

BENNY HINN MINISTRIES PRESENTS

BIBLE FOODS
for LIFE

CLARION CALL MARKETING



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BIBLE FOODS FOR LIFE

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Scripture quotations marked KJV are taken from the *King James Version*.

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

“For I will restore health to you and heal you of your wounds,” says the LORD.

JEREMIAH 30:17

Promises regarding healing and health are found throughout the Bible. And without reservation, I believe that it is God’s will for us to be well, to enjoy health and life in their fullness. God’s will for us to walk in divine health and a right relationship with Him is emphasized in the New Testament. *“Beloved,”* reads 3 John 2, *“I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”* (KJV).

This prosperity of health comes as we give ourselves to the things of God’s Spirit and use wisdom regarding the care of our physical body. It is vitally important that we observe the laws of nature and the

guidelines offered by medical science. We must be careful not to abuse our body through improper nutrition, lack of rest, or exposure to undue stress.

Medical science can help us along the way. New breakthroughs are constantly being discovered that provide insight into good health. This includes information on lifestyle, diet, exercise, stress, environmental-related issues, mental health, and many other areas that relate to our total sense of well-being.

Never forget this important truth: The Spirit of God abides within you. Scripture tells us that we are His temple: “*Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God?*” (1 Corinthians 6:19). It is our responsibility to be faithful to take good care of the physical body the Creator has given to us.

Who better to provide dietary insight than our wonderful Lord? *Bible Foods for Life* highlights nine foods full of nutritional value that are spoken of in God’s Word. Throughout the rest of this booklet you will discover the phenomenal health benefits of some of the Bible’s richest life-giving food resources, including:

1. Fish
2. Beans
3. Leeks, Onions, and Garlic
4. Water
5. Cucumber
6. Apples
7. Nuts

We've included a special recipe for each food for you to enjoy along with additional information on the health benefits of Ezekiel bread, tomatoes, and yogurt.

God is and has always been the Healer. He said, "*I am the LORD that healeth thee*" (Exodus 15:26, KJV). It is His will for you to live in divine health. Whatever you are facing today, the God of miracles is able to perfect all that concerns you (see Psalm 138:8). You can trust Him to restore your health and renew your youth (see Isaiah 40:31). My prayer is that you will walk in the fulfillment of Jeremiah 30:17: "*For I will restore health to you and heal you of your wounds,' says the LORD.*"

Healing and health belong to you as God's dear child!

—BENNY HINN