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Worships And Lessons

For the Digestion/Nutrition/Safety Unit

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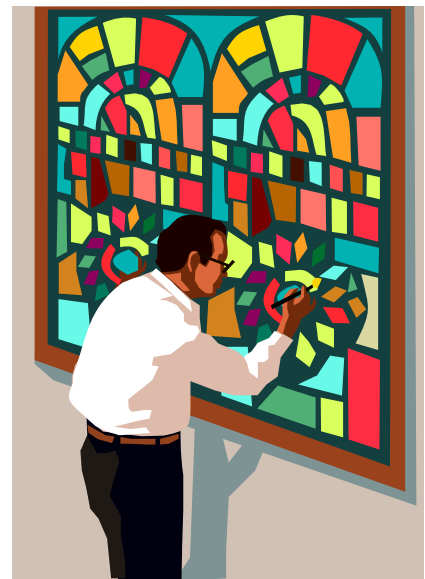
ADDITIONAL WORSHIP IDEAS

These worships have been based on the suggestions in the S.M.A.R.T. curriculum guide by NAD. Not all of the suggestions have been expanded. Below is a list that has NOT been developed:

1. Each student or group take a book of the Bible and skim to see how often food is mentioned. There are many more Bible stories involving food than you would think! These include Samson and the honey in the carcass, Daniel and his friends, Jesus making breakfast for the disciples, the little boy's lunch, Elijah fed by the ravens, David and Abigail and the supplies, and so on. You could make this an ongoing project and put them on a wall chart as they are found with the references.



2. Develop a "spiritual food pyramid" for a healthy spiritual life. Make the base of the pyramid Jesus. Then think of ways to feed your spiritual life such as Bible reading, watching movies, prayer, attending church, witnessing, listening to good music, playing games, reading inspirational books, and so on. Make this open-ended as each person should decide what he or she need to do personally. Discuss whether or not a person can get unbalanced by just doing one or two things, and what you think is most important in spiritual growth.

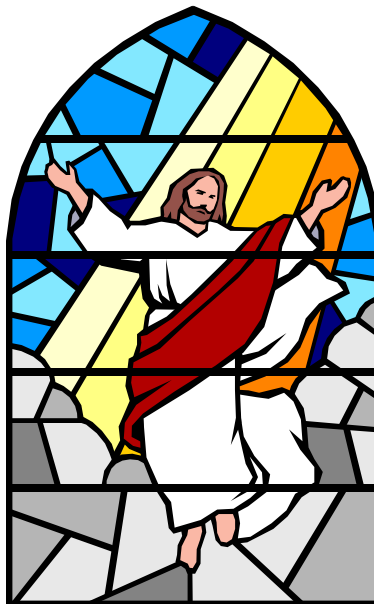




3. The Adventist Church so often puts emphasis on healthy living that members can feel guilty if they develop diabetes or cancer or have other health problems. While we can minimize and delay the onset of diseases, we still live in a sinful world and have thousands of years of genetic damage from sin. Discuss the mistaken idea that disease and disability are always the result of personal sin.

4. Spirit of Prophecy references for further study:
 - Ministry of Healing*, pg. 238
 - Counsels on Health*, pg. 160
 - Education*, pg. 43
 - Counsels on Diet and Foods*, pg. 92, 310, 313
 - Testimonies*, vol. 7, pg. 128
 - Medical Ministry*, pg. 260
 - Counsels on Diet and Foods*, pg. 271, 272
 - Testimonies*, vol. 7, pg. 132

5. Undeveloped Bible References from SMART:
 - Matthew 25:40
 - Romans 13: 1-7
 - Numbers 21:6-9
 - 2 Kings 4: 32-37
 - Luke 22:49-51





Genesis 1:29

“Then God said, ‘Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree that has fruit yielding seed; it shall be food for you.’ ”



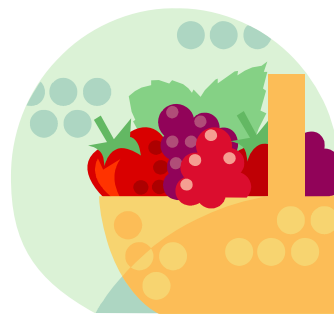
As a child, I was never quite sure what God was thinking about when He created spinach, asparagus, broccoli, and beets. I was raised to eat those things, but I was skeptical. I much preferred the pears, bananas, peaches, and oranges that were available. I liked to think that fruit was God's idea of a good meal.

As I grew older, I grew acquainted with this verse in *Genesis*. Again, I skipped to the part that said “every tree that has fruit yielding seed”. Bring on those peaches. When I did see the part about “every plant yielding seed” I immediately thought of bread. Ok, I understood and approved of wheat seeds. And oats and corn were pretty acceptable too.

I was still pretty sure, though, that broccoli and lettuce were the result of sin.

It wasn't until I became a gardener that I realized that spinach, broccoli, onions, potatoes, carrots, beets, and (yuck) lettuce also bear seed. What a terrible shock!

Today as an adult, I have learned to love spinach, beets, broccoli, asparagus, and even cooked cauliflower! (Although I am still not much of a fan of lettuce.) There have been times I have been grateful for a bowl of berries gleaned from the woods or a salad made from edible wild plants. I am thankful that God put a wide variety of plants and fruits on earth.



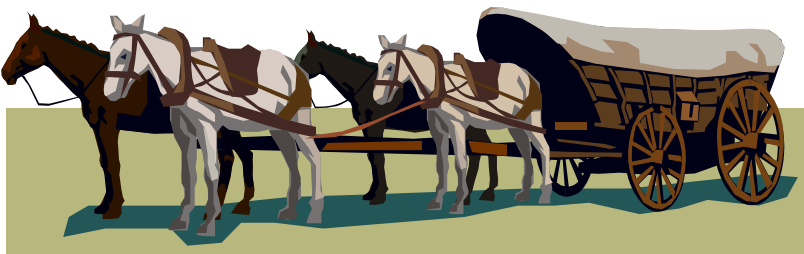
Of course, there are still the mushrooms . . .



Revelation 22:1, 2

“And He showed me a river of the water of life, clear as crystal, coming from the throne of God and of the Lamb, in the middle of its street. And on either side of the river was the tree of life, bearing twelve kinds of fruit, yielding its fruit every month; and the leaves of the tree were for the healing of the nations.”

I grew up in the first TV generation. I loved to watch the cowboy shows that included the Lone Ranger and Roy Rogers and Wagon Train. My view of the West of the United States was that it was a dry and dusty place, with the bones and skulls of dead buffalo thrown in. A large part of it included “Death Valley,” which had little or no water. Death Valley did seem to be the source of Twenty Muleteam Borax, though, a product that my mother used. As far as I could tell, it was brought out by teams of mules who seemed to be able to go longer than horses or oxen without water.



Many of the few watering holes found in this TV desert wasteland would often be poisoned. Most canteens were either empty or had leaking holes or only had a few swallows left in them. People were always covered with dust since the only bathtubs were in saloons. It never rained unless people were stuck in a canyon with a flash flood threatening to kill them.

It seemed miraculous that anybody ever survived the trip or would even want to stay in the West. (Although I don't EVER remember Wagon Train getting anywhere.)

Although my view of the western United States was warped, my understanding of the importance of water was not. Today I know that a person can only go a short time without water. Pure water is healing both inside and out. And Jesus promises that in Heaven there will be crystal clear waters of life.



On either side of that river will be the Tree of Life. It bears a different kind of fruit each month, and its leaves have healing properties.

Today fruit nurseries will often graft the branches of several kinds of apples onto a trunk. When the tree matures, it will bear two or three kinds of apples. But none of the trees bear year round.

I wonder what that tree will look like! Will it bear the twelve most popular and best loved fruits, or will they all be fruits new to us? Will the leaves be large, green, and glossy, or little? Maybe when the leaves rustle they will make a little tinkling sound. Perhaps the tree will be home to several unique kinds of talking birds that will squawk "Peaches are ripe this month! Coming up next month it's mangoes!" Maybe squirrels or monkeys will pick them and throw them down to us.

Look for me someday under that tree. I will be the one with the full canteen of water, and the basket of peaches.





Matthew 6:11

"Give us this day our daily bread."

Compared to today's level of wealth, my husband and I grew up poor. Our houses were average. We had clothing that was clean, although often patched. We had school shoes, boots, and dress shoes. There were a few toys, but mostly we played outside and made forts and climbed trees.

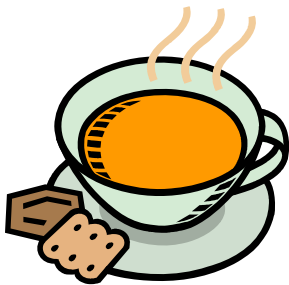
Both of us lived in the country, and our parents had gardens. Each summer involved a lot of work as the harvest was reaped and fruits and vegetables were canned, frozen, and dried for the next year. We canned our own applesauce, apple butter, relishes, tomatoes, and pickles. Corn was dried and frozen. Beets, potatoes, turnips, and carrots were stored in root cellars.



When it was cold enough, neighbors, friends and relatives gathered and butchered a beef cow or a pig and froze the meat. Chickens provided meat and eggs.

In short, unless you were terribly lazy, there was always food. Even in bad years there was always something to put in the cupboards. A bad year for peaches was usually a good year for apples. All it took was work, and you had an abundance for the next year.

Then a recession hit. We had three small children. My husband had little or no work. I had been crippled in a car crash. The garden yield was poor. For the first time in our lives, we had little food.



I used every trick I knew to stretch the food budget. We drank only water. No more snack items. I made my own crackers and bread. We only ate fruit in season. Always we prayed and claimed the tithe blessing. I felt constantly on edge, wondering where the next meal was coming from.

As months went by, we remained healthy. I began to realize something. The Lord's prayer said "give us THIS DAY our daily bread." I had always lived with months of food in the cupboard. But that was not what God had promised. I thought of Elijah and the ravens. His meal came to him every day, not a week at a time. I thought of Israel, given their food every day, not for months at a time.



I struggled with trust in those years. My children trusted that I would always have something for them to eat. Not once did we get to the point where there was not a next meal (even though some of them were creative!) I am afraid to say that I had a lot more trouble trusting my Heavenly Father. I wanted a thirty-day supply of daily breads!

I am twenty -five years older now. My cupboards are full again, and often I throw out left-overs. Always I have had my daily bread. Sometimes it has been very simple; other times lavish. God provides for us daily, not at intervals. Instead of checking on us every month to see if we need anything, He checks on us every meal.



Activity:

List what you expect to eat today as your daily bread.

Locate some of the stories in Uncle Arthur's Bedtime Stories that tell of God providing food just in time.

Also find some of the stories of the prayer answers of George Mueller.

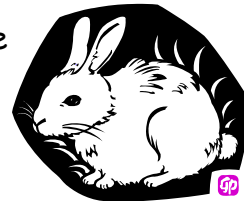


Leviticus 11

"The Lord spoke again to Moses and to Aaron, saying to them, 'Speak to the sons of Israel, saying these are the creatures which you may eat from all the animals that are on the earth' . . . "

My husband and I were not raised as Adventists. My grandparents ate anything that moved: rabbits, groundhogs, squirrels, deer, pheasant, turkey, doves, pigeons as well as the domesticated animals. All of our families hunted to supplement our diet.

Soon after we were married, my husband brought home some rabbits. We cleaned them and fried them and sat down to our plates. To our horror, as we cut into the flesh we found worms.

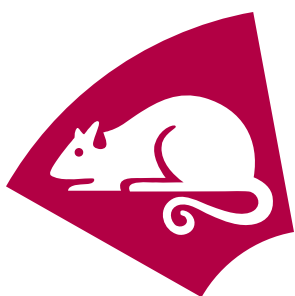


That cured us of eating rabbit. As time went on, my husband balked at anything that had fat on it or was bloody. He insisted that I wash the blood out of meat. No rare steaks for him.

Eventually we became Seventh-day Adventists and studied the health message. Even though we were raised to use every part of the pig but the squeak, we gave vegetarianism a try.

I do not know if the unclean animals are "bad" animals or if God simply knew that they were more apt to carry disease or be too fatty.

If you look carefully at the rules in Leviticus 11, you will discover many tips that God gives to keep us healthy.



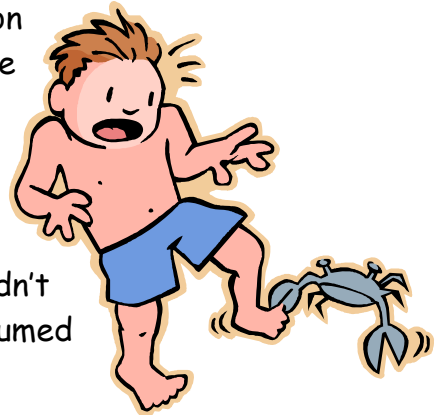
Many of the animals, such as vultures and buzzards, eat dead or dying flesh. They are scavengers. A good many people do not realize that swine will also eat anything. My father-in-law would throw dead chickens into his hog pen, and the pigs would gobble them up. They ate garbage in any condition. If one of the piglets died, the mothers would eat that carcass. Today we know that pork is very high in fat also.

Most of the animals that walk on paws (verse 27) are carnivores or omnivores. They are unclean. Animals such as goats and cows are clean. These are herbivores. Today



scientists tell us that the farther "up the food chain" an animal is the more likely it is to be contaminated with the poisons and chemicals we have used.

The ocean has its own scavengers that are not only living on the dead and dying in the water, but also eating the garbage thrown out from our cities. Some years ago a friend and I watched the news about the terrible tsunami and the thousands who simply disappeared, sucked out to sea. My friend said "I guess that ends my shrimp and crab eating for a few years." I asked him why. He told me that he couldn't stomach the thought of eating a sea creature that had consumed one of those tsunami victims.



Besides the clean and unclean rules, God warns against contamination. The people of this time period had no concept of germs. But God knew about food poisoning and the spread of disease. Today we know that trichinosis, a disease of pigs, can be spread if other food touches the preparation site of the pork.

The idea of cleanliness: washing hands, serving dishes, and so on, was radical for the time. Today we are told that the best way to prevent the spread of colds and the flu is to wash our hands. It took hundreds of years before doctors realized that they were killing patients by going from examination of a dead person to treating living people.

Experiment in your own life. Follow God's health laws, and see if your health improves over time.





Activity: Divide the book of Leviticus into sections. Pair off. Each pair should look for the underlying health rule or principal, give examples if applicable, and then share it with the class.

Leviticus 11:1-3

Leviticus 11: 4-8

Leviticus 11: 9

Leviticus 11: 10-12

Leviticus 11: 13-20

Leviticus 11: 21-23

Leviticus 11: 27

Leviticus 11: 28, 31, 33

Leviticus 11: 29, 30

Leviticus 11: 35-40

Leviticus 11: 41, 42



Isaiah 55:1-2

“Ho! Every one who thirsts, come to the waters; and you who have no money come, buy and eat. Come, buy wine and milk without money and without cost. Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and delight yourself in abundance.”

The Bible indicates that at one time, mankind did not have to worry about getting enough food or drink. It was there, perfect in vitamins and nutrition. Even after man left Eden and had to work harder, the earth still yielded an abundance to those willing to work.

Then came the great Flood of Noah's time. Afterwards, much of the rich topsoil had been ripped away. The even climate was changed. The protective canopy around the earth no longer protected plants and animals. Now it became more and more difficult to raise enough nutritious food for all.



In our day, billions of people work all day long attempting to get enough food for a skimpy meal. Billions do not have enough clean water for drinking, cooking, and washing.

The prophet Isaiah records the Lord's message to us: if we are thirsty or hungry, He has the best food and drink that we can buy without money or without cost. He tells us to be careful not to waste our money on things that are not good for us.



We have many choices in our diet. Should we buy potato chips or potatoes? Sweet grapes or candy? Fruit juices or the by-product of rotten fruits and vegetables? Real whole grain bread or donuts? Hopefully we will make the healthiest choices in our food and drink to keep our bodies and minds the best they can be.

God is offering us the finest breads and waters of life. We need to decide if we want to feed our minds on the word of God or trashy books. Do we want to gaze at the beauty of nature, or the ugliness of bloody movies? Make good choices not only for your physical health, but for your spiritual health as well.

**Activity:**

The word "counterfeit" means a copy of the real thing. Unlike the real thing, a counterfeit is not worth as much nor is it as good. There is deception involved with a counterfeit.

Today there are a lot of counterfeits. Can you think of any spiritual counterfeits you should look out for?



Possible answers: working for salvation instead of accepting Jesus' sacrifice

Alien sightings in place of Jesus' return

Miracle pills and treatments instead of healthy diets

Power and force instead of prayer

Candy instead of the sweet fruits

Etc.



Galatians 4: 13-15

“But you know that it was because of a bodily illness that I preached the gospel to you the first time; and that which was a trial to you in my bodily condition you did not despise or loathe, but you received me as an angel of god, as Christ Jesus *Himself*.

These words were written by the apostle Paul. Today we would call Paul a “frequent flier.” He traveled all around the Mediterranean Sea, teaching and preaching about Jesus. But Paul suffered bouts of illness. Some scholars think he had eye trouble. Here he mentions an illness.



But instead of getting discouraged and giving up, Paul continued to preach Jesus to the very ones who were caring for them. He praises his caretakers for how they treated him.

Evidently Paul had other plans for where he was going next. An illness forced him to stay in this spot, where in spite of his sufferings he preached.

You may find yourself having to move to a new home and school. You may have little choice over where you are at the moment. Perhaps you may even have an illness like Paul.

No matter where you are or what is happening, you can tell others about Jesus. In fact, God may have put you in that place for the benefit of others.

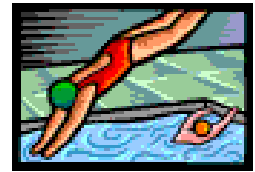
Or it may be the opposite. God may have brought someone into your life who needs to be cared for. Can you receive her or him as an angel of God and learn something from this experience?

**Activity:**

There have been quite a few people throughout history who have overcome major handicaps and worked for God.

Find the story of **Joni Erickson Tada** and what she has done and is doing yet. http://www.joniandfriends.org/Joni_Bio.pdf Joni was totally paralyzed as a young woman in a diving accident. Joni and Friends have a website:

<http://www.joniandfriends.org/>

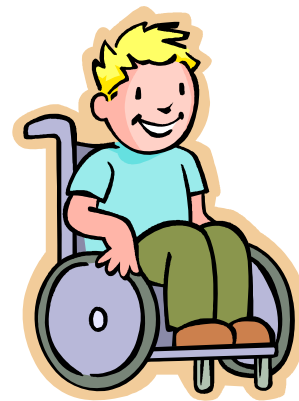


Hymn writer **Fanny Crosby** was blind. How many hymns of hers can you find in our hymnal? <http://www.wholesomewords.org/biography/bcrosby3.html>

Find the website "Life Without Limbs"

<http://www.lifewithoutlimbs.org> Look under videos for clips that can be downloaded and played.

This is the story of **Nick Vujicic**, who was born without arms or legs. Download and show some of the clips. This man is amazing, but what is more amazing is that while you watch the clips, you forget that Nick has no arms or legs. You only hear God's message of hope and faith.

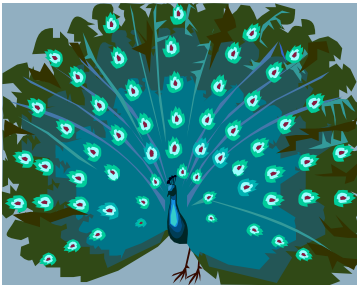




Proverbs 23: 1-3, 20-21

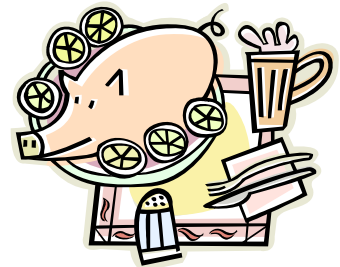
“When you sit down to dine with a ruler, consider carefully what is before you; and put a knife to your throat if you are a man of great appetite. Do not desire his delicacies, for it is deceptive food. . . Do not be with heavy drinkers of wine or with gluttonous eaters of meat; for the heavy drinker and the glutton will come to poverty. . .”

In Bible times, to be “fat” was a sign that you were wealthy enough to afford enough food to not only keep you healthy, but let you gain weight! Thus if your “soul” was fat, it meant that you had a large amount of spiritual blessings.



However, the Bible condemned gluttony. Gluttony is when someone just keeps stuffing it in. In Roman times, the banquets were often long and had a wide variety of dishes. Everything from soup and suckling pig to peacock tongues was served. Today fancy meals still often have “courses” such as an appetizer, soup, main dish, and dessert.

Guests to a Roman banquet would often tickle the backs of their throats until they vomited into special dishes. These were taken away by servants, and the guests would wash out their mouths and then start in stuffing themselves again. You can imagine that after a long evening of this, the guests did not feel too great the next morning.



Proverbs advises guests to look carefully over the selections at a banquet (or potluck!) and choose sparingly. You will feel better if you choose average portions of a few things than if you try all twenty-three dishes.

Proverbs also warns against what we call today “partying.” Be very careful about being with those who only have a good time if they are drinking or getting high.



Mark 7: 18-23

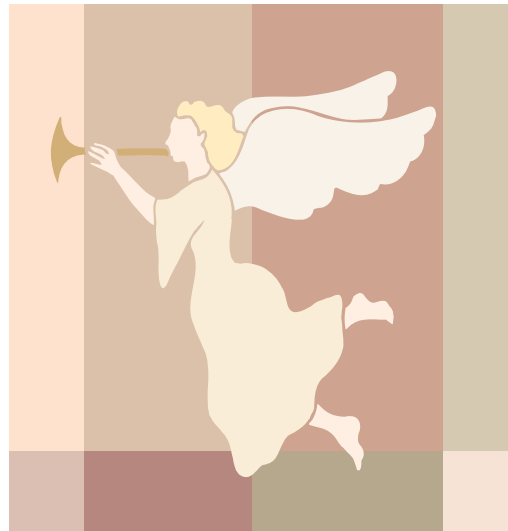
“There is nothing outside the man which going into him can defile him, but the things which proceed out of the man are what defile the man.”

Read the whole passage in Mark 7. At first it seems as though Jesus is doing away with the laws written in the time of Moses about clean and unclean. But during Jesus' lifetime the priests had changed many of the sensible rules into a burdensome ritual. By this time, people thought that somehow by doing these rituals they would be in better standing with God.

Jesus tells his audience that what a man eats goes into his stomach and is then eliminated. These things, Jesus says, do not go into the heart.

But, He continues, out of the inside of man come lies, thefts, envy, pride, and a lot of other sins. You can be clean and beautiful on the outside but ugly inside. You can be horribly disfigured on the outside and yet be beautiful on the inside where God sees. How you act and what you say shows whether or not you are living the life of Jesus.

In Acts 10 the disciple Peter has a vision that has clean and unclean animals in it. In verse 15 an angel tells Peter that “what God has cleansed, no longer consider unholy.” At first this seems as if the angel is saying, “Go ahead and eat anything that you want.” However, in verse 28, Peter tells the centurion Cornelius what it really means. He tells him that while Jewish law said that a Jew should not visit with a foreigner, God has now told him he should not call any man unholy or unclean.



The dream was meant to tell Peter to take the gospel not only to the Jewish people but to all the *Gentiles*—including the Roman soldiers—in other countries.



Matthew 4: 2-4

"But He answered and said, 'Man shall not live by bread alone, but by every word that comes out of the mouth of God.'"

John 6:35

Jesus said to them: "I am the bread of life; he who comes to Me shall not hunger, and he who believes in Me shall never thirst."

When we were kids and came in starving from play, our mothers would offer us a glass of cold water or milk and a piece of bread slathered with jelly. Sometimes there would be other snacks instead. But few things were quite as good as that jelly bread! Especially if it was on homemade bread!

I wonder if Jesus ever thought of using other foods as a symbol. Oatmeal raisin cookie? Hot baked potato? A bowl of oatmeal? How about a banana?

When Jesus was in the wilderness hungry and being tempted by Satan, He said that men needed to live on the word of God. Later He called himself the "bread of life".

Today most cultures still have a grain-based food as the staple food. Although we may make it as cornbread or tortillas or scones or mielie-meal or croissants, bread is very important to our health.

Jesus offers us Himself as the bread of life so that we never have to feel empty inside.



Activity:

See how many forms of "bread" you can find. Don't forget to look for bread made from corn, oats, wheat, barley, and rye. You may want to get some recipes and try baking some of the different kinds of bread.



Keeping Safe

In the Bible book of *Genesis* the story is told of the creation of humans. There are a lot of details we don't know. But we do know that God gave man the freedom to choose.

We make a lot of choices during our days. What and how much we will eat, what and how long we will watch TV programs, when to go to sleep . . . and many other small things that we don't even think about.

God told Adam and Eve to stay away from a certain tree. He never wanted them to know evil. Their wrong choices led to millions of us knowing pain and suffering and evil.

You will not be able to avoid all evil and suffering. Sometimes you will suffer because of the wrong choices of others.

You can, however, try to gain knowledge and wisdom and make good choices. In that way you can often protect yourself and others. It is surprising how little decisions can affect someone's life.

Years ago, my brother had a dog who just could NOT run away from a skunk. Every time doggy Missy saw a skunk she headed right for it. This time, she was sure, she would win! She never did. She would always get sprayed.

One day I spent the whole day getting ready to leave for campmeeting the next day. We had everything packed. Late that night, who should get into a fight with a skunk on our doorstep but Missy the dog. PHeww!! The smell was horrible! Once again, Missy had not used the sensible part of her doggy brain and had lost a fight with a skunk.



Unfortunately, she was sprayed right on our porch. And the smell came in the windows. It got into our clothing. It got into our food. It got into our eyes.

All five of our family members had to get out of bed and go to my mother's to sleep. The next day we had to wash all our clothing in tomato juice and lemon to remove the smell. Most of our food had to be thrown out. The skunk smell even got into the cereal boxes! We were a few days late getting to campmeeting. We were tired, sick, and grouchy by the time we were finished.



The decision made by one small dog affected a lot of people, caused a lot of work, and cost a lot of money!

As you make decisions, spend a few seconds or minutes to think of the consequences. Do you really want to wear shorts in a snow storm? Do you want to choose a candy bar instead of healthier fruits? Is the fun of the candy bar worth getting your cavity repaired at the dentist? Is kicking your sister really worth listening to her howl, knowing that your parents will take away your ipod?



There are many things in our world we cannot fix or prevent. But we can choose not to drive drunk. We can choose not to throw garbage around. We can try to use less paper or water. We can recycle. We can pass on smiles and happy comments. We can choose not to get even with an enemy.

We can keep ourselves safer by following some of the things we know: not playing with fires, walking on the side of the road rather than down the center, telling adults where we will be playing, reporting things that make us uneasy. I am sure you can think of many more ways to make good decisions.

Activity:

Take 15 minutes to record every decision that you made since your eyes opened this morning. Your list may look something like this:

Hit the snooze button

Refused to eat the fruit and oatmeal that Mom made and ate a pop tart instead.

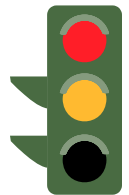
It looked chilly outside so I chose a long-sleeved shirt.

Watched for traffic as I walked to the bus stop.

Chose to do all my math problems.

Hid Jimmy's pencil so he couldn't find it.

And so on. . .



Now review those decisions. What were the consequences? "Chose to do all my math problems" may mean no homework! In the long run, it may also mean you become better at doing math. "Hid Jimmy's pencil" may put Jimmy in a bad mood so he is rude to someone. He may get into trouble with the teacher. And so on.

Underline decisions that you think could have been better. Happy improving!