



GOD'S  
PLAN FOR  
HEALTHY  
LIVING



“I have come that they may have  
life, and that they may have it  
more abundantly.”

John 10:10 (NKJV)



## WORSHIP AND TRUE LIVING

God is our Creator, He created man from sounding clay and bestowed upon him the gift of physical soundness, a perfect health from a perfect God. God also bestowed all the resources upon him for his physical sustenance. “And God said, ‘See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.’” (Tawrat, Genesis 1:29). As far as Nabi Adam’s (as) eyes could see, was the abundance of God’s blessings. “We said: ‘O Adam! Dwell thou and thy wife in the garden; and eat of the bountiful things therein as ye will.’” (Al Baqara 2:35).

He created man to have dominion over His creation to be God’s overseer. For this purpose he entrusted them with trust (amanah) and moral responsibility: “Then God said, ‘Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps

on the earth.’” (Tawrat, Genesis 1:26). “It is he who hath made you (His) agents, inheritors of the earth: He hath raised you in ranks, some above others: that He may try you in the gifts He hath given you”. (Al An’am 6:165).

God is interested in man’s overall well-being, not just the physical. He fashioned us and breathed into us of His spirit. He owns our whole being. God provided not only the bounty of physical food but also the spiritual guidance for our salvation. “O ye people! Eat of what is on earth, lawful and good; and do not follow the footsteps of the Evil One, for he is to you an avowed enemy.” (Al Baqara 2:168).

God calls us, His believers to be grateful: “For everything God created is good, and nothing is to be rejected if it is received with thanksgiving.” (Injil, 1 Timothy 4:4). It is also written in the Honorable Qur’an “O ye who believe! Eat of the good things that We have provided for you, and be grateful to God. If it is Him ye worship.” (Al Baqara 2:172).



## KEYS TO A LIFE THAT PLEASES GOD

God has sent down clear guidance for healthy living. Here are some of the key principles:

### 1. Be mindful of God's nearness.

God is “ever-near”, nearer to us than our own jugular veins. He has put in our nostrils his breath of life, and has made our bodies the dwelling place of his spirit (ruh). Don't you know that God placed his Holy Spirit in your hearts? Don't your bodies in this way become the House of God? You must honor God with your body. (see Injil, 1 Corinthians 6:19-20).

### 2. Learn to chose what is right.

God encourages all the believers to live healthy lives, but He also gave us faculties to decide. God does not work by force, but rather by invitation and wise decisions.

“See, I have set before you today life and prosperity, and death and adversity; if you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord

your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous.” (Tawrat Deuteronomy 30:15-16).

Being healthy, of course, has many advantages and enables individuals to be able to better serve others. In summary, remember that: “Whatever a man sows he will also reap.” (Injil, Galatians 6:7, HCSB).

### 3. Nutrition matters.

Whole, unrefined, plant-based foods make up a large part of a healthful diet “... and from it (the earth) we produced grain for their sustenance.” (Ya-sin 36:33). Some from the “People of the Book” particularly, the Adventists avoid alcohol and don't eat pork meat; they avoid meats in general, but if they do consume it, it tends to be sparingly and infrequently, and they eat more fruits, vegetables, nuts, and whole grains. Most also consume some milk products and eggs, but they tend to use these items moderately as well. “... There is from among them

"You will show me  
the path of life."  
Psalms 16:11 (NKJV)



“Therefore, whether you eat or  
drink, or whatever you do,  
do all to the glory of God.”

1 Corinthians 10:31 (NKJV)



a party on the right course...” (Al Ma’ida 5:69). The principle of eating healthy foods is best explained in the following statement: “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.”(Tawrat, Genesis 1:29).

A well-known Adventist religious leader wrote: “These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing”. In summary, “So whether you eat or drink, or whatever you do, do it all for the glory of God.” (Injil, 1 Corinthians 10:31), a similar idea to the Muslim tradition of saying “Bismillah... (in the name of Allah)” before eating. These guiding principles have blessed the Adventists people for over 150 years.

So, before you decide what to eat, be mindful of:

- The remembrance of God’s blessings through prayer. “O ye who believe! Eat of the good things that We have provided for you, and be grateful to God. If it is Him ye worship.” (Al Baqara 2:172) “And when your Lord proclaimed, ‘If you give thanks, I will give you more; but if you are thankless, Lo! My punishment is dire.’” (Ibrahim 14:7)
- Eating a wide variety of fruits and vegetables, preferably fresh or frozen: “And it is He who produces gardens trellised and untrellised,

and date palms, and crops of different shape and taste (its fruit and its seeds) and olives, and pomegranates, similar (in kind) and different (in taste). Eat of the fruit when they ripen...” (Al An’am 6:141). A vegetarian diet is to be preferred, but eating meat is a matter of choice. “He created cattle that give you warmth, benefits and food to eat.” (16:5) Fish is a healthier alternative to cattle meat “It is he who subdued the seas, from which you eat fresh fish.” (16:14) Today, many are following a meat-free diet for health reasons but those who choose to eat meat must follow the guidelines of clean meats according to the laws of God in the time of Nabi Musa (AS) as recorded in the Taurat (Leviticus 11) (i.e., fish with scales, poultry, beef, lamb). Most Adventists also incorporate into their meals a variety of meat alternates, such as veggie burgers, nut loaf, tofu, and other plant protein foods available through health food stores, Adventist Book Centers, and community markets. An increasing number of Adventists follow a vegan diet that is entirely plant-based. A plant-based diet is not only healthy for an individual, but is now also recognized as healthier for our planet.

- Choosing primarily whole-grain breads and cereals instead of white bread, white rice, and

foods made from refined grains. Examples of whole-grain foods include oats, whole-wheat bread, brown rice, whole-grain pasta, and quinoa.

- Eating legumes often, including lentils, beans, split peas, soy, tofu, and hummus.
- Including nuts and seeds daily in the diet. Walnuts, almonds, sunflower seeds, sesame seeds, caraway, flax meal, peanuts, almond butter, and peanut butter are a few of the many options.
- Eating a healthful breakfast every day, and keep evening meals moderate in calories.
- Using dairy foods (whole milk, kefir, cheese, yogurt, cream, eggs, and butter) moderately. Many individuals opt for soy, almond or other types of milk (preferably fortified with calcium and B12). “In cattle too you have a worthy lesson. We give you to drink that which is in their bellies, between the undigested food and blood: pure milk, a pleasant beverage for those who drink it.” (An Nahl 16:66).
- Limiting sugar, soft drinks, and sweets. Enjoy nature’s sweets, such as berries, pineapple,

peaches, tangerines, and dates. Instead of sugar-sweetened drinks, choose pure fruit juices, such as grape juice, orange juice, cane sugar, or mango juice.

- Limiting salt and high-sodium foods. While this may be a new concept for many, it’s an increasingly popular one for those interested in optimum nutrition.
- Fasting. Fasting can help to improve blood fat levels, detoxicate the body and make us more aware of the presence of God.

#### **4. We were meant to move.**

Being physically active is an important part of health and can include a variety of activities, such as brisk walking, biking, swimming, jogging, active sports, strength training, playing with one’s family, or bowing down before God in worship. Also, instead of sitting for prolonged amounts of time, take frequent breaks to walk or stretch. Nabi Ilyas (as) was so fit that he outran for fourteen miles the evil King Ahab in his chariot (see Tawrat, 1 Kings 18:46). The following statement on physical activity has given guidance for Adventists for more than 100 years: “When the weather will permit, all who can



“When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter.”

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“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

3 John 1:2 (NKJV)



possibly do so ought to walk in the open air every day, summer and winter.”

### **5. Tobacco, alcohol, and recreational drugs harm health.**

Adventists believe it is their duty to avoid those things that clearly destroy health (such as smoking) or things that adversely influence the mind or cloud judgment (such as drugs or alcohol). “And do not put yourselves by your hands into destruction.” (Al Baqara 2:195). For millions of people drinking coffee is a favorite past time and yet, caffeine should be discouraged, as it can become addictive and damaging to health. Although the neither the Tawrat, Injil, nor the Qur’an do specifically prohibit drinking coffee, they give us clear guidance: “Everything is permissible,” but not everything is beneficial. “Everything is permissible,” but not everything is edifying.” (Injil, 1 Corinthians 10:23), or “Eat and drink, but do not be extravagant.” (Al Araf 7:31).

### **6. Follow the principle of moderation.**

Moderation involves avoiding things that are harmful and being sensible in things that are good. Work a healthy amount of hours, but don’t be a workaholic. Take time for recreation, but don’t

spend all your time playing. Eat good foods, but in healthy portions. Don’t sit too much, don’t watch too much TV, and don’t spend too much time playing computer games. Moderation keeps life in balance, away from extremes.

### **7. Wellness requires rest.**

The night time is originally God’s intended time for rest while the day time is for work “He is the One who made for you the night so that you may rest in it, and the day with light; most surely in these are signs for the people who hear.” (Yunus 10:67) To be productive and to enjoy good physical and mental health, everyone needs periods of rest and relaxation, as well as an adequate amount of sleep (at least seven to eight hours each night for adults, and more for children).

A life of rest also involves taking at least one day off a week to rest and recuperate; to connect with one’s family and friends, and to spend time with God. According to the law that the Almighty sent down to Nabi Musa (as) we ought to “Remember the seventh-day (Sabbath), to keep it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God; in it you shall not do any work.” (Tawrat Exodus 20:8-10). Similarly,

according to the Qur'an the seventh day is also a day to remember because, God created the world in six days, and on the next day (seventh day), he ascended to his throne. (see Al Ar'af 7:54).

### **8. A healthy environment is a key ingredient for good health.**

Some of the best ways to prevent disease are simple: wash your hands, keep your body and clothes clean, keep kitchen and food preparation areas clean and free of germs, and maintain a clean, sanitary living area. Also, it is essential to have uncontaminated drinking water and proper sanitation and disposal of waste. Adventists emphasize water as the best beverage option, rather than sugar-sweetened drinks. Sunshine is also beneficial to health, but take it in moderate doses to avoid skin cancer. Helping keep our environment clean and unpolluted, including the air we breathe, is an essential component of good health for all.

### **9. Health involves the whole person**

Like Muslims, Adventists believe that physical, mental, social, and spiritual dimensions of life must all work together in a balanced way to achieve

optimum health. Thus, it is important to develop healthy habits not just for your body, but also for your mind and spirit. Whole-person health includes habits such as limiting stress, developing good coping strategies, being hopeful and optimistic, spending time in prayer and meditation, volunteering in the community, developing good relationships, strengthening family life, showing compassion, and demonstrating love and forgiveness. Reciting verses from the Word of God is always a free option with maximum benefits “Verily, in the remembrance of Allah, the hearts are at ease.” (Ar Ra’d13:28).

### **10. Regular medical care helps protect health.**

Even when it seems you've done everything right, it's still possible to break an arm, get an infection, or develop a chronic health problem. Getting regular medical care, including exams and preventive checks, is an important aspect of healthy living. This also includes regular dental checkups and teeth cleanings, along with daily brushing and flossing. We must also strive to encourage and support others on this journey, maintaining an attitude that allows people to choose, learn, and adopt healthier living practices as God leads.

“The Lord will give strength to  
His people; The Lord will bless  
His people with peace.”

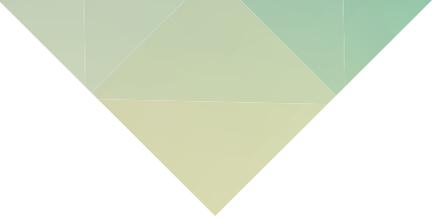
Psalms 29:11 (NKJV)





"I will  
praise You, for  
I am fearfully and  
wonderfully made; Marvelous  
are Your works, And that my  
soul knows very well."

Psalms 139:14 (NKJV)



## SUMMARY

1. Show gratitude to God by taking good care of your body and soul—God has placed in your heart his spirit.
2. Healthy living is a form of worship.
3. Eat healthy meals, emphasizing whole, plantbased foods (fruits, vegetables, whole grains, nuts, and legumes), and limit highly refined foods and foods high in saturated fat and cholesterol.
4. Be physically active every day, when possible.
5. Avoid smoking, alcohol, recreational drugs, and other harmful substances.
6. Practice moderation in work, play, screen time, and eating.
7. Get adequate sleep (seven to eight hours a night for adults, and more for children and youth), and take off work at least one day a week to rest and strengthen family and spiritual ties.
8. Get adequate sunshine, clean water, and pure air; and commit to good sanitation and preserving a healthy environment.
9. Embrace wholistic living: engage in healthy relationships, have a hopeful outlook on life, balance stress with relaxation, be grateful and optimistic, practice prayer and meditation, give time in unselfish service, and show love and forgiveness in daily life. “Be ye foremost in seeking forgiveness... (Al Hadid 57:21).
10. Get regular medical and dental care, including preventive exams.



## COME TO ME, THOSE WHO ARE WEARY...

More than two thousand years ago a sick woman came to see Isa, ibn Maryam (as). She had been sick for twelve years and had used all the money she with doctors and medicines that did not help her. She had heard that he had healed a blind man by creating new eyes, raised a child from the dead and returned her to her grieving parents, cast away spirits (jinn ) which cause a poor child to fall in the fire, and healed 12 men with leprosy. Hiding under a cloak, she came from where he could not see her, and gently touched his clothes. Isa ibn Maryam (as) loved her, and healing came from him. But he wanted not just to release her from her physical suffering, but invite her to experience peace (salam) as a complete person again.

Turning towards her, and without wanting to shame her, he kindly asked: “who has touched me?” People were amazed, in such a crowd how could he asked, who has touched me? But he was not

talking as one of them, he was speaking about a touch of faith. The woman was wrong to think that the clothes of the honorable Isa al Masih (as) had especial powers, but she had faith that he could heal her and because of her faith, he did.

Shyly, the woman came forward and told her story of suffering, defilement and shame. From the lips of the Master, words of life came to her: “Daughter, your faith has healed you. Go in peace and be freed from your suffering.” No longer she was a defiled woman, but a daughter of Nabi Ibrahim and beloved of God.

If you are experiencing suffering, sickness or confusion as to how to choose the right things, Isa al Masih (as), who has the power to heal, has these words for you: “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest”. (Injil Matthew 11:28). Are you coming too?

“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”

1 Corinthians 6:19-20 (NKJV)





"I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants might live. That you may love the Lord your God, that you may obey His voice, that you may cling to Him, for He is your LIFE and the length of your days."

Deuteronomy 30:19-20 (NKJV)



GENERAL CONFERENCE

**Adventist**  
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