TOTAL HEALTH

In these days of diseases and compromised immune systems, Leviticus 11 is more proof of how amazingly relevant the Bible is still today. Our study this week focuses on Leviticus 11–15, which discusses clean and unclean meats, sanitation, cleanliness, and even physical distancing.

If we didn’t know this book came directly from God, a fact that the text reminds us of again and again, we would be mystified as to how Moses knew so much. If you have ever wondered if the Bible is truly the Word of God, this chapter should strengthen your faith, for the health concepts contained in the book of Leviticus are thousands of years ahead of their time! How is this possible? Well, verse 1 of Leviticus 11 tells us: “Now the Lord spoke to Moses and Aaron.”

Unfortunately, we often spiritualize away the practical teachings of the Bible, or to put it differently, we create spiritual applications before we take the time to understand the practical ones. Chapter 11 teaches us the importance of washing clothes, dishes, and our bodies to protect from contamination and disease (vv. 25, 28, 32). Although Israel had no concept of germs, God knew of them, and if they simply trusted Him by doing what He instructed, they would escape the diseases common in their day. Isn’t it encouraging to know that God cares about us not only spiritually but also physically? Our bodily health is important to Him!

Thankfully, our God is not sitting up in heaven coming up with laws for the purpose of restricting freedom and leaching joy out of our lives. Instead, as mentioned above, all of His laws, including His health laws, are for our good and are expressions of our Creator’s deep care for us (Rom. 13:8–10).
Outline or chart out Leviticus 11 from the translation of your choice. You may also find other insights in Leviticus 12–15.
Go back to your scribed text and study the passage.

- **Circle** repeated words/ phrases/ideas
- **Underline** words/phrases that are important and have meaning to you
- **Draw Arrows** to connect words/ phrases to other associated or related words/phrases

What special insights do your marks seem overall to point to?

Memorize your favorite verse. Write it out multiple times to help with memorization.

In what other ways are diet and spirituality related?

Read more at www.inversebible.org/stw09-3
After looking at your scribed and annotated text, what special insights do your marks overall seem to point to?

What questions emerge after studying this passage? What parts are difficult?

What other principles and conclusions do you find?

More than health, how is diet connected to holiness?

What are ways the deeper connections between diet and holiness can be promoted today?

Read more at www.inversebible.org/stw09-4
What relationship do the following verses have with the primary passage?

Genesis 1:29; 3:18
Deuteronomy 14:8; 23:14
Daniel 1
Leviticus 13:46–52; 14:45–47; 15:4–12; 20:24, 25
1 Corinthians 3:16, 17
1 Peter 2:9
Romans 14

What other verses come to mind in connection with Leviticus 11?

Review your memorized verse from Leviticus 11.
Meditate on Leviticus 11 again and look for where Jesus is.

What is He saying to you personally through these texts?

What do you think the world would look like if we all allowed Jesus to transform us into fountains of positive change?

How do you see Jesus differently or see Him again?

Prayer Response:

Read more at www.inversebible.org/stw09-6
Review the memory verse. How does it apply to your life this week?

After this week’s study of the passage, what practices can you improve for better health?

What changes can take place in the social circles around you?

Read more inSight from the Spirit of Prophecy at www.inversebible.org/stw09-7
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Share insights from this week’s memory verse and Bible study as well as any discoveries, observations, and questions with your Sabbath School class (or Bible study group). Consider these discussion questions with the rest of the group.

Why do you think the information regarding meat was given to Moses to write and share?

Should we consider avoiding meat all together? Explain.

Is it a sin to eat meat? Is it a sin to not eat meat? How should we treat others who feel differently on this subject?

How does this chapter in Leviticus give evidence of a divine Author?

How do Ellen White’s writings help us progress in healthy living?

What do these health laws in Scripture and the Spirit of Prophecy tell us about God’s concern for us?

What does the treatment of our bodies have to do with holiness?

What other unhealthy practices does Leviticus warn against? (Lev. 7:26; 10:8–11)