

**LESSON REVIEW
ANSWERS**

1. Should Christians have a fear of what they eat? Why or why not?

Possible answer: No; sicknesses are caused by the enemy, and we aren't to live in fear of what we eat because God's grace is greater than the enemy's lies that we deserve sickness because of what we eat.

2. How should Christians view diet or exercise?

Possible answer: Our bodies are temples of the Holy Spirit, and we should steward them well.

3. What advice does Proverbs 18:21 give for dealing with your diet?

Proverbs 18:21 warns to watch what you say about yourself and the food you eat. Don't speak or prophesy that foods will give you cancer or sickness.

4. What are the two extreme views about diet?

One extreme is to think that all sickness comes from my food, so I must be radical and fear food. Another extreme is to believe that all sickness is from the devil, who came to steal, kill, and destroy, so it doesn't matter what I eat.

5. What benefits can come from following God's wisdom about food and exercise?

Following God's wisdom about food and exercise will allow me to be fit and ready to walk through the doors of opportunity that God has planned for me.

6. How does 1 Corinthians 10:23 relate to diet and exercise?

Since 1 Corinthians 10:23 shows that all things are permissible but not beneficial, I can eat all foods, but they don't all benefit my health.

7. What are some examples of diet or exercise problems that might limit a Christian's ability to accept ministry opportunities?

Answers will vary.