

GOD'S HEALING WAY

Quiz Sheet

Part 1: "God's Health Laws"

Name:

Date:

Carefully read each question
and then write the letter of the correct answer in the blank.

1. ___ Which item is NOT one of God's Health Laws?
 - a. Sunshine
 - b. An aspirin a day
 - c. Fresh Air

2. ___ Which item should NOT be in a Healthy Diet?
 - a. Fresh Fruit
 - b. Whole Grain Cereal
 - c. Bacon and eggs

3. ___ What was NOT in the diet in Eden before sin?
 - a. Fruit
 - b. Nuts and Seeds
 - c. Clean animal meat

4. ___ After Sin entered the world what did God add to the Eden Diet?
 - a. Clean animal meat
 - b. Herbs and Vegetables
 - c. Vitamin Supplements

5. ___ After the Flood, what was added?
 - a. Clean animal meat
 - b. Clams and Lobsters
 - c. Pork and Snails

- 6.____ What parts of the animal were they forbidden to eat?
- a. Steaks
 - b. Horns and hoofs
 - c. The fat and the blood
- 7.____ Which meal should be largest in the day?
- a. Supper
 - b. Nighttime snack
 - c. Breakfast
- 8.____ Which kind of Exercise is NOT ideal?
- a. Walking in the Fresh Air
 - b. Lifting weights indoors
 - c. Gardening and outdoor work
- 9.____ Which is true about Water?
- a. One should avoid drinking Water
 - b. One should only drink Water at mealtime
 - c. The Body needs a generous supply of Water
- 10.____ Which item is NOT true?
- a. Cleanliness of home and person is not important to health
 - b. A daily bath or shower is a healthy habit
 - c. Filth and rotting vegetation near the home is a health hazard
- 11.____ Which is true about temperance?
- a. Temperance is only for alcoholics and smokers
 - b. One does not need to be temperate in eating good food
 - c. Temperance affects every part of our lives
- 12.____ Which is NOT true about how we dress?
- a. Having the body properly covered is a health promoting practice
 - b. It is important to our spiritual health to dress modestly
 - c. Fashion is a good guide in dressing
- 13.____ Which is true about Rest?

- a. Early to bed and early to rise is a good habit
 - b. Rest is not important if you eat good food
 - c. Rest has no effect on our health
14. ___ Where should our faith and trust be focused for health?
- a. On the newest chemical drug medicines
 - b. On God
 - c. On the medical professionals and hospitals
15. ___ Which rule describes how we should relate to God for our best good?
- a. Attend many exciting Praise Meetings
 - b. Afflict the body so the spirit gets stronger
 - c. Trust Him and Obey all His Laws
16. ___ What is true about breathing practices?
- a. City air is just as good as country air
 - b. Deep breathing of fresh air is a healthful habit
 - c. Stuffy rooms are OK to sleep in
17. ___ God's Laws. . .
- a. Are out of date now
 - b. Can be safely ignored
 - c. Are important to physical and moral health
18. ___ It is important to begin any treatment with prayer because. . .
- a. God promises to bless simple remedies
 - b. It impresses the patient that we are religious
 - c. It is just a proper form to follow
19. ___ Trusting and obeying God's Health Laws . . .
- a. Is really a fanatical idea.
 - b. Frees His hands to work mightily for us.
 - c. Is an inferior form of health care.
20. ___ God created and redeemed us to. . .
- a. Serve Him and help others.

- b. To live a full life of fun and frolic.
- c. To do our own thing and satisfy self-esteem.

Read each question carefully, and then write T (true) or F (false) on the line next to the question.

- 21. ___ God's Health Laws are Effective for good health.
- 22. ___ Modern medicine makes the Health Laws obsolete.
- 23. ___ Fresh air aids sound sleep.
- 24. ___ Modern Medical Treatment is more effective than God's Healing Way.
- 25. ___ Temperance is only for addicts.
- 26. ___ Sunshine is always dangerous.
- 27. ___ A high fat diet increases risk of sunburn and cancer.
- 28. ___ Many disease conditions can be cured by taking adequate pure water.
- 29. ___ Early to bed and early to rise is a good habit for health.
- 30. ___ It is not important to practice ALL the Health Laws, one or two is enough.

Part 2:

Multiple Choice: For each of the following questions, circle the letter of the answer that best answers the question.

- 31. Which item is not a Law of Health?
 - A. Eat Meat at every meal to ensure adequate protein.
 - B. Fresh Air and Sunshine.
 - C. Trusting and obeying God.
 - D. Cleanliness and adequate hydration.
- 32. Which Statement is true?
 - A. It doesn't matter if you leave out some of the Health Laws.
 - B. God blesses faith and obedience.
 - C. We should focus on diet and ignore the rest.
 - D. Most people keep all God's Health Laws.

33. True or False: For each statement, circle True or False.

- | | | |
|------|-------|--|
| True | False | 1. Sunlight is harmful and should be avoided. |
| True | False | 2. 8-10 glasses of water a day is right for most people. |
| True | False | 3. Exercise must be strenuous to do any good. |
| True | False | 4. A Healthy diet includes a lot of protein. |
| True | False | 5. Fruits and vegetables are better eaten at separate meals. |

Fill in the Blanks:

34. A whole _____ cereal is a good item for breakfast.
35. _____ to bed, _____ to Rise.
36. C_____ and T_____ contain caffeine and are addictive and harmful.
37. Exercise is best in the _____ air.
38. The _____ governs; the _____ serves.
39. _____ living is healthier than city living.
40. We need to practice _____ in all parts of our life.