

**THE CHRISTIAN AND HEALTH**  
*or*  
**DO NOT EVEN NATURE ITSELF TEACH YOU**  
*1 Corinthians 11:14*

**OBSERVATIONS**

**NATURE IS A TEACHER**

- In fact, nature is our first teacher
- We can learn from nature even before we can read
- David said the heavens declare the glory of God. Everybody has the voice of nature, but few listen to it
- A baby by natural instinct knows to suck at his mother's breast
- Mother knows by natural instinct how to nurse a baby

**THE LAWS OF NATURE CANNOT BE VIOLATED WITHOUT CONSEQUENCE**

- The physical body is governed by natural law
- Example, if you are saved or lost, and you if you put your hand under a fire you are going to get burned. And all the praying in the world is not going to heal you. You will heal naturally, and over time  
If you take drugs, there will be physical side effects. That is because God designed the world so that violating His laws has consequences.

**WHEN WE GO AGAINST NATURE, WE GO AGAINST GOD**

- Rom 1:26, For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature:
- Rom 1:27, And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working
- Rom 2:14, For when the Gentiles, which have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves: [ This is referring to morality. Nature teaches morality ]

**DO NOT EVEN NATURE ITSELF TEACH YOU**

**DO NOT EVEN NATURE ITSELF TEACH YOU THAT GOOD HEALTH IS THE NORM**

- Animals in the wild don't get sick
- All of God's creation functions as God designed. Why? Is it because we are violating God's natural laws
- Certainly bad health is sometimes used of God, but that is the exception, not the norm

**DO NOT EVEN NATURE ITSELF TEACH YOU THAT GOD IS A GOD OF LAW AND ORDER**

- The laws of nature are the laws of God, and when we violate the laws of nature we violate the laws of God
- Christians get sick because Christians violate the laws of nature

**DO NOT EVEN NATURE ITSELF TEACH YOU THAT THERE ARE CONSEQUENCES FOR VIOLATING THE LAWS OF GOD**

- The laws of nature are the laws of God; when we violate the laws of nature, we violate the laws of God
- It is no surprise that there is no difference between saved and lost when it comes to health
- For example fifty percent of all people in the US die of heart disease whether saved or lost, doctors or preachers
- Thirty-three percent die of cancer whether saved or lost
- Eight percent get diabetes whether saved or lost

- If God promises to bless our health as He said, then why are we just as sick as atheists, agnostics, and other ungodly people
- If God promises to answer prayer, then why aren't Christians getting
- I heard from several sources that a high percentage of a doctor's first diagnosis is wrong, and that the vast majority of treatments have not been proven to work scientifically
- I am not saying that we don't ever need doctors; what I am saying is that we wouldn't need them nearly as often if we'd practice what God taught in His Word and in nature

### **DO NOT EVEN NATURE ITSELF TEACH YOU THAT WE OUGHT TO EAT RAW FRUITS AND VEGETABLES**

- What did God design for this body: raw fruits and vegetables, Genesis 1:29
- It is no accident that God placed man in Eden
- God designed us to live on living food
- When you cook it, you kill it, and almost all nutritional value is destroyed
- I'm not saying that you should cut out all meat. Jesus ate meat, and cooked fish for the disciples to eat
- But meat in general is not healthy
- We have the teeth structure of plant eaters
- We have the same type of digestion system as other plant eaters
- I am not saying soda is a sin, but it's a shame when we are more concerned about what we put in the gas tank than we are what we put into the body

### **DO NOT EVEN NATURE ITSELF TEACH YOU THAT THE NATURAL TEACHES SPIRITUAL TRUTHS**

- For example, the Bible is our food, and the Bible is a living Book
- We nourish the spirit with living food – the Bible
- Do not even nature itself teach you that we need living food to nourish our physical bodies as well