

# HEALTH and FITNESS

## 1. Memorize and sign the Temperance Pledge:

"Realizing the importance of healthy body and mind, I promise, with the help of God, to live a Christian life of true temperance in all good things and total abstinence from the use of tobacco, alcohol, or any other narcotic."



## 2. Memorize two of the following Bible texts

### Romans 12:1-2 (NIV)

1 "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship."

2. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."



### 1 Corinthians 10:31 (NIV)

So whether you eat or drink or whatever you do, do it all for the glory of God.



## Proverbs 20:1 (NIV)



Wine

is a mocker and beer a brawler; whoever is led astray by them is not wise.

## 3 John 2 (NIV)

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.



## Writings of Ellen G. White

*“True temperance teaches us to abstain entirely from that which is injurious....” Temperance, p. 3*

*“A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering, human will to the omnipotent, unwavering will of God.” Temperance, p. 113.*

Resource: [http://en.wikibooks.org/wiki/Adventist\\_Youth\\_Honors\\_Answer\\_Book/Outreach/Temperance](http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Outreach/Temperance)





