

BENNY HINN MINISTRIES PRESENTS

BIBLE
FOODS
THAT
HEAL

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BIBLE FOODS THAT HEAL

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Disclaimer: This booklet is intended as a reference volume only, not as a medical guide. The information provided is intended to help the reader make informed decisions about his or her health, but is in no way intended as a substitute for any professional medical treatments.

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FOREWORD

Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God?

I CORINTHIANS 6:19

Can the foods of the Bible bring healing? Yes, they can! The Bible gives clear instruction providing insight into what you should eat.

As I've traveled the world I've seen firsthand, the number one desire on people's hearts is good health.

I've received a great response from you, my dear partners and ministry friends, showing your interest in this vital subject. That is why we have prepared this special booklet for you.

There are many marvelous health benefits to eating the living foods spoken of in God's Word. You can boost your immune system, maintain your ideal weight, and have abundant energy today as

you discover the phenomenal foods God has given in His Word.

HONORING THE LORD'S COMMANDMENTS

Deuteronomy 8:1 declares: *“Every commandment which I command you today you must be careful to observe, that you may live and multiply.”* The first key to healthy living is to obey the Lord's commandments, for it is the Lord who causes you to live.

The foundational truth to health and healing is found in this mighty spiritual principle that bears repeating: We must honor the Lord's commandments to live long.

Deuteronomy 8:3–6 goes on to say:

So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.... Therefore you shall keep the commandments of the LORD your God, to walk in His ways and to fear Him.

God's promise is to keep us just as He kept the Israelites of old. We are sustained by the Lord. It is God, our heavenly Father, who gives us life and breath. We must look to Him for wellness, for our well-being is not found in bread alone, but through having a personal relationship with the Lord Jesus.

FEARFULLY AND WONDERFULLY MADE

God's Word is filled with truth pertaining to your healthy life. We read in 1 Corinthians 6:19: *"Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God?"*

You can look to your Maker for help to maintain your body, the temple He has given you. We find that 2 Peter 1:3 goes on to say: *"His divine power has given to us all things that pertain to life and godliness."*

We were created *"fearfully and wonderfully"* in the Lord's image, and God has understanding of our health and nutritional needs. The book of Genesis states: *"So God created man in His own image; in the image of God He created him; male and female He created them"* (1:27).

The Lord created you as a unique individual. He

understands you and your specific health needs intimately: “*LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways*” (Psalm 139:1–3).

I believe in healing, but I also believe in divine health. It is God’s will for you to be healthy. That is why God has given us the incredible living foods in His Word, all so you may be whole and lack nothing. Wholeness is available to us in Christ Jesus today.

THE SEVEN LIVING BIBLE FOODS

The book of Deuteronomy gives us a list of seven living Bible foods. These foods were given to the new generation of Israelites destined to possess the land of promise, those who survived the forty years of wilderness wandering. God’s Word says:

For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills; a land of wheat and barley, of vines and fig trees

and pomegranates, a land of olive oil and honey; a land in which you will eat bread without scarcity, in which you will lack nothing; a land whose stones are iron and out of whose hills you can dig copper. (Deuteronomy 8:7–9)

Still today the seven foods listed in this passage of Scripture are highly noted by medical science for their healing properties and exceptional nutritional value.

You and I can reap the same blessed benefits from God's promise to the children of Israel. We can partake of the foods of the Promise Land and experience divine health.

Throughout the rest of this booklet you will discover the phenomenal health benefits of the Bible foods that heal listed in Deuteronomy 8:

1. Wheat
2. Barley
3. Vines
4. Figs
5. Pomegranates
6. Olive oil
7. Honey

We've included a special recipe for each of these seven foods for you to enjoy along with additional information on the health benefits of hummus, baba ghannouj, and garlic. Many of the marvelous foods found in these recipes have been favorites of my family for many years.

It is my prayer that the seven living Bible foods given in Deuteronomy 8 are a great source of health and strength for you and your loved ones.

God in heaven is the source of life, wholeness, and healing. Let's follow the practical insights He has given in His holy Word as we abide in Him each and every day.

—BENNY HINN
World Healing Center Church