs.
But do we do the same thing with this wonderful body God has given us?



31

It will certainly be worth our time to go back to the Garden of Eden, back to Creation, and notice some of the things God told Adam and Eve that promote good health.
Before sin came, God gave Adam and Eve a perfect diet to sustain and promote their health.



32

(Text: Genesis 1:29)
“See, I have given you every herb that yields seed which is on the face of all the earth,



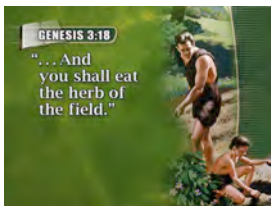
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and every tree whose fruit yields seed; to you it shall be for food.”
Genesis 1:29.



34

In modern language we would say they were given fruit, grains, and nuts.
This was their food.
After Adam and Eve sinned, God added vegetables to their diet.



35

(Text: Genesis 3:18)
“And you shall eat the herb of the field.”
Genesis 3:18.
Fruits, grains, and nuts, and vegetables were man's total diet until the Great Flood.
Was it adequate? Yes, indeed!
Consider that people on God's original diet lived to be hundreds of years old.

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(Text: Genesis 5:27)

The oldest man who ever lived on earth was Methuselah: "All the days of Methuselah were nine hundred sixty nine years: and he died."

Genesis 5:27.



After the Flood, man's life span decreased markedly.

Noah's son, Shem, lived 600 years;

his grandson 239 years;

his great-grandson 175 years.

By the time of King David, man's life span had decreased to 70 years!

And that's a big drop, wouldn't you say?



Plant life on the earth was severely limited by the Great Flood.

Noah's supply of food was exhausted after he and his family had lived in the ark for more than a year.

Not until then did God allow Noah and his family to eat animals as an emergency measure.

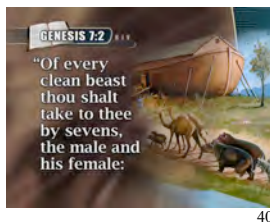
Not all plants and all animals were good for food.

God gave guidelines for the food considered good for man to eat.



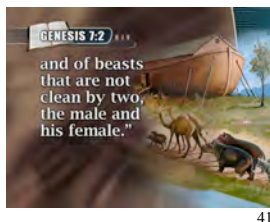
A distinction was made between "clean" and "unclean" animals.

God even instructed Noah which animals to take with him and how many of each:



(Text: Genesis 7:2)

"Of every clean beast thou shalt take to thee by sevens, the male and his female:



and of beasts that are not clean by two, the male and his female."

Genesis 7:2

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42

It is apparent that Noah knew which animals God considered clean or unclean.



43

Later, when God brought the Israelites out of slavery in Egypt, He gave Israel dietary principles to protect their health and longevity. God identified which animals are clean and which are unclean for food:



44

(Text: Deuteronomy 14:6)

“And you may eat every animal with cloven hooves,



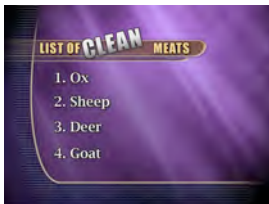
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having the hoof split into two parts, and that chews the cud, among the animals.”

Deuteronomy 14:6.

Notice the guideline that is so easy to remember: just two things:

1) split hoof, and 2) chews the cud.



46

A few of the common clean animals according to verses 4 - 6: ox, sheep, deer, goat,



47

wild goats, antelope, cows, and gazelle.



48

Unclean animals now commonly used for food, according to verses 7 and 8, would include the camel, rabbit, swine, and rock-badger.

Remember the two guidelines?

If the animal has a split hoof and chews the cud, it is safe for food.

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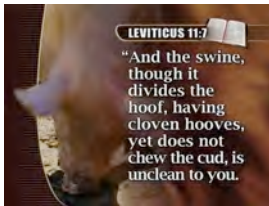
It is important to remember since some chew the cud but do not have a split hoof.



49

For example, the pig or swine, divides the hoof, yet it does not chew the cud, it is unclean.

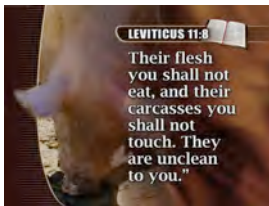
The Bible has some very direct instruction about the swine:



50

(Text: Leviticus 11:7, 8)

“And the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, is unclean to you.



51

Their flesh you shall not eat, and their carcasses you shall not touch. They are unclean to you.”

Leviticus 11:7, 8.



52

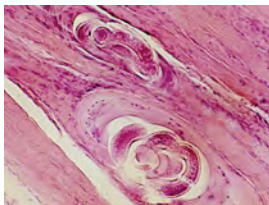
The hog is a scavenger.

The food, garbage included, eaten by pigs is digested and converted into food in a matter of hours.

The cow, on the other hand, has a complex digestive system.

It takes 48 hours for its food to be converted into flesh.

It also has a more complex elimination system, which removes many of the impurities from the system.

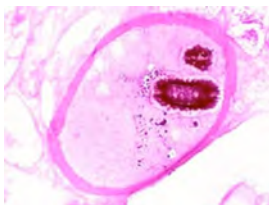


53

Pork is often infected with trichina larvae, or worms.

When a person eats infected pork, the hard cyst surrounding the larva is dissolved.

The trichina worm then burrows into the intestinal wall and multiplies.



54

These worms enter the bloodstream and are carried to other parts of the body.

Trichinosis can be a fatal disease, depending on the number of worms eaten.

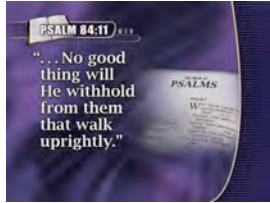
Often the disease is wrongly diagnosed as arthritis or food

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poisoning.

God knows best—leave it alone!

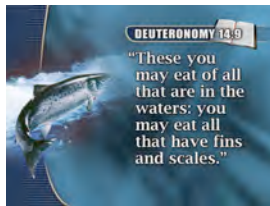
He knows which animals are more healthful and which can cause risk of disease and illness. The Bible says that:



(Text: Psalm 84:11)

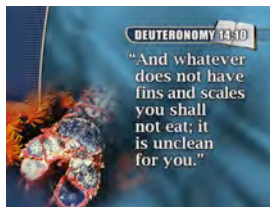
“No good thing will He withhold from those who walk uprightly.”
Psalm 84:11.

God also gave instruction for fish:



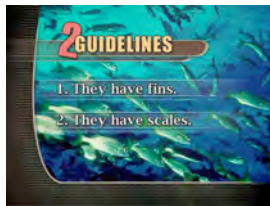
(Text: Deuteronomy 14:9, 10)

“These you may eat of all that are in the waters: you may eat all that have fins and scales.



And whatever does not have fins and scales you shall not eat; it is unclean for you.”

Deuteronomy 14:9, 10.



That is very clear, and notice again that there are two guidelines that make it easier to remember:

- 1) they have fins, and
 - 2) they have scales.
-

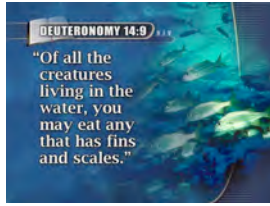


Dr. Bruce Hallsted, of Loma Linda University, was asked by the government to do research for the military to determine which fish were safe for human consumption and which were poisonous.



Servicemen who are shipwrecked or stranded in deserted areas need to know which fish are poisonous and which they can eat for survival.

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61

When all his work was done, Dr. Hallsted concluded that the rule of thumb for the military to follow was the same one God gave to the Israelites 3,500 years ago. God does know best!!



62

“What about birds,” you may be asking. The Bible gives this important instruction:



63

(Text: Deuteronomy 14:11, 12)
“All clean birds you may eat.



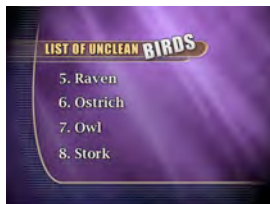
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But these you shall not eat: ...”
Verses 11, 12.



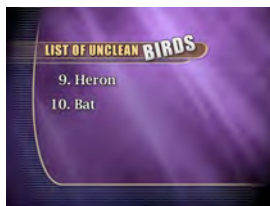
65

God proceeds to list them:
vulture, buzzard, red kite, falcon,



66

raven, ostrich, owl, stork,



67

heron, bat, and those of their kind.

And then God said,

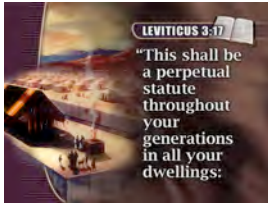
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68

(Text: Deuteronomy 14:19)

“Also every creeping thing that flies is unclean for you; they shall not be eaten.” Verse 19.



69

(Text: Leviticus 3:17)

God gave further instruction: “This shall be a perpetual statute throughout your generations in all your dwellings:



70

you shall eat neither fat nor blood.”
Leviticus 3:17.



71

Orthodox Jews still follow these instructions today.

When they slaughter an animal, it is hung upside down so that the blood will drain out.

Then the animal is butchered and soaked in a salt solution to draw out the rest of the blood.



72

The fat is cut off and not eaten.

For years people thought this command forbidding the eating of fat and blood was merely a ceremonial restriction given by God.

However, modern research confirms the wisdom of God’s command.



73

We now know that blood carries impurities, hormones, viruses, and body wastes.

Many diseases are passed on through the blood.

We also know that highly saturated fats like those found in meat cause a rise in the cholesterol level of the blood—an important factor in vascular and heart disease.

How much sickness could be avoided if man would trust his Maker in deciding what is best to eat!

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74

Recent research shows that another leading cause of death is inactivity.

The Bible says that after God created Adam and Eve, He gave them work to do—some useful activity and exercise:



75

(Text: Genesis 2:15)

“Then the Lord God took the man and put him into the garden of Eden to dress it and to keep it.”

Genesis 2:15.



76

(Text: Genesis 3:19)

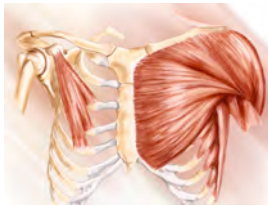
After Adam and Eve sinned, God told them their work would be even more physically demanding. God said, “In the sweat of your face you shall eat bread till you return to the ground.”

Genesis 3:19.



77

Exercise protects the body from many diseases! An inactive body deteriorates.



78

Exercise improves the tone of the muscles and blood vessels.



79

The lungs become more efficient, able to process more air with less effort.



80

The heart is more efficient, pumping more blood with each beat. Energy—producing oxygen is carried to the tissues, which improves the overall condition of the body.

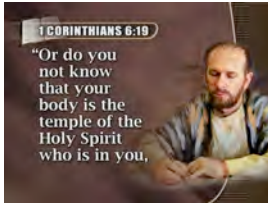
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81

Our Bodies Are the Temple of the Holy Spirit

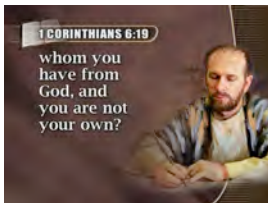
The importance of caring for our bodies can be understood only when we know how important it is to God.



82

(Text: 1 Corinthians 6:19, 20)

The apostle Paul said, "Or do you not know that your body is the temple of the Holy Spirit who is in you,



83

whom you have from God, and you are not your own?"



84

For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

1 Corinthians 6:19, 20.



85

Man is God's property by creation and by redemption.

The price God paid for us was the sacrifice of His Son on Calvary. Because man has been redeemed at such an infinite price, he should glorify God in everything he does.



86

(Text: 1 Corinthians 10:31)

"So whether you eat or drink, or whatever you do, do it all for the glory of God." 1 Corinthians 10:31.

Every person who truly loves God will be careful to avoid anything that would destroy or defile his body.

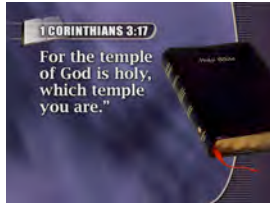


87

(Text: 1 Corinthians 3:17)

"If anyone defiles the temple of God, God will destroy him."

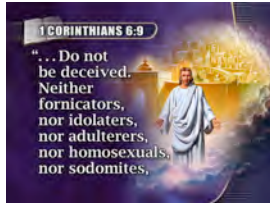
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For the temple of God is holy, which temple you are.”

1 Corinthians 3:17.

Perhaps you are wondering in what way a person defiles his body. Paul lists several things we need to avoid:



(Text: 1 Corinthians 6:9, 10)

“...Do not be deceived, Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites,



nor thieves, nor covetous, nor drunkards . . . will inherit the kingdom of God.”

1 Corinthians 6:9, 10.

The Bible lists immorality and perversion as practices that defile the body. It also lists drunkenness.

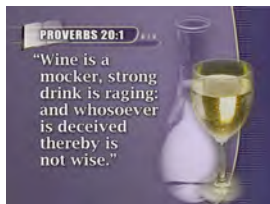


Alcoholism is one of the world’s biggest health problems.

More than half of all automobile accidents can be traced directly to a driver or pedestrian “under the influence.”



In more than half of all murders, either the killer or the victim, or both, have been drinking!



(Text: Proverbs 20:1)

Solomon wrote: “Wine is a mocker, strong drink is raging, and whosoever is deceived thereby is not wise.”

Proverbs 20:1.



(Text: Proverbs 23:31-33)

And again: “Do not look upon the wine when it is red, when it sparkles in the cup, when it swirls around smoothly;

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at the last it bites like a serpent and stings like a viper.



96

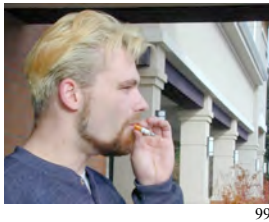
Your eyes will see strange things, and your heart shall utter perverse things."
Proverbs 23:31-33.



The alcoholic develops a fatty liver; the chances of dying from cirrhosis of the liver are much greater. Lifespan is shortened by at least 12 years. And according to the latest statistics, one out of every ten people who take the first drink becomes an alcoholic.



But for the Christian, the use of alcoholic beverages has even greater consequences. Christians must have full use of their minds to avoid Satan's temptations. They cannot afford to impair their judgment or lose control of their ability to distinguish right from wrong!



A number of other common practices seriously impair good health. Smokers have a thousand percent greater chance of dying from lung cancer than do those who never smoke. And cancer is not tobacco's only killer. A smoker's chances of dying from heart disease are 103 percent greater than those who have never smoked on a regular basis.



And emphysema claims more than 55,000 lives each year! Nicotine also causes the arteries to shrink.

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101

This combination of fat buildup and shrinkage of the arteries hinders the blood vessels from supplying enough blood to the heart, extremities, and other organs.

At this point it takes only a small blood clot caught in the constricted blood vessels to cause a heart attack or stroke.



102

The person who smokes is also a prime target for senility because of diminished oxygen to the brain.



103

Women who smoke during pregnancy are damaging their baby's blood vessels.

Newborn deaths are 27 percent higher in infants of smoking mothers.



104

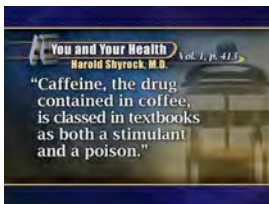
Cigarette smoking contributed to the deaths of more than 500,000 people in just America alone last year.



105

If someone you knew had to dash off to another room to inject a couple of grains of caffeine into his veins every few hours, you would call him an addict.

Yet how many are doing the same thing with coffee and cola drinks.



106

“Caffeine, the drug contained in coffee, is classed in textbooks as both a stimulant and a poison.”

Harold Shryock, M.D., *You and Your Health*, vol. 1, p. 413.



107

All of these beverages are now being linked to heart disease, neurological disorders, and cancer of the bladder.

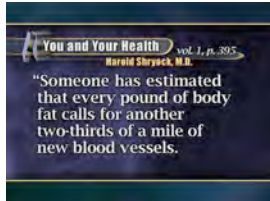
True temperance means to avoid using anything that is harmful, and to use moderately that which is good.

15 – Turn Back the Clock



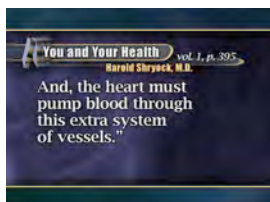
108

Many people consume too much of that which is good!
This leads to another major health problem for people in many parts of the world.



109

“Someone has estimated that every pound of body fat calls for another two-thirds of a mile of new blood vessels.



110

And, the heart must pump blood through this extra system of vessels.”

--Harold Shryock, M.D., You and your Health, vol. 1, p. 395.



111

The heart, kidneys, liver, and lungs of overweight persons are overworked.

Overweight people suffer from sixteen diseases that are not common to their thinner friends.



112

God wants us to take good care of our bodies so that we can enjoy life at its best now.
He wants us to be responsible, moral, joyous people.
He wants us to have an abundant life.
How long and how healthfully we live depends on how we follow His instructions.



113

Another principle of healthful living is Rest and Relaxation
After a hard day with a crowd of people, Jesus said to His disciples,

15 – Turn Back the Clock



114

(Text: Mark 6:31)

“Come aside by yourselves to a deserted place and rest a while.”

Mark 6:31.

Jesus wants us to balance work with rest and relaxation.



115

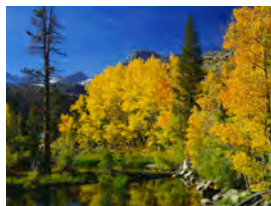
That is why He gave us the Sabbath.

God knows that we need to forget our problems and our work and spend time with Him.



116

Your time away from a busy schedule may not be in the desert, although that can be a restful place at certain times of the year. You might prefer a remote area in the mountains where the tall trees and the deep lakes can calm your anxious heart.



117

Whatever it is, you need to find a spot away from the crowd and noisy cities and roads.

If you can have a little fun, so much the better!



118

Yes, God wants you to have a little bit of heaven here, and to be ready to live on the earth made new, where all diseases that plague our world will be forever banished.



119

“That really sounds good to me,” you say. “I want to be there, but I have some habits that I just can’t overcome.”

There is good news today.

God does not expect you to do it on your own.



120

(Text: John 15:5)

In fact, Jesus said, “Without Me you can do nothing.”

John 15:5.

In our own strength, we cannot overcome wrong habits.

Our Saviour is right there, longing to help us!

15 – Turn Back the Clock



121

(Text: Philippians 4:13)

Paul knew the secret. He said, "I can do all things through Christ which strengtheneth me."

Philippians 4:13.

Changing old, destructive habits may not always be easy, but it is possible through God's strength and power. Whatever that habit is that you may struggle with, God can set you free.



122

John had already been addicted to many things, but when he became addicted to crack cocaine his life reached new lows. Bankrupt morally, socially, physically, and socially, he finally reached out for help. But after three different rehab programs he was still hopelessly addicted. He just couldn't break those old habits.



123

Then he was introduced to Jesus. He learned that Jesus loved even him, and could save him from his life of sin. Through Jesus' strength and power he gained the victory over the habits that had enslaved him. "If Jesus can deliver me," he says, "He can help you overcome your habits too. As long as you're alive there's hope in Jesus."



124

Yes, my friend, Jesus wants the very best life for us. He wants us to be healthy spiritually, emotionally, and physically. There may be some habit in your life you're struggling to overcome. It may be something obvious – an addiction to a stimulant, or a food, or a behavior. Or it may be someone nobody but you knows about. Jesus knows, and He understands. Whatever the temptation or habit may be, through Jesus' strength, you can change it. You can live the more abundant life that He offers you today. He's reaching out to you this evening. Are you reaching out to Him? Would you like to simply say, Yes Jesus. I want more of your power. I want to have your strength to overcome any habit, and temptation that may come my way. I want the more abundant life you are offering. Is this your desire this evening? [RAISE YOUR OWN HAND] Would you like to just raise your hand with me as we pray?

[Suggested Prayer on Next Slide]

15 – Turn Back the Clock



[Suggested Prayer]

“Dear Father in Heaven, Tonight you see each hand and each heart that is raised. You know the struggles we face, the weaknesses we have, the temptations we find difficult to resist. Tonight we thank you for your promise that we can do all things through the strength we find in Jesus. We open our hearts to your working to change our habits to be what you want them to be. We give you our lives with the prayer that even in whatever we eat and drink and whatever we do, we may do it to your honor and glory. Thank you for coming that we might have life, and have it more abundantly. May this be our experience tonight, we pray in Jesus’ name, Amen.”