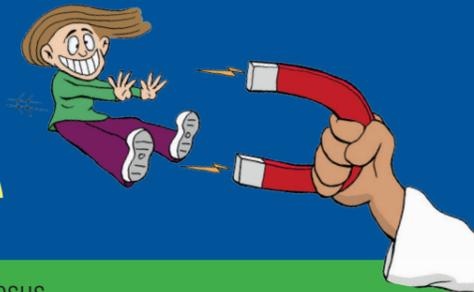


Seventh-day Adventist FUN-da-MENTALS 22

CHRISTIAN BEHAVIOR



Why bother? When we think and act like Jesus, our example attracts people to Jesus. "They will see the good things you do. And they will praise your Father who is in heaven" (Matthew 5:16).

OUT OF THIS WORLD

As Christians we try to "live just as Jesus did" (1 John 2:6). We don't "copy the behavior and customs of this world" (Romans 12:2, NLT) because we're not planning on living here forever!

Our friendship with Jesus affects every part of our lives, including

- the food we eat
- what we do in our free time
- how we dress.

Acting differently from people around us can be uncomfortable. "Ungodly people think that it's strange when you no longer join them in what they do" (1 Peter 4:4).



BODY BUILDER

Jesus spent a lot of time healing people (Matthew 4:23). He's concerned about our bodies' health!

Our body is a temple (living place) of the Holy Spirit, so we need to take good care of it (1 Corinthians 6:19). If we're healthy, we can think clearly and make right decisions.

We'll also have the energy to help others as Jesus did.

WHAT'S FOR DINNER?

In the Garden of Eden everyone was a vegetarian, including the animals

(Genesis 1:29, 30)! But that all changed when sin came.

After the Flood, God allowed people to eat meat (Genesis 9:3, 4). But He told us not to eat certain kinds of animals that would not be good for us.

Many of the "unclean" animals are predators (they kill and eat other animals) or scavengers (they eat dead animals). They're more likely to carry diseases or have toxic chemicals in their bodies.

Here are a few examples of "clean" and "unclean" animals (Leviticus 11).

Clean (OK to eat)

- cows
- sheep
- deer
- water creatures with fins and scales (tuna, salmon, trout, etc.)
- chickens
- turkeys
- grasshoppers

Unclean (Don't eat)

- pigs
- rabbits
- cats
- dogs
- water creatures without fins and scales (lobsters, shrimp, catfish, sharks, etc.)
- vultures
- ostriches
- mice
- lizards

Still, lots of research shows that a plant-based diet is the healthiest way to eat.

8 TIPS FOR GOOD HEALTH

Try these eight helpful medicines. You can remember them if you think of the words **N-E-W S-T-A-R-T**.

N = Nutrition. Eat healthy foods like fruits, vegetables, whole grains, and nuts. Potato chips are not a vegetable.

E = Exercise. You were made to move. Step away from that electronic device and do something active. (Hey, you could even mow the lawn.)

W = Water. It's the original energy drink! Guzzle it, wash your hands often, and please take a bath or shower once in a while.

S = Sunlight. Sunshine cheers us up and helps our body to function well. Just don't stay out too long!

T = Temperance. That's a big word for balance. It means, "Avoid harmful things and use the right amount of good things." Smart, huh?

A = Air. You'd die without it! Head outside and take some deep breaths.

R = Rest. Get plenty of sleep, and don't forget to take a weekly break on Sabbath.

T = Trust. Trusting God protects us from worry and stress, which will hurt our bodies and minds (Philippians 4:6, 7).



DON'T TOUCH THIS STUFF

King Solomon warned about the dangers of drinking a drug called alcohol. "Who has trouble? Who has sorrow? . . . Those who spend too much time with wine. . . . In the end it bites like a snake" (Proverbs 23:29-32).

Remember, if you don't pick up the snake, you won't get bitten.

Solomon didn't know about tobacco and other harmful drugs, but he'd agree that it's "not wise" to put such dangerous substances into your body (Proverbs 20:1). Even caffeine is bad for you. It messes with your mind.

DRESSED FOR SUCCESS

God was the first fashion designer—He made clothes for Adam and Eve (Genesis 3:21). He promises that if we put Him first, we'll have the clothes we need (Matthew 6:33). He didn't promise designer brands, though.

God is more interested in inner beauty than outer beauty (1 Peter 3:3, 4). Spending lots of time and money on our appearance can distract us (and other people) from our real purpose: pointing people to God.

The apostle Paul gives some straightforward advice. He's talking to girls, but boys can learn from it too. He said:

- I would like for women to wear modest and sensible clothes.
- They should not have fancy hairdos
- or wear expensive clothes
- or put on jewelry made of gold or pearls. —1 Timothy 2:9, CEV

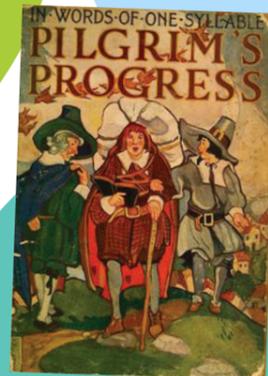
You might want to think, too, about whether the Holy Spirit wants His temple decorated with tattoos and piercings. Just sayin'.

Bible texts from NIV unless noted (NLT, CEV).

BRAIN FOOD

You have lots of options for how you spend your free time. You can

- watch videos
- text your friends
- listen to music
- surf the Internet
- play a video game
- maybe all at once!



The way we spend our time makes a big impact on how we think. God wants to change us inside so we think and act like Jesus (Romans 12:2). It's hard for Him to do that when we fill our brains with Satan's twisted way of thinking.

David's resolution is a good one: "I won't look at anything that is evil" (Psalm 101:3). Instead, spend time thinking about things that are



- true
- right
- pure
- lovely
- worthy of respect (Philippians 4:8).

Sometimes even positive activities can crowd out time for God. Be a smart manager of the time God gives you (see FUN-da-Mental #21). Keep a good balance between time for yourself, time with others, and time with God.



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