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God and Your Health: What Does the Bible Say about Having a Healthy Diet and Lifestyle? (Paperback)

By Elijah Davidson

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Language: English . Brand New Book ***** Print on Demand *****. God and Your Health: What Does the Bible Say About Having a Healthy Diet and Lifestyle? What does God, our Creator and Source, have to say about being fit and eating healthy? Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; You were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6: 19-20 It seems kind of strange at first to go to the Bible for fitness, exercise, and healthy eating advice. However, everything we need to know is right there in the Bible for us to read. Of course, reading the Bible can get a little tough sometimes and it isn't always the easiest thing to decipher. That is why you have this manual! You want to live a healthy and happy lifestyle right? Why not, go to the source, God's Word, the Bible? The Word teaches numerous applications for the perfect health, lifestyle, fitness, and disease prevention. This...



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