TENT
MINISTRY
ISAIAH 54

Children's
FAITH DISCOVERY

Lesson 12: Does God care about my health?

Imagine that you had built a beautiful house. It was clean, new and nice. You decided to rent it out, and soon enough a family was ready to rent it. How would you feel if you visited a few months later and found that they did not care about your nice house at all. They did not clean it, so it was awfully dirty. They had allowed their pets to do their poop in a corner of the living room, so it smelt terribly. They had made lots of marks in the new floors, ripped the carpet, and the kids had drawn drawings on the walls.
Wouldn't you have found that very sad and disrespectful? I would think so. But not only was it sad for you as the houseowner, it was also sad for them. Imagine what a mess for children to grow up in! Imagine what it would do to the health and happiness of all in the home?

1. Well, have you ever thought that many of us human beings are doing something similar to a beautiful "house" that God has given us? What "house" could I be talking about?
Read: 1. Cor. 6:19-20
Answer:

_____

_____

2. God loves us SO much that he cares for everything about us. What does the following Bible verse say about that?
Read: 3 John. 1:2
Answer:

_____

_____

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3. So how can we best care for the beautiful body (“house”/”temple”) God has given us?
Read: 1. Cor. 10:31
Answer: _____

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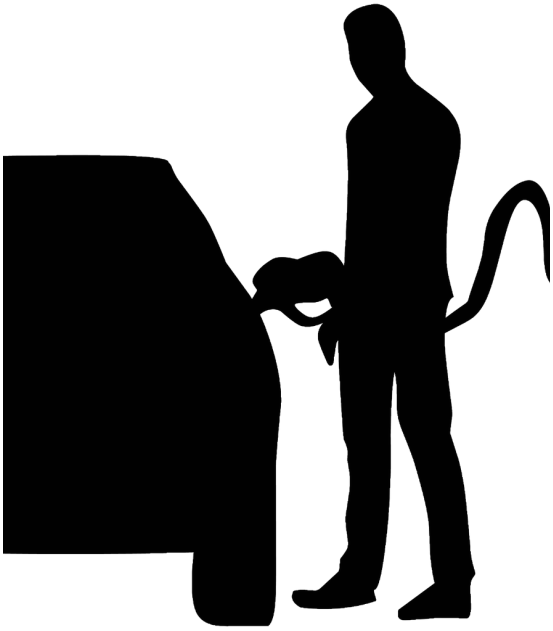


Imagine having such a good, loving God who does not only care about how we think and feel. He also cares about our body and wants us to have good health so that it is easier to think clear and work for Him. Sometimes God allows us to be sick for reasons we might not know. Maybe you have read the book of Job and seen what happened there? If not, I hope you will read about it one day soon! God cares for us very much through trials and sickness. When people can see that we trust God even when we are sick and in pain, it is such a great witness for God! But He has also made a plan so we can know how to keep as healthy as possible!

When someone makes a car, they know if the car should use diesel or normal fuel. Why? Because they made the engine! So, since God made us, He must also know what is the best for us to eat and do to keep as healthy as possible. And the great thing is that He has told us about it too – already in the very first 2 chapters of the Bible! Let’s explore it!

I would suggest that you can find at least 8 clues to be healthier (“health keys”) in the two first chapters of the Bible. Here are the 8 I have found:

N

Nutrition – the Bible tells us what food we were created to eat

E

Exercise – the Bible tells us about one of the very best ways to exercise

W

Water – the Bible tells us that water has always been important

S

Sunshine – the Bible tells us of how God gave us the sun, which is very important for health.

T

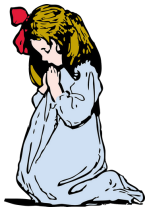
Temperance – the Bible teaches us that at times you must use your willpower and say “no”.

A

Air – the Bible teaches us that God gave us the fresh air, which is what we must have to live.

R

Rest – the Bible teaches us that God created day and night; He also created a weekly day of rest.



T

Trust in God – the most important key to be healthy and happy is to do just what God says.

4. Now I want you to see if you can find something about all these “health keys'' in the two first chapters of the Bible. Try to match each “health key” with a Bible Verse that says something about it. (Draw lines!)

Gen. 1:6-8

Gen. 1:16

Gen. 1:29

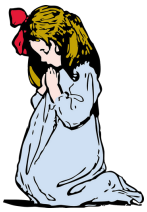
Gen. 1:14+2:1-3

Gen. Gen. 2:6+10

Gen. 2:16-17

Gen. 2:16-17

Gen. 2.15



5. What kind of food did God give Adam and Eve to eat after He created them?
Read: Gen. 1:29
Answer:

_____

_____

This is the diet I like too – a plant-based diet where you do not have to kill animals before you eat. Today researchers around the world have found that a plant-based diet helps us to live longer and healthier. Isn't that interesting!

6. What was Daniel and his friends' experience with a plant-based diet?
Read: Dan. 1:8-20
Answer:

_____

_____

_____

_____

It is true that Jesus ate fish when on earth and God's people were given rules for what meat they should and should not eat. If you still want to eat meat and fish, it is good to look up what God said about it. The one who has created animals and fish knew what was most suited for food. You find the guidelines in Leviticus chapter 11. Personally, I have chosen to go back to the plant-based diet that God gave from the very beginning. I believe that was what was most suited to keep us healthy, and science today starts to back that idea. It is nice to eat without someone having to die first. I am sure that is what it will be like in Heaven where there is no more death! So, I want to start already here on earth!

7. What kind of exercise did God give to Adam and Eve?
Read: Gen. 2:15
Answer:

_____

_____

There are lots of ways to exercise and keep our body moving. You can for example walk, use your bicycle, swim or just play outside. But nothing really matches gardening! It is such a wonderful way to exercise! When you work in the garden you can get all the 8 "health keys" in one go and at the same time you get something useful done!

8. Can you figure out how gardening can give you/teach you about

Nutrition: _____

_____

Exercise: _____

_____

Water: _____

_____

Sunshine: _____

_____

Temperance: _____

_____

Air: _____

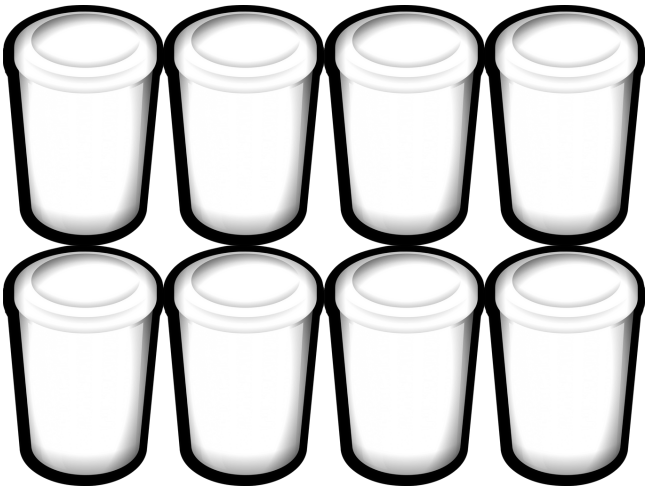
_____

Rest: _____

_____

Trust in God: _____

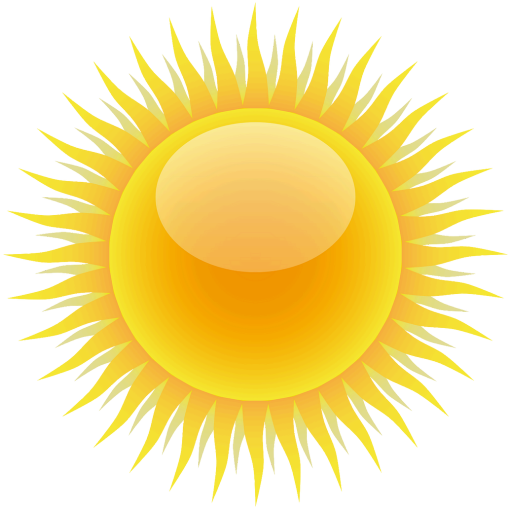
9. Water was also one of the “health keys”. Approximately how many glasses of water should you drink every day? Color in how many glasses you should drink! (Use a blue color.)



1-3 y/4 cups
4-8/5 cups
8->/7-8 cups

*Choose Water for Healthy Hydration, HealthyChildren.org

It is very smart to have a nice water bottle and keep it with you so you can keep drinking throughout the day. If we don’t drink enough water our body cannot work so well and we can feel tired, out of energy and may easily get headaches.



10. What does the Bible say about sunshine?
Read: Ecc. 11:7
Answer:

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_____

Have you realised that it is so much easier to feel good when the sun is out? Sunshine helps our mood and gives us vitamin D.
In some countries the sun is very hot and warm, and we must be careful not to get too much of it. In my country, Norway, we do not always have enough sunshine, so we really treasure the sunny days!

11. What do you learn in this verse?
Read: Prov. 25:16
Answer:

_____

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_____

The 5th “health key” is the long, strange word TEMPERANCE. It simply means to avoid things that are harmful to you, and not use too much of the good things. Even very healthy things can make you sick if you have too much of them at once!

12. What did God do on the 2nd day of creation?
Read: Gen. 1:6-8
Answer:

_____

_____

_____

We need air (oxygen) to live. If we don't breathe, we die. The best air we find in nature is out of the cities. I like fresh air so much that I even like to have my window open at night. In the winter it is very cold in my country, so I just open it a tiny, little bit. It is so good for my brain to get fresh air while I sleep. Do you do that too?

13. There are several types of rest. Here are 3 of them. Can you match each with a Bible verse?

Psalms 4:8

Resting in Jesus

Matt. 11:28

Sabbath rest

Sleep

Ex. 20:8-11

14. What does the Bible say in Prov. 3:5-6?
Answer:

_____

_____

_____

_____

The 8th “health key” is to trust in God. Worry and fear can make us sick, so when we give all worry and fear to God and trust that He can solve our problems, when we do something important for our health.

So what did we learn today? God has given us a beautiful body that we are to take good care of. It is his “house” where He wants to live by His spirit. He has given us 8 “health keys'' to remind us of how we can live a healthy life. So let’s ask God’s help to

- EAT HEALTHY FOOD
- EXERCISE EVERY DAY
- DRINK ENOUGH WATER
- SPEND SOME TIME IN THE SUNSHINE EVERY DAY, IF POSSIBLE
- AVOID USING WHAT IS BAD FOR US, AND NOT OVERDO THE GOOD THINGS EITHER
- GET LOTS OF FRESH AIR
- GET ENOUGH REST DURING THE NIGHT, KEEP THE SABBATH AND REST IN GOD
- GIVE GOD ALL WORRY AND FEAR, AND TRUST HIM TO BE IN CHARGE OF OUR LIVES

Dear Father in Heaven,
Thank You so much for the body You have given me. Help me to take good care of it. Thank You for caring so much about my health that you gave me 8 “health keys” to help me know what’s best for my health. In Jesus name, Amen!

These lessons are made by Stine Gro Struksnæs/TENT Ministry. Each lesson corresponds with one episode in the “Children’s Faith Discovery Program”. Visit our web page to watch this series and learn more about what we have to offer: **tentministry.net**

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