



# SEEKING *Hope*

*Healthy and Happy*

División Interamericana

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SEEKING  
*Hope*  
*Healthy and Happy*

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The Inter-American Division Centennial Celebration Committee, has the privilege to present Seeking Hope, a series of ten Bible studies lessons that will help you find hope amid the world crisis.

Everything around us tells that we are living in the final times of human history. Today more than ever, people are living without hope. We see around us a world immersed in a pandemic that has left families grieving the loss of loved ones. We see people suffering, crying, committing suicide and surviving the emotional effects of bankruptcy. It is time to tell the world that there is hope: Jesus is this hope.

This Bible study series will help you find the path to a meaningful life. Arise and embrace hope through this short series of God's Word.

As part of the centennial celebration of the Adventist Church in Inter-America, we make this Bible study series accessible to you, assuring that there is hope for you and your family.

Welcome to the inspiring experience of Seeking Hope!

The committee



A person is shown from the waist up, wearing a maroon t-shirt and blue jeans. They are holding a black Bible with "HOLY BIBLE" printed on the cover. The Bible is glowing with a bright white light, and several bright white lightning bolts are striking the person's right arm and the Bible. The background is a gradient of colors: red at the top, orange, yellow, green, and blue at the bottom. The overall image has a dramatic, spiritual feel.

# SEMINAR 1

HOLY BIBLE

## The 86 Year Old Grandma Who Ran Her 64th Marathon!

Since a child, Mavis Lindgren was plagued with severe lung problems. At 60, she had ailing lungs, a weak heart and an overweight body. Then she started walking - every day.

And as her walking increased, her ailments began to disappear! At age 70, she completed the Sacramento Pepsi 20-mile run! Then she moved on and completed the marathon - 26.2 miles! In 1993, at age 86, she was in the New York Times! Her 64th marathon!

### Exercise has been called the “Wonder Drug!” What are its miracles?

- Exercise strengthens the heart and lowers blood pressure.
  - It enhances blood vessels and lowers cholesterol.
  - Exercise increases energy and boosts the immune system.
  - It helps to prevent as well as reverse Type 2 diabetes.
  - It combats obesity by burning calories and helps us to manage weight.
- Isn't that a great list of miracles?

### Exercise also does miracles for the mind. What do you think? True or False?

- True  
 False

### Select all the statements that are true about exercise

- It improves brain activity by increasing supply of hydrogen.
- It helps create new nerve endings that improve mental ability.
- It increases chemical activity that sharpens thinking and reasoning.
- It increases endorphins - the “feel good” chemicals.
- It can help to delay the onset of Alzheimer’s disease.

### According to Harvard University, there are three types of exercise. Match the right words with the activities on the right.

	improves flexibility and range of motion.	building increases muscle strength.	builds endurance, strengthens the whole body.
Aerobic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strength	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Out of the three types of exercise, aerobic exercise is most useful. Why? Check the box below, if you understand each point.**

1. Aerobics increase oxygen capacity and strengthen the heart.
2. Examples of aerobics are: Running, cycling, swimming, brisk walking.
3. Walking is the best. It is convenient, inexpensive, and is the safest.

**The minimum amount of exercise recommended is 30 minutes a day, five days per week. In addition, we can make exercise a way of life. What are some examples of “way of life” exercises?**

Here is one example: Instead of using the elevator, use the stairs! Type some others in the box below

**Mavis Lindgren is not the only healthy, walking octogenarian! After walking for 40 years in the desert, what did 85-year old Caleb say?**

Read Joshua 14:10, 11.

**Yes, it's hard to stick to an exercise program! Here's a 7-step strategy.**

Check the corresponding box below, if you understand the step

- (1) Decision. Make up your mind! What you conceive you can achieve.
- (2) Pleasure. Choose an activity that you will enjoy.
- (3) Strategy. Schedule the time and place. Don't leave it to chance!
- (4) Goals. Set realistic goals. Write them down, and track your progress.
- (5) Right Away. Instead of talking about tomorrow, begin today!
- (6) Perseverance. Sometimes you'll fail, but get up and move on!
- (7) Partner. Enlist an exercise partner for support and accountability.

**As two men were taking the seven-mile walk from Jerusalem to Emmaus, someone started to walk beside them. Who was He?**

Read Luke 24:13-15. His name is \_\_\_\_\_?  
(Type his name at the bottom) And when we walk today, this Divine Companion is willing to walk with us!

## Exercise is not only needed for physical health, but it is also required for our spiritual health! Today, what is one area that requires exercise?

Read Mark 11:22. "Have faith in \_\_\_\_\_."

Type your answer below

### However, in this 21st century, many doubt the existence of God!

While we cannot scientifically prove the existence of God, we can see some of His fingerprints.

One of these fingerprints can be seen in the DNA of our body.

- The body has 100 trillion microscopic body cells.
- Within the nucleus of each cell is its data bank, its DNA.
- The DNA has genetic instruction for the cell's development and function.
- If your DNA strands were laid end to end, it would measure 31 million miles!
- Encoding the DNA of just one cell would give 1,000,000 pages of print!
- If you were to read all that information 24/7, it would take 100 years!
- But the tiny cell "reads" it all and follows all those instructions!
- Psalm 139:14. We are "fearfully and wonderfully made."

### A second fingerprint of God is Bible Prophecy.

In the 6th century BC, Nebuchadnezzar, king of Babylon, had a dream. Read about it in Daniel 2:31-35. And select all the options below that are true.

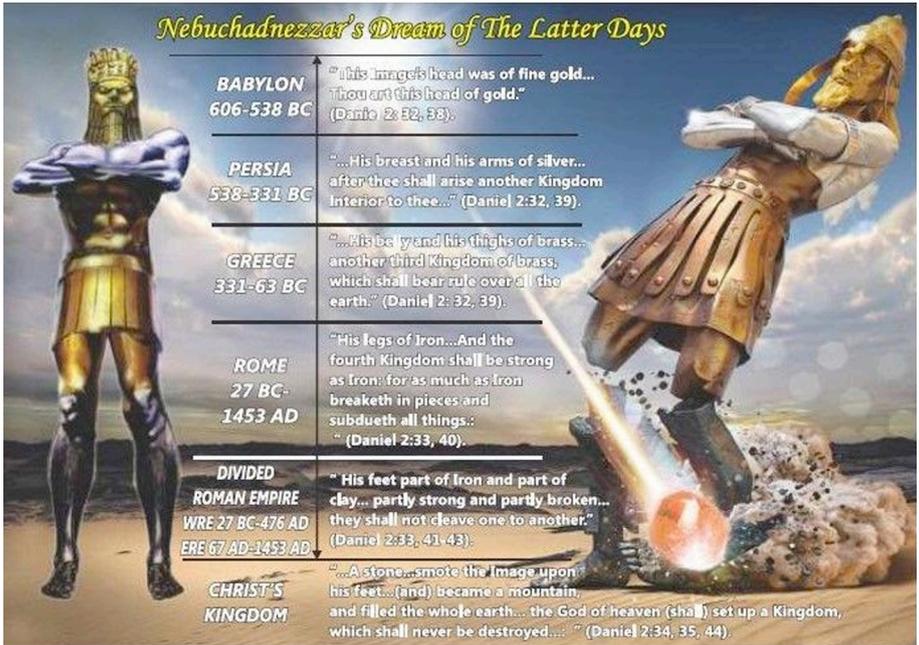
1. The head of the image was made of gold.
2. Its chest and arms were made of brass.
3. The belly and thighs were made of silver.
4. Its legs were of iron, and its feet were of iron and clay.
5. Then a stone crushed the image, and filled the whole world.

### Daniel's Image



**God revealed the history of Western Europe 2,600 years in advance! What did each part of the image represent? Read Daniel 2:36-44.**

- A. Head of gold represented Babylon 606 to 538 BC.
- B. Chest and arms represented Medo-Persia 538 to 331 BC.
- C. Belly and thighs represented Greece 331 to 168 BC.
- D. Legs of iron represented Rome 168 BC to 476 AD.
- E. Feet and toes represented divided Europe 476 AD to Today
- F. The stone represented Christ's Kingdom - Next world power!



**So let's exercise faith in God!**

- Mary exercised faith in God and saw water turned to wine!
- Joshua exercised faith in God and the walls of Jericho fall down!
- David exercised faith in God and defeated the giant Goliath!  
and So can you...

**My Choice**

- I am thankful that God knows me, loves me, and cares for me.
- God wants me to be Healthy and Happy. So I will exercise daily.
- Despite my doubts and challenges, I will exercise faith in God.

A man with dark hair and a beard, wearing a blue long-sleeved shirt, is shown in a state of physical distress. He is leaning forward, his eyes are closed, and his mouth is slightly open in a pained expression. He is clutching his chest with both hands. The image is overlaid with a vibrant, multi-colored rainbow gradient that runs diagonally across the frame. The overall mood is one of suffering and the need for relief.

## SEMINAR 2

## FIVE STEPS TO PREVENT A HEART ATTACK

Each Valentine's Day the picture of the heart takes center stage! Why? Because the heart is a universal symbol of love! The heart is also the center of life! It pumps life-giving blood throughout the body.

### The heart is an amazing machine! Here are a few facts about it.

Click the check box, if you understand the corresponding point

- It starts to work 21 days after conception, and continues through life.
- It beats 100,000 times a day. That's 2 ½ billion beats in a lifetime!
- It pumps 2,000 gallons of blood each day through the whole body!

### Today, heart disease is the number one killer! And Coronary Artery Disease (CAD) is prevalent. True or False?

Select the options below that are true.

- Coronary Artery Disease is caused by the buildup of deposits of fat, called plaque, in the arteries of the heart.
- The buildup of plaque causes the cardiac arteries to widen, and restricts blood flow
- The affected areas become weak, and this results in CAD.

### What causes a heart attack?

Match the correct statement with words on the right

	Clot	Death	Die
If a piece of plaque breaks off, it forms a _____ that blocks the flow of blood to a section of the heart.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This causes that part of the heart to _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If it is not treated quickly, a heart attack can result in _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**STEP #1 to prevent a heart attack: Do Aerobic Exercise**

Click the checkbox to the corresponding point, if you understand it.

- Aerobics are activities that exercise the whole body.
- They strengthen the heart, causing it to work more and last longer.
- Some examples of aerobic exercise are walking, running, cycling.
- Minimum time recommended is 20 minutes a day, 5 days a week.

**STEP # 2: Eat a Heart-Healthy Diet - high in fiber and low on fat.**

Match the following with the corresponding words on the right.

	Soy	Fat	Fiber	Omega-3
Vegetables are low on fat, high in _____, so they are heart healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red meat is low in fiber, high in _____. So it is bad for heart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salmon and Mackerel are rich in _____, and this is heart healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Omega-3 is also found in flax seeds, walnuts, and _____beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**STEP #3 is: If You Smoke, Stop Smoking! True or False?**

Check the following boxes below that are true.

- Chemicals in tobacco can damage the heart and blood vessels.
- In order to stop, make up your mind. Also avoid triggers.
- Try distraction techniques. Use substitutes.
- Limit your intake of water
- Join a support group.

## STEP #4 to Prevent a Heart Attack: Control Your Cholesterol.

Check the corresponding box, if you understand the point.

- The so-called “good cholesterol” (HDL), is produced in the liver, and protects against heart disease.
- The so-called “bad cholesterol” (LDL), causes buildup of plaque in blood vessels. This can rupture or block the vessels, and cause a heart attack.
- We can lower “bad cholesterol” by eating a plant-based diet.

## STEP #5: Lower Your Stress.

Match with the corresponding options

	Heart	Meditation	Adrenaline	Constant
When under stress, there is a rush of _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This increases the _____ rate and raises the blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A _____ state of stress can cause a heart attack	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We can lower stress by deep breathing, laughter, and _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Since my heart is so important to my health, what should I do with it?

Read Proverbs 4:23

### Activity: Take Your Pick!

Identify one of the five steps that you need to work on; then share it with your friend and say what you plan to do about it.

## TAKING CARE OF YOUR SPIRITUAL HEART



**Each of us has a spiritual heart. That spiritual heart is your mind. And it gets cluttered with spiritual plaque!**

Read the following text: Psalm 51:5, Jeremiah 17:9. And choose the right words below

	Nature	Sin	Born
The spiritual plaque that damages my life is _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was _____ a sinner. Every person is born that way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No matter how hard I try, I cannot change my sinful _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**So how can I get rid of sin? STEP 1 IS: Experience God's Forgiveness.**

John 3:16, 1 John 1:7, Psalm 51:1, 2. Select all the options below that are true

- I should have died for my sins. But Jesus died in my place!
- If I ask for it, Christ's blood can cleanse my heart from every sin.
- David committed adultery and murder! He prayed, God forgave!

## How completely will God forgive me of my sins?

Read the following text: 1 John 1:9, Micah 7:18, 19. Select the options below that are true

- God has promised to cast them all into the depths of the sea!
- The deepest part of the sea is in the Pacific Ocean – 5 miles deep!
- So no matter how terrible my sins, God will forgive me completely.

## STEP 2: Get a New Heart – Like David did! His prayer continued.

Read Psalm 51:10 "Create in me a clean \_\_\_\_\_ [mind], O God" and fill in the blank below

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## Dr. Jesus is ready to perform heart surgery! And it's Free!

Read Ezekiel 36:26, Acts 2:39. Choose the correct corresponding option

	behavior	ask	conversion
It is God's gift. But, like David, we need to _____ for it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This change of heart, of mind, is called _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conversion means a change of lifestyle, a change of _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## How radical is this change that God is willing to give?

Read: 2 Corinthians 5:17. "All things have become new." Check the box, if you understand the change

- The thief becomes honest! The drunkard becomes sober!
- The smoker becomes drug free! The drug-user becomes an abstainer!
- The adulterer becomes pure! The abuser becomes a care-giver!

## Good News! God is ready to give you this new heart – right now!

Read: 2 Corinthians 6:2. "Behold, now is the day of salvation."

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### **My Choice**

- By God's power, I will take the five steps to have a healthy heart.
- I want Dr. Jesus to change my life and give me a new spiritual heart.
- I believe He has started this change in my life, and I gladly accept it.



# SEMINAR 3

## STRESS CAN KILL YOU! SIX THINGS YOU CAN DO.

The CNN World Business report of February 3, 2005, carried this title "Monday morning bad for your health." It revealed that more people suffer a heart attack on Monday than on any other day of the week! Why? Going back to work, or again facing that boss, or dealing with the Monday morning traffic can raise stress levels! And stress can kill you!



### STRESS AND THE BODY

#### First of all, what is stress?

Stress is the body's physical, mental and emotional response to the demands of life. Each of these demands is called a stressor.

#### How does the body respond to a stressor?

Choose the right words that correspond in the column on the right

	adrenaline	normal	pressure
Whenever a threat is perceived, the body releases _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The heart pounds faster, muscles tighten, blood _____ rises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When the threat disappears, the body relaxes and returns to _____ .	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Stress is helpful. We need it to face emergencies. But continual stress is harmful! It can kill you!

Click the check box, if you understand the statement below.

- Prolonged periods of stress can cause heart disease, stroke, diabetes, high, cholesterol, ulcers, hypertension, colitis, obesity, and even cancer.

## HERE ARE SOME STRATEGIES TO MANAGE STRESS

### STRATEGY # 1 to manage stress: Use Whole Body Therapy. What's that?

Read 1 Corinthian 9:27. "I discipline my body and bring it into subjection." and Select the statements below that are true.

- If I strengthen my whole body, I can better withstand stress.
- This requires a nutritious diet, regular exercise, adequate sleep.
- Whole Body Therapy says, "If it feels good to the body, do it!"
- This therapy leads us to avoid tobacco, alcohol, and caffeine.

### STRATEGY # 2: Take Charge of the Areas of Life You Can Control.

Check the statements below that are true

- Write up a "To Do" list at start of each month, week, and day.
- Limit your list of activities to what you can manage.
- Prioritize: Do the lighter tasks first, and the heavier ones later.
- Have an appointment? Start out early. Less haste, Less stress!

### STRATEGY # 3: Engage in Relaxing Activities. What did Saul use?

Read 1 Samuel 16:23. He used \_\_\_\_\_

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**Other relaxing activities are: take a walk, work in a garden, breathe deeply. Now let's take a minute to practice. Let's breathe from the diaphragm.** How does that feels?

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**STRATEGY # 4: Do Cognitive Restructuring. Use Positive Self Talk!**

Read Proverbs 17:22 and check the follow statements, if you understand.

- If I say negative things to myself, I will have more stress.
- If I say positive things to myself, I will have less stress.

**Group Activity. Martha 's boss screams, "Where's the agenda, Miss Slothful?"**

Give an example of Negative Self Talk

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**STRATEGY # 5: Communicate Wisely with Your Stressor.**

When talking, avoid "You" statements. Instead, use "I" statements. They help you to communicate your feelings better. Check the box below if you understand the example, and also, give your own example in the space below.

- Example # 1:** Instead of "You didn't tell me you wanted the agenda first!" She could say, "Sir, I didn't realize that the agenda was needed first."
- Example # 2:** Instead of "You never help with the dishes," what can I say?
- Otros:

**STRATEGY # 6: Practice God-centered Meditation. How to do that?**

Read Psalm 46:10 and choose the right word in the right column.

	<b>Meditating</b>	<b>Prayer</b>	<b>Bible</b>
We can spend quiet time talking with God each day in_____.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We can spend quiet time learning about God daily in _____ study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We can spend quiet time with God each day _____on His love	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## STRESS RELIEVER

### In addition to Daily Meditation, we also need Weekly Spiritual Meditation. When was this strategy instituted?

Read Genesis 2:1,2 and Place your answer below. This is a little-known but very effective strategy. So let's explore some of its secrets.

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#### SECRET # 1: It's a Stress Reliever for all human beings. Let's see Genesis 2:3; Mark 2:27. True or False?

Let's read Genesis 2:3; Mark 2:27. and check all the statements below that are true.

- The Sabbath was first given to Moses on Mt. Sinai.
- It was first given to Adam in Eden for the whole human family.
- Since Adam was not a Jew, the Sabbath cannot be Jewish!
- As marriage was made in Eden, Sabbath was made in Eden!

#### SECRET # 2: This special day is easy to identify. Let's look at the events of this particular weekend.

Read Luke 23:53 to 24:1 and answer the questions below.

Crucifixion Day: We say Good\_\_\_\_\_. Bible calls it \_\_\_\_\_ day.

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Day In Tomb: We say\_\_\_\_\_. Bible calls it the \_\_\_\_\_.

---

Resurrection: We say Easter\_\_\_\_\_. Bible calls it \_\_\_\_\_day of week.

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#### SECRET # 3: Christ never changed the Sabbath. Instead, He kept it!

Read Matthew 5:17, 18; Luke 4:16 and Check the statements below that are true

- Jesus abolished only one of the Ten Commandments.
- Jesus said He did not come to destroy any part of God's law.
- Christ practiced what He preached. He kept the Sabbath.
- A Christian is a follower of Christ. So we should keep the Sabbath.

**SECRET # 4: The Sabbath is God's best prescription for human stress!**

Read Isaiah 58:13,14 and choose the right corresponding word

	God's	Cares	ready	holiday
For a full day each week I put away life's _____: job, school, business.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't talk or even think of them! I leave them in _____ hands.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mind gets a weekly _____experiencing freedom from stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After such renewal, I am _____ to face challenges of the new week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**SECRET # 5: It's Christ's favorite day to relieve stress! 40% of His miracles were done on the Sabbath! Let's look at some of them!**

Let's Read the following passages and check the box, if you understand.

- Paralyzed for 38 years, the man stood up and walked! (John 5:1-15).
- Bent over for 18 years, the woman walked straight! (Luke 13:10-17).
- Blind from birth, the man first saw on the Sabbath! (John 9:1-14.)

**SECRET # 6: The Sabbath will be kept through all eternity!**

Read Isaiah 66:22,23. It tell us that we will worship each Sabbath in the New Earth. When Jesus comes again, we'll have a new planet! Stress-free forever! And each Sabbath we will worship the Prince of Peace on His Day of Peace.

**My Choice**

- I have decided to use these seven strategies to manage my stress.
- I see that the Sabbath is God's best prescription to manage stress.
- I want to worship the Prince of Peace on the Sabbath, His Day of Peace.



# SEMINAR 4

## CAN SEXUAL INTIMACY KEEP ME HEALTHY AND HAPPY?

We all know that regular exercise can help us to keep healthy and happy. We also know that tobacco will prevent us from being healthy and happy. The Big Question is: Can sexual activity help us to stay healthy and happy?



## SEXUAL INTIMACY

### Scientific research shows that with appropriate boundaries, sexual intimacy is good for our health! What are some of its benefits?

Choose the right words in the columns on the right

	pressure	sleep	stress	heart
Sex causes the brain to produce serotonin, which lowers _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex helps us to relax, and this lowers blood _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It increases blood flow, and aids the prevention of _____ disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex aids sleep. Release of Oxycontin during orgasm enhances _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Some additional benefits include

Click the check box, if you understand the statement.

- It boosts the immune system, and helps protect us against infections.
- This exercise burns calories! 30 minutes of sex burns 85 calories.
- Rise in endorphins decreases pain and increases feelings of pleasure.

### Not only do health professionals say it's good, God Himself said so!

See Genesis 2:24 & Matthew 19:6. What do you think? Click the checkbox with statements that are true

- The term "one flesh" refers to sexual intimacy.
- The Old Testament commends it, but New Testament condemns it.
- Since the Father and Son endorse it, within marriage, sex is good.
- It isn't common and dirty! It's clean and holy!

**On the other hand, sex with the wrong partner can be bad for our health! It can result in Sexually Transmitted Diseases!**

Click the check box below, if you understand the statements

- They include Chlamydia, genital herpes, gonorrhea HIV/AIDS, hepatitis B, and syphilis. The deadliest is HIV/AIDS.
- STDs is a silent epidemic! 25% of American teenagers are infected! And 50% of sexually active adults have the infection!
- If uncertain, get tested. And if infected, get treated!

**What are some other dangers of casual sexual activity?**

Choose the right word from the options on the right

	guilt	pregnancy	cycle	dysfunction
Unwanted _____. This can alter the course of your life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feelings of _____. That can destroy your peace of mind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guilt feelings after marriage, which can cause sexual _____.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vicious _____ of promiscuity - moving from one partner to another.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**In order to halt this epidemic, what is the prescription of Dr. Jesus?**

Let's Read Exodus 20:14. and click the checkbox, if the statement is true.

- Avoid casual sexual activity. Refrain from having multiple partners.
- Have sex with your safe marriage partner only.
- Reject premarital sex, extramarital affairs, and cohabitation.
- No same sex activity, prostitution, rape, incest or sexual abuse.

## KEYS TO VICTORY

### But sexual temptation is everywhere! How can I get victory over it?

Read the following passages and statements and click the check box, if you understand the statement. Genesis 39:8-10 | Romans 12:21

- Key # 1:** Make a Firm Decision. It starts in the mind. The mind is powerful. Be like Joseph. Say "No!" and mean it! (Genesis 39:8-10).
- Key # 2:** Use Redirection. Channel your energy in a different direction. Energy redirected toward positive activities can bring physical and emotional satisfaction (Romans 12:21).

### The third key to victory is: Maintain High Self Worth!

Match the following statements with the correct word on the right

	Valuable	Vulnerable	Deterrent
Low self worth makes one _____ to promiscuity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
But high self worth is a _____ to illicit sexual behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My body is so _____ that it was bought with the blood of Jesus!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### It is important to note that God's prescription for sexual health is one of His Ten Commandments? What did Dr. Jesus say about His commands?

Read the John 14:15 and click the check box, if you understand the statement.

- If you love Me: Have no gods before Me, don't make or worship images, reverence My name, keep the seventh-day Sabbath holy.
- If you love Me: Honor your parents, do not murder, don't commit adultery, be honest, be truthful, be content with what you have.

### Did Christ ever abolish any one of His commandments?

Read Matthew 5:17,18; 19:17, Click the check box, if the statement is true.

- If the law was abolished, it would be alright to lie, kill or steal.
- Christ came not to destroy the Law but to fulfill it: do what it says.

- Heaven and earth may pass away but no part of God's Law will.
- Paul said, "If you want eternal life keep the commandments."

### After I am saved by God's Grace, why do I need to obey God's Law?

In Romans 3:31 Paul asks and answers that very question! What is his answer \_\_\_\_\_? type it below.

## SO WHEN I'M SAVED BY THE GRACE OF JESUS, I KEEP THE LAW OF JESUS.

### Group Activity. Speedy Harry

Harry was stopped by the police for speeding. In response to his plea, the police gave him only a warning. But the next day Harry was speeding again! And the same officer met him! "Well sir," said Harry, "since you gave me grace yesterday, I thought that I was free to break the law today!"

### ANSWER THE QUESTIONS BELOW

#### If you were the policeman, what would you tell him?

What would you tell Harry?

---

#### What does that tell us about God's grace and God's law?

What does this tell us about God grace and God's Law?

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#### There is another reason why sex is sacred. It is a Parable!

Read Ephesians 5:31, 32 - Sexual intimacy between husband and wife can illustrate spiritual intimacy between \_\_\_\_\_ and me. Type your answer below

---

## AWESOME! THAT MEANS, JESUS WANTS TO BE BONDED WITH ME IN SPIRITUAL INTIMACY!

### Privacy. Sexual intimacy requires a place where the couple can be alone. So I need a place where I can be \_\_\_\_\_ with Jesus

Read Matthew 6:6 and choose the right word to fill the blank

- Time    Alone    Silence    Bible    Prayer

### Time. Marital intimacy takes \_\_\_\_\_. So I need to take time to spend with God so our experience is not rushed.

Read Mark 1:35 and choose the right word to fill the blank

- Time    Alone    Silence    Bible    Prayer

**Talk. In physical intimacy, we do Love Talk. So to be bonded to Jesus, I need to talk to Him through \_\_\_\_\_**

Read Psalm 62:8 and choose the right word to fill the blank

- Time    Alone    Silence    Bible    Prayer

**Listen. When one is talking, the other is listening. I need to listen to the voice of God speaking to me through \_\_\_\_\_ study.**

Read John 5:39 and choose the right word to fill the blank

- Time    Alone    Silence    Bible    Prayer

**Meditate. We quietly think about our love. So as I wait in \_\_\_\_\_, my Savior reveals His plans and His will for me.**

Read Psalm 104:34 and choose the right word to fill the blank

- Time    Alone    Silence    Bible    Prayer

**SO MY SONG SHOULD BE, "MY JESUS, I LOVE THEE, I KNOW THOU ART MINE."**

#### **MY CHOICE**

- Since sex is sacred, I will reserve it for my married partner only
- I will be obedient to all of God's Ten Commandments.
- Each day, I will experience spiritual Intimacy with Jesus.

# SEMINAR 5



## LET'S SCALE MT. EVEREST! THE SECRET STRATEGY FOR SUCCESS.

In 1952, the elite Swiss Team tried but failed to scale Everest. When the British discovered that the Swiss had drunk less than two glasses of water per day, they decided to drink twelve glasses daily. On May 29, 1953, Edmund Hillary, a New Zealander, and Tenzing Norgay, a Nepali Sherpa climber from India, became the first humans to conquer the highest mountain in the world! What was the secret? They drank more water!



### To scale the Everest of Health, we also need water! Why?

Click the checkbox below, if you understand the corresponding statement

- Water is the main constituent of the human body.
- It is 65% of the body, 80% of the blood, 85% of the brain!

Even the bones are 15% water! Every cell of our bodies requires water.

### First Function: Water is the transportation agent of the body.

Click the checkbox below, if you understand the corresponding statement

- Water allows our digested food to become water soluble.
- Nutrients pass via the capillaries of the intestines into the blood.
- Blood, which is 80% water, carries the nutrients to each body cell.
- Water transports oxygen from the liver to every cell of the body.

## Function Number Two: Water is also the body's disposal agent \*

Select the appropriate answer in the column on the right

	cup	kidneys	perspiration
Water transports the body's impurities to the _____ for disposal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Waste disposal takes place through urine and _____.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drinking little water is like washing dirty dishes in a _____ of water!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Third function: Water helps to prevent many illnesses.

Select the statement below that are true about water.

- It combats constipation by aiding the removal of fecal matter.
- Water lessens risk of colon cancer by moving harmful toxins early.
- It increases the formation of kidney stones, which are painful.
- Water helps prevent joint pain by lubricating joints and cartilage.
- It fights obesity. Water-rich foods make us feel full. So we eat less.
- Good hand washing, which takes ten seconds, prevents the spread of infectious diseases

## Function Number Four: Water applied externally can give healing.

Click the checkbox below, If you understand the corresponding statement

- Muscular aches?** Alternating hot wet towels with cold wet towels improves blood flow, increases oxygen supply, and facilitates recovery.
- Injury and bruises?** Cold applications cool the injured area, reduce pain and inflammation, and enable the injured tissue to survive.
- Tired or aching feet?** Warm foot baths improve blood flow, relieve aches and pains, facilitate relaxation, and invigorate the body.

## SINCE WATER IS SO VITAL TO LIFE AND HEALTH, WE NEED TO TAKE ACTION!

### ACTION 1 IS: Drink six to eight glasses of water daily.

Click the Checkbox, if you understand the statements below

- The body loses 10 to 12 glasses of water per day. Food replaces 3 to 4
- So we need to drink 6 to 8 glasses. 8x8 Rule: Drink 8 eight-ounce glasses.
- Check the color of your urine. Enough water will give clear urine.
- Even Jesus needed water! He asked the Samaritan woman for a drink.

### ACTION 2 IS: Allow No Substitutes! \*

Select the correct option in the columns on the right

	caffeinated	sodas	twelve
Sweet drinks and _____ do not count. In fact, they are health hazards!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
One can of soda contains eight _____ to teaspoons of refined sugar!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____ drinks do not count either! In fact, they are harmful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### ACTION 3 IS: Create a Strategy. It can help you scale your Everest!

Click the statements below that are true about creating a strategy

- Start to drink early - one or two glasses when we wake up.
- Keep bottles of water handy and drink at regular intervals.
- Measure out a daily supply, then aim at emptying the container.
- Drink when you feel thirsty. Thirst is a good indicator to drink.

**When Christ comes again, Mt. Everest and all earth's mountains will be destroyed! Only one mountain will remain. Which is it?**

Read Revelation 14:1. Its name is Mt. \_\_\_\_\_ .

Type your answer in the space below

---

**THE WELL-KNOWN STRATEGY TO BE ON ZION IS THE BLOOD OF JESUS! BUT THERE IS ALSO A SECRET STRATEGY.**

**What did Jesus Himself say?**

Read John 3:5 "Unless one is born of \_\_\_\_\_ and the Spirit, he cannot be saved." Type your answer below

---

**What else did Jesus Himself say?**

Read Mark 16:16 "He who believes and is \_\_\_\_\_ will be saved."

Type your answer below

---

**So what is the meaning of baptism?**

Read Romans 6:4 and Check the statement below that are true

- Baptism celebrates the death, burial and resurrection of Jesus.
- It also signifies the death and burial of my old life of sin.
- Then it symbolizes my resurrection to a new life in Christ.
- Since babies know the difference, they should be baptized.

**Baptism means death and resurrection. So what's the Bible method?**

Read Acts 8:38,39. and type the Biblical method of baptism below. (Hint: It is not sprinkling)

---



### **Acts 8:35-39 tells a story of the baptism of the Treasurer of Ethiopia.**

After Reading Acts 8:35-39, check the statements below that are true

- He asked for time to think about this major decision.
- The eunuch took the initiative and requested baptism.
- He did not delay. This official got baptized right away!
- Baptism brings joy! He went away rejoicing!

### **Acts 16:13-15, Tells about a Successful Businesswoman.**

Read Acts 16:13-15 and Type below what are some excuses that she could have made?

---

**How would you answer those excuses you typed in the previous question?**Type your answer or answers below

---

### **Our greatest example is Jesus! He was sinless. Yet He got baptized!**

Read Matthew 3:13-17. What happened? Type your answer below

---

**Therefore, when I follow Jesus in baptism, that voice will speak again! My Father will say, "This is my beloved son, My beloved daughter! I am very pleased!"**

### **Water! It's not only for all time. It's also for all eternity!**

Read Revelation 22:1, 2. "And He showed me a pure river of water of life." The question is: Shall we gather at the river? What's your answer? \_\_\_\_\_ ! Type your answer below.

---

### **My Choice**

- I have decided to drink an adequate supply of water each day.
- I want to be on Mt. Zion! I accept the first strategy: The Blood of Jesus.
- I also accept the secret strategy: The Baptism of Jesus.

# SEMINAR 6



## BEAT HIGH BLOOD PRESSURE! IT'S DAVID AND GOLIATH!

As Goliath, the nine-foot Philistine giant challenged and taunted the Israelites, the boy David advanced with a sling and stones! And wonder of wonders! The boy killed the giant! Today, High Blood Pressure, also called Hypertension, stands over many of us like a giant! Tall! Big! Strong! And taunting! But just as David defeated the giant, we can beat Hypertension!



### What really is High Blood Pressure?

Click check box below if you understand the statements

Blood Pressure is the force of the blood being pushed by the heart against the walls of the arteries as blood is pumped through the body.

The standard blood pressure reading for an adult is 120/80.

Whenever it is above 140/90, hypertension is present.

About 33% of persons who are hypertensive don't even know it!

### What do the above numbers mean?

Click the checkbox, if you understand the statements below

- The upper number is the systolic. It tells the force of the blood as it leaves the heart when the heart beats.
- Then for a moment the heart relaxes to allow more blood to enter.

- The lower number is the diastolic. This tells the force of the blood as it enters the heart when the heart is at rest.

**As David prepared to conquer Goliath, he gathered five stones!**

The first stone to defeat Hypertension is the D.A.S.H. Diet.

- D.A.S.H. stands for Dietary Approaches to Stop Hypertension.
- Saturated fats block blood vessels. So stay away from red meat.
- Eat an abundance of fresh raw foods: fruits and vegetables.
- Use more whole grains. They are low on fat and low on fiber.
- Use low fat or non-fat dairy. This reduces saturated fats.
- Limit salt intake to no more than two level teaspoons per day.

**Stone number two to destroy Goliath is: Less Stress \***

Choose the right word in the column on the right.

	Diaphragm	Time	Rises	Laughter
Under stress, muscles tighten, heart beats faster, blood pressure _____ .	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To lower stress, manage your _____ . Avoid rush and hurry!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learn to relax. Listen to music. Breathe deeply from the _____ .	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get good belly _____ . This relieves stress and lowers blood pressure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**The third stone to defeat High Blood Pressure is Aerobic Exercise.**

Select the statements below that are true

Each extra pound of body fat has an extra mile of blood vessels!

Aerobic exercise burns calories and helps us combat obesity.

Examples of aerobics are push-ups, swimming, running, walking.

Walking is the safest, the least expensive, and the best.

Recommended amount is 20 minutes a day, 5 days per week.

### Stone four to combat Hypertension is Low Cholesterol.

Select the correct option in the column on the right

	Saturated	Narrow	High
Plaques of cholesterol _____ blood vessels and impede blood flow.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pushing blood through narrowed vessels causes _____ blood pressure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To avoid the build up of cholesterol plaque, avoid _____ fats.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### The fifth stone is Spiritual Meditation – one hour a day, and one day a

**week.** When did our Creator institute weekly meditation? Read Genesis 2:3 and type the answer below.

**But today, Sabbath Worship, just like the boy David, seems small! And SundayWorship, like the giant Goliath, looms tall! How did this happen? Some think it occurred at Christ's Crucifixion.**

**Read Colossians 2:14-17 tells us that some Sabbaths were nailed to the cross!** They were a \_\_\_\_\_ of things to come. They foreshadowed. \_\_\_\_\_ Type your answers below.

### So what was this “shadow” of Christ?

Read Leviticus 4:32, 33; 23:27, 32. and Select the statements below that are true

- Before Calvary Christ's shadow was the system of animal sacrifices.
- This system had holidays or holy days like Passover and Day of Atonement.
- They occurred twice a year like our Easter and Christmas.

These annual holy days were called Sabbaths.

**When Jesus died, that system came to an end! Nailed to the Cross!**

Read John 19:30, Jesus said "It is finished" \*

	Lamb	Light	Heaven
No more candlesticks, for Christ is the of the world! _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No more earthly priest, for Jesus is our High Priest in _____ !	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No more lamb for sacrifice, for Christ is the of God! _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**SO AT CHRIST’S CRUCIFIXION, GOLIATH DID NOT CONQUER DAVID!**

**However, Others believe that the change from Sabbath to Sunday occurred at Christ’s Resurrection. Three texts are used. Let’s check them out!**

**Let’s Read John 20:19, Why had the disciples assembled?**

**Read 1 Corinthians 16:1,2; Was this a church service?**

Type your answer below and also Read Acts 20:7. This was a farewell meeting and it was held on Saturday night.

**Group Activity. While the New Testament records only one “first-day” meeting, it records dozens of Sabbath services! How many?**

Read Acts 13:14, 44; Acts 17:2; Acts 18:4, 11 and type below the total number of Sabbath Services you count!

**The sanctity of Sunday is not found in Scripture! What’s its origin?**

It was Constantine, Emperor of Rome, who issued the first Sunday law. The date is March 7, 321 AD.

**Later on, the Church of Romeperpetuated Sunday Worship.**

Click the checkbox below, if you understand the question and answer (Q&A) statements.

Q. “Which is the Sabbath day?”

- A. "Saturday is the Sabbath day."
- Q. "Why do we observe Sunday instead of Saturday?"
- A. "We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday." - Rev. Peter Geiermann, The convert's Catechism of Catholic Doctrine, p. 50

### **Soon, Jesus is coming again! And Sabbath worship will last forever!**

Click the Check box below, if you understand the statement.

- Read Isaiah 66:23. We shall worship Him "from one Sabbath to another."
- We will see Him face to face! What's His name? Jesus, Son of David!

### **My Choice**

- I will use the five stones to defeat the Goliath of Hypertension.
- I see it! Sunday worship came from Rome; Sabbath worship from Jesus.
- I choose to stand on the side of Jesus, the Son of David. I choose to stand on the side of Jesus, the Son of David.

# SEMINAR 7



## He Slept! He died! Then Lived to Tell the Story! What Story?

When their brother got sick, they sent this message to Dr. Jesus: "Lord, he whom You love is sick." They expected Jesus to come right away. But He didn't! Instead, the Savior delayed for two whole days! Finally, He said, "Our friend Lazarus sleeps, but I go that I may wake him up." His disciples replied, "Lord, if he sleeps he will get well." Why did they say so?



### Sleep is the body's repair shop! Here are some of its benefits

Click the check box below, if you understand the statements

- Sleep facilitates the production of growth hormones.
- It strengthens the immune system enhancing resistance to illness.
- Sleep increases brain function, improves memory and concentration.

It keeps us alert, enabling us to make good decisions.

### Adults need six to eight hours of sleep daily. What are the dangers of insufficient sleep? True or False?

Check all the statements below that are true about sleep

- When we decrease amount of sleep, we usually decrease amount we eat.
- The more food we eat, the less weight we gain.
- More weight increases the risk of hypertension and diabetes.

- Sleep deficiency makes us drowsy so we use caffeine to stay alert.
- Caffeine gives a high, then a low, and we tend to get addicted.
- Lack of sleep results in fatigue, causes accidents and death.

**But many people find it difficult to sleep! So, sleeping pills is a big business! What can we do to get a good night's sleep – free of charge?**

Select the checkbox below, if you understand the following statements.

- Establish a regular time to go to sleep, including weekends.
- Shut out the light. Keep the bedroom dark and comfortable
- Outlaw electronics! No television or computer in the bedroom.
- Eat dinner three (3) hours before sleep time so the stomach can rest.
- Ban alcohol and caffeinated drinks. Stimulants prevent relaxation.
- Relax with a warm shower, music, or meditation before bedtime.

**Attention! Some medical conditions such as sleep apnea, phobias, respiratory and psychiatric disorders may need professional care.**

**However, good Sleep therapy also treats the mind!**

Read the following text and click the check box, if you understand the statements

- Review the day: Ignore the thorns, count the roses! (Prov. 17:22).
- Be thankful for the good things of today (Psalm 105:1).
- Don't worry about tomorrow. Trust God to take care of it (Matt. 6:6).

**Christ delayed and Lazarus died! How did Jesus describe his condition?**

Read John 11:11. "Lazarus \_\_\_\_\_, but I go that I may \_\_\_\_\_ him up" Fill in the answer in the space below.

---

**But the man was dead! So why did Jesus say sleep? Because death is like sleep! We are unconscious until we awake on Resurrection morning!**

**So what really happens at death? In order to understand death, we need to examine life. Let's see how Adam was created.**

Read Genesis 2:7 and Check all the statements below that are true.

- God formed the body of dust and breathed into it breath of life.

- The equation is: Body of dust + Breath of life = Living soul.
- A human does not have a soul. Each person is a soul!
- The word "soul" means a living human being.

### At death, the reverse process takes place!

Read Ecclesiastes 12:7; Psalm 146:7 and chose the correct answer on the right

	God	await	Not
the body returns to the ground and the breath returns to _____.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At death we do _____ go to heaven! Not to purgatory! Not to hell!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good and bad, all go to the grave, and all _____ the Resurrection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Body + Breath = Life**  
 (Dust)                      (Spirit)                      (Living Soul)

**Body + Breath = Death**  
 (Dust)                      (Spirit)                      (No Soul)

### However, people have reported the appearance of dead relatives!

Read Revelation 16:14. What do they really see? type your answer below

---

**Read 2 Corinthians 11:14. Look at how much power Satan has!**

---

**How can Satan have such great power?**

Read Revelation 12:7-9 and Click the following statements below that are true.

- The Devil's original name was Satan. He lived in heaven.
- He rebelled against God, lost the battle, and was expelled to Mars.
- Satan and his angels retained power and can work miracles.
- They knew our loved ones who died, and can personate them.

**Let's return to the story of Lazarus! Four days dead! And no Jesus!**

**If you were his sibling, what would be your reaction?**

**Have you ever lost a loved one and felt forsaken? How did you cope?**

**Finally, Jesus arrived! And standing by the tomb, He said, "Lazarus, come forth!" When he (Lazarus) came to life, what story could he tell?**

Choose the correct statement in the columns on the right

	Life	Name	Dying	Nothing
"I went to sleep. Then I felt I was _____!"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"While in the grave, I knew absolutely _____!"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Then one day, I heard the voice of Jesus calling my _____!"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"And I felt _____ surging through my body! I was alive again!"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## His story can be your story! What will happen when Christ returns?

Read Revelation 1:7, 1 Thessalonians 4:16. and click the statement below that are true.

- Christ's Second Coming will be a secret rapture
- It's a literal, visible appearing in the sky for all to see.
- Only living people will hear the trumpet blast.
- There will be a resurrection and a grand Family Reunion!

## And then, Eternal Life! No more death! Only life! We will be healthy and happy – for all eternity!

### I want eternal life! How can I live with Jesus forever?

Read Mark 16:16. "He who believes and is baptized will be saved."

## If I am to live with Jesus then, I must be baptized like Jesus Now!

### My Choice

- I will cooperate with God and get six to eight hours of sleep daily.
- I believe that the dead know nothing. They await the Resurrection.
- I believe and want to be baptized so that I can live with Jesus forever.

# SEMINAR 8



## How to Fight the Big “C” with the Big “P”

Although we do not realize it, every day the healthy cells of our body are fighting enemy cancer cells! Cancer is so dreaded that often we only call it “C.” But if we use the right strategy, we can conquer cancer!



### How does this Big “C” of Cancer occur?

Choose the right words: abnormal, trillion, divide, spread.

	abnormal	trillion	divide	spread
Your body has 75 to 100 _____ cells, and about 200 different types.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When our body cells die, other cells _____ and replace them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
But at times cell growth is _____, and the cell becomes cancerous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The cancer cell invades other cells. They can form masses, and _____.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### There are over 100 types of cancers! True or False?

Click the statements below that are true.

- The most common type of cancer today is lung cancer.
- For men, the most common are prostate, lung, and colon.

- For women, the most common are breast, lung, and colon.
- Most cancers are genetic and cannot be prevented.

**THE FIRST STEP TO FIGHT CANCER IS: Ban alcohol and tobacco.**

Click the boxes below, if you understand the statements.

- Tobacco smoke is responsible for one in every three cancer deaths.
- It produces 33 carcinogens. These damage the DNA of body cells.
- Tobacco causes cancer of the lungs, larynx, and pancreas.
- Alcohol is responsible for 12% of cancer deaths.
- It causes cancer of the mouth, larynx, esophagus, and liver.

**What can we do to beat the use of alcohol and tobacco?**

Choose the appropriate word from the column on the right

	distract	places	support	withdrawal
Avoid persons and _____ that tempt you to drink or smoke.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Expect _____ symptoms and prepare to beat them!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engage in positive activities to _____ yourself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get social _____ from a group. And ask God to help you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**STEP TWO: No Risky Sexual Behavior!**

Click the boxes below, if you understand the statements.

- Hepatitis B and Human Papilloma-virus (HPV) can cause cervical cancer.

- Casual sex can cause genital cancers! So stay away from such behavior.

### THE THIRD STEP: Avoid Eating Meat.

Click the statements below that are true

- Foods with fiber take just 1 to 1 ½ days to be digested.
- Meat takes two days, permitting the build up of harmful toxins.
- Toxins create a harmful environment that facilitates colon cancer.
- The high fat content of meat decreases hormone production.

This adds to the risk of breast cancer and prostate cancer.

### STEP FOUR IS VERY POWERFUL: Use Phytochemicals! That's the Big "P."

Click the boxes below, if you understand the statements.

- Phytochemicals are natural chemicals that are found only in Plants
- Hundred of these chemical compounds have been discovered.
- They contain properties that can help protect the body from cancer.
- They also strengthen cells to fight the cancer-producing invaders

### Our Creator has color-coded His phytochemicals. Here are examples.

**GREEN. Ptc: Lutein** - Collard & Mustard Greens, Kale, Spinach, Broccoli.

**RED. Ptc: Lycopene** - Tomatoes, Cranberries, Strawberries, Red Pepper.

**YELLOW. Ptc: Flavonoids** – Oranges, Lemons, Papaya, Apricots, Bananas.

**PURPLE. Ptc: Phenolics** – Eggplant, Prunes, Raisins, Plums.



### While physical cancer can be deadly, spiritual cancer can be much more deadly! What is this spiritual cancer?

Read Luke 12:15. and type the answer below. Its name is \_\_\_\_\_. That's the spiritual Big "C."

### This Cancer of Covetousness started in the mind of a heavenly being!

Read Isaiah 14:12-14. and Check all the statements below that are true.

- Lucifer, Son of the morning, was an exalted angel of heaven.
- Instead of worshiping God, he coveted worship for himself.
- He expressed his selfishness using the word "I" four times.

**The Cancer then invaded the lives of Adam and Eve! They ate from the forbidden tree! Today the test isn't a tree!**

Read Leviticus 27:30, 32. What is that test? Type your answer below

---

**Therefore if I earn \$ 1,000, God's tithe is \$ \_\_\_\_\_.**

**So the spiritual Big "P" is Philanthropy! It is Giving! If I reject God's prescription, what are the consequences?**

Read Malachi 3:9: My money receives a curse!

**On the other hand, Philanthropy has bountiful benefits!**

Read Malachi 3:10 and click the statements below that are true

- God will open the windows of heaven and pour out blessings.
- God is displeased when people try to test His promise.
- He welcomes the challenge. He says: Put Me to the test!

**Group Activity: Read 1 Kings 17:1, 10-16. Put yourself in her place**

**What would have been your response to Elijah's request?**

---

**What can we expect when we put God first and obey His word?**

---

**But God does not want only one-tenth of my money, He wants ten-tenths of my life! How do we show our surrender?**

Read Romans 6:4. We show our surrender to Jesus by our \_\_\_\_\_ Type your answer below

**That's the meaning of Baptism! It's giving 10/10 of your life to Jesus!**

## This was beautifully illustrated in the story of Levi Matthew

Read Luke 5:27, 28 and choose the right word from the option on the right

	Follow	Coveted	highest
Suffering from spiritual cancer, Matthew	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____			
money for himself.			
But one day, Christ confronted him, and said, “	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____			
Me!”			
That’s the	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____			
form of Philanthropy!			
Giving my life to Christ!			

## Today, Christ says those same words to you and me!

Matthew 16:24. He says, “Follow Me.”

“Follow Me to My Cross of Calvary! Follow Me each Sabbath to My sanctuary! Follow Me to My water of baptism!” What’s your answer?

## When we make sacrifices to obey God, He always gives rewards!

### Read Revelation 21:4. What was Matthew’s reward?

---

### Read Revelation 2:10. What will be my reward?

---

## My Choice

- I will combat the Big “C” of Cancer with the Big “P” of Phytochemicals.
- I will fight the Big “C” of Covetousness with the Big “P” of Philanthropy.
- Like Matthew, I will arise and obey the command of Jesus: “Follow Me!”

# SEMINAR 9



## Nicholas Vujicic



### **Man with No Arms and No Legs! He Did it! And So Can You!**

Nicholas Vujicic was born to Australian parents - without arms and legs! But he completed college, got married, has children, and is now a motivational speaker. His bestseller, *Life Without Limbs*, has been translated in 30 languages! He tells us that we can overcome any challenge!

### **Today one of our biggest challenges is weight control!**

Click the checkbox below, if you understand the following statements

- Two out of three Americans are overweight! And one in three is obese!
- Many have tried repeatedly, have failed, and have given up!
- But if Nick overcame his challenge, we can overcome ours!

## The first key to weight control is: Manage the number of calories that I consume.

	lose	1,600	Gain	2,000
If I take in more calories than I burn up, I am likely to _____ weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I burn up more calories than I consume, I am likely to _____ weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The recommendation for an adult female is from _____ to 2,400 daily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
For adult males, the recommended intake is from _____ to 3,000 per day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### What are some steps we can take to limit our calorie intake?

Check the statements below that are true

- 1. Watch serving sizes. Use smaller servings!
- 2. Avoid "empty" calories. Use whole grain foods and cereals.
- 3. Eat more fruits and vegetables. These are low in fiber.
- 4. Eliminate "fast foods" and other fatty foods from the diet.
- 5. Eat supper one hour before bedtime to burn up its calories.
- 6. Ban sodas and sugary drinks, and drink lots of water.

### When God created humans, He prescribed a plant-based diet! Only after the flood, He permitted flesh as food. But there were restrictions!

Read Leviticus 11:3,7,9,10 and click the statements below that are true

- 1. Land creatures should both part their hoof and chew their cud.
- 2. So cows, sheep, goats, and horses are good for food.

3. The pig, often a carrier of trichinosis, is off God's list.
4. Water creatures should have both fins and scales.
5. Crabs, lobsters, shrimp, scavengers of the sea, are unfit for food.

### Key number two: Burn up calories through whole-body exercise.

	Persevere	Walking	partner	thirty
Some examples are running, cycling, swimming, and _____.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount is _____ minutes a day. This can be done in segments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have a Strategy. Schedule the daily time. Get an exercise _____.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Set Realistic Goals. Write them down. Always _____! Never give up!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Our third key is very powerful: Use my limitless brain power!

Click the checkbox, if you understand the statements below

- The human brain has 100 million brain cells ready for use!
- Anything is possible! What your mind can conceive, it can achieve!
- God Himself says, "Nothing will be impossible for you." (Matthew 17:20).
- As you exercise the body, exercise your mind! Say, "I can do it!"

## Key number four is the most vital: Access God's mighty power!

Read Ephesians 6:12, Mark 1:35, Matthew 4:4 and click the statements that are true.

- Satan's forces fight us. So we need God's power to fight for us.
- We should connect to God's power through weekly prayer.
- In addition, we can pray for His power at the time of temptation
- We can also access God's power through studying His Word
- It is useful to memorize Scripture and quote it when tempted.

### Individual & Group Activity: My Goal.

Set your Goal below: My goal is to have a body weight of \_\_\_\_\_ by \_\_\_\_\_ [Date].

### Now share your goals with a partner to whom you will be accountable.

### While some people are physically overweight, all of us are spiritually overweight! What is this weight that we carry?

Read Hebrew 12:1 and type the answer below. The weight is \_\_\_\_\_

### The Great Physician gives two secrets to cure spiritual overweight!

Read 1 John 1:7. The First secret is: Accept the \_\_\_\_\_ of Jesus. Type the answer below

\_\_\_\_\_

Read Acts 2:38 The Second secret is: Accept the \_\_\_\_\_ of Jesus. Type the answer below

### Taking these two steps can be challenging! But like Nick, we can overcome our challenges! At times the challenge is My Family.

Read Matthew 10:36-38. Choose the right words in the column on the right

	Cross	Family	Worthy
Jesus said one's enemies will be those of his own _____.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He who loves family "more than Me is not _____ of Me."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
As He bore His cross, we should take up our _____ and follow Him.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**\* Lot overcame his family challenge! And you can do it too!**

**Other times the challenge is My Job.**

Read Matthew 6:31-33 and select the option below that are true

1. Jesus said that we do not need to care or prepare for tomorrow.
2. God is my Father. He guarantees that my needs will be supplied.
3. One condition is: I must put God first, and be obedient to Him.

**• Levi Matthew overcame his job challenge! You can do it too!**

**A third challenge can be: Living with someone and we're not married.**

Read Hebrew 13:4 and check the boxes below, if you understand the statements

- God honors marriage, but He condemns adultery.
- If you love each other and can be married, you should get married!
- If marriage is not possible or desirable, you should end the affair!
- The woman at the well overcame this challenge! You can do it too!

**Challenge number four can be My Religion.**

Read John 10:16, 27, Revelation 18:4, Mark 7:7 and choose the appropriate word on the right

	Come	Vain	Honest
Christ has many _____ people in all churches and religions today.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He says, " _____ out!" His sheep will hear His voice and follow Him.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I refuse to follow and obey Him, then my worship is in _____ !	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**• Paul overcame his religion challenge! You can do that too!**

### **Our fifth challenge can be Time! “Let me wait and do it later on!”**

Read 2 Corinthians 6:2. “Behold\_\_\_\_\_is the accepted time; now is the day of salvation.” and type the answer below

Read Hebrews 3:7, 8. “ \_\_\_\_\_if you will hear His voice, harden not your hearts.” and type your answer below

### **• The treasurer of Ethiopia acted right away! You can do that too!**

### **A very big challenge is My Sacrifice. “I’ll have to give up too much!”**

Read John 3:16. Look at His sacrifice!

- See Him hanging on the Cross! Giving His life - for you and me!
- Hear His anguished cries in Gethsemane as He sweated blood to save me!
- Feel the pain of the cruel nails tearing His flesh! He did all of that for me!

**Jesus made big sacrifices for me! I’m willing to make sacrifices for Him.**

### **My Choice**

- By God's grace, I will use the four secrets and manage my bodyweight.
- I will use Christ's blood and baptism to be rid of my spiritual overweight.
- As I see Jesus' sacrifice for me, I'm willing to make my sacrifice for Him.

A woman is shown from the chest down, wearing a white and pink striped top and a yellow skirt. She is pouring water from a metal pot into a metal bowl. The water is captured in mid-air, creating a dynamic splash. The background is a textured, light-colored wall. The image is overlaid with a teal and green diagonal band.

# SEMINAR 10

## How to Get Life-giving Water!

### 1. Let's review our last lesson.

- (a) Water is a \_\_\_\_\_ agent causing blood to carry nutrients and oxygen.
- (b) It is also a \_\_\_\_\_ agent removing impurities via sweat, urine, feces.
- (c) Water is a Doctor! What illnesses can it prevent? \_\_\_\_\_.
- (d) The recommended amount of water to drink is \_\_\_ to \_\_\_ glasses daily.
- (e) Water can also be used outside for \_\_\_\_\_ treatments.

### 2. When Jesus talked with the woman at the well, He used literal water to teach about Living Water! What did He tell her?

John 4:13,14 \_\_\_\_\_.

### 3. What did the Samaritan woman say? And what should we say?

John 4:15. "The woman said to Him, 'Sir, \_\_\_\_\_ me this \_\_\_\_\_!'"

Then Christ revealed that He was the Savior, the Living Water! The woman accepted Christ as her Savior, and got the Water of Life. And so should we!

### 4. After I receive the living water inside, I should also accept it outside. How can I do that?

John 3:23 \_\_\_\_\_.

### 5. What is the true meaning of baptism? See Romans 6:4.

- T\_ F\_ 1. Baptism celebrates Christ death, burial and resurrection.
- T\_ F\_ 2. Baptism signifies the death and burial of my old life of sin.
- T\_ F\_ 3. Then it symbolizes my resurrection to a new life in Christ.
- T\_ F\_ 4. Persons can be baptized at any age, even in babyhood.

### 6. Baptism means death and resurrection. So what's the Bible method?

Acts 8.38,39 \_\_\_\_\_

**The Bible method of baptism is not sprinkling. It is Immersion.**

### 7. Acts 8:35-39 tells the story of the baptism of the Treasurer of Ethiopia.

- T\_ F\_ 1. When the Ethiopian heard about Jesus, he was ready for action.  
 T\_ F\_ 2. He then asked for time to think about this major decision.  
 T\_ F\_ 3. The eunuch took the initiative and requested baptism.  
 T\_ F\_ 4. The Treasurer did not delay. He was baptized right away.  
 T\_ F\_ 5. Baptism brings joy. He went away rejoicing.

### 8. In Acts 16:13-15 we find the story of a successful businesswoman.

**Group Activity.** Name some excuses that she could have made. Then supply a good answer for each of them.

### 9. Our greatest example is Jesus! He was sinless. Yet He got baptized!

Matthew 3:13-17. Describe what happened. \_\_\_\_\_.

Wonderful! When I follow Jesus in baptism, that voice will speak again! My Father will say, "This is My beloved son / My beloved daughter! I am very pleased!"

### 10. Soon Jesus will come again! Water will be used through all Eternity!

Revelation 22:1, 2. What does it say? \_\_\_\_\_.

Shall we gather at that river? \_\_\_\_\_.

### My Response.

- I take Jesus as my Savior, and now accept His living water of salvation.  
 Because I want to follow Jesus, I also accept the water of baptism.

**Answers.** 5. 1T, 2T, 3T, 4F. 7. 1T, 2F, 3T, 4T, 5T. Graphic: Good Salt. Attention. The information here is for health education only. It is not designed to be a substitute for the medical care of your physician.





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