

Living Fit for Christ's Soon Return

Runestone Revival

God's 8 Laws of Health

Presentation Overview

This series explores God's holistic plan for preparing body, mind, and spirit for Christ's return. True readiness involves not only spiritual preparation but physical health that honors God and strengthens our witness. The 8 Laws of Health (NEW START) provide biblical principles for abundant life now and eternal life to come.

Key Foundation Scripture:

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." - 1 Thessalonians 5:23

The 8 Laws with Key Scriptures

Record the physical benefits and spiritual connections for each law:

Health Law	Key Scripture	Spiritual Connection
1. Nutrition	1 Corinthians 10:31	Matthew 4:4 - Feed on God's Word
2. Exercise	1 Timothy 4:8	James 2:17 - Faith with works; Isaiah 40:31
3. Water	John 4:14	John 7:38 - Living Water, Holy Spirit
4. Sunlight	Malachi 4:2	John 8:12 - Light of the World
5. Temperance	1 Corinthians 9:25	Galatians 5:23 - Fruit of the Spirit
6. Air	Genesis 2:7	John 20:22 - Breath of the Spirit
7. Rest	Matthew 11:28	Hebrews 4:9-10 - Sabbath rest
8. Trust in Divine Power	Proverbs 3:5-6	Isaiah 26:3-4 - Perfect peace

Detailed Notes for Each Law

Use this section to record key points, practical applications, and personal goals for each health law:

<p>NUTRITION - "Do all to the glory of God" (1 Cor 10:31) Physical Benefits: My Action Steps:</p>	<p>TEMPERANCE - Self-control (1 Cor 9:25) Physical Benefits: My Action Steps:</p>
<p>EXERCISE - "Faith without works is dead" (James 2:17) Physical Benefits: My Action Steps:</p>	<p>AIR - Breath of Life (Genesis 2:7) Physical Benefits: My Action Steps:</p>
<p>WATER - Christ the Living Water (John 4:14) Physical Benefits: My Action Steps:</p>	<p>REST - Come unto Me (Matthew 11:28) Physical Benefits: My Action Steps:</p>
<p>SUNLIGHT - Sun of Righteousness (Malachi 4:2) Physical Benefits: My Action Steps:</p>	<p>TRUST IN DIVINE POWER - Foundation of all (Proverbs 3:5-6) Physical Benefits: My Action Steps:</p>

Personal Reflections

<p>How does my current lifestyle honor or dishonor God's temple?</p>
<p>Which of the 8 laws do I struggle with most, and why?</p>
<p>What practical changes will I make this week to live more fit for Christ's return?</p>

Questions for Discussion

Write down questions or topics you'd like to explore further:

1.
2.
3.
4.

Retention Questions

Test your understanding of God's health message:

1. **What does the acronym NEW START represent?**

2. **According to 1 Corinthians 10:31, how should we approach eating and drinking?**

3. **What does Matthew 4:4 teach about spiritual nutrition?**

4. **According to James 2:17, what is the relationship between faith and works?**

5. **What does Jesus promise in John 4:14 about the water He gives?**

6. **Who is the 'Sun of righteousness' in Malachi 4:2?**

7. **What does true temperance involve according to the presentation?**

8. According to Genesis 2:7, what did God breathe into man's nostrils?

9. What invitation does Jesus give in Matthew 11:28?

10. What does Hebrews 4:9-10 say about rest for God's people?

11. According to Proverbs 3:5-6, how should we approach God's guidance?

12. What does Isaiah 26:3-4 promise to those whose minds stay on God?

13. According to 1 John 3:3, what does hope in Christ's return motivate us to do?

14. What three aspects of our being does 1 Thessalonians 5:23 say God wants to preserve?

Additional Resources

Books & Health Materials:

The Ministry of Health and Healing by Ellen G. White

Websites & Online Resources:

A Key to Optimal Health Series by Walt Cross/Amazing Discoveries (YouTube)

DNA and The True Cause of Disease by Barbara O'Neill (YouTube)

*"And every man that hath this hope in him purifieth himself,
even as he is pure."*

- 1 John 3:3

*"Pure air, sunlight, temperance, rest, exercise, proper diet,
use of water & trust in divine power - these are the true remedies."*

- Ministry of Healing, p. 127