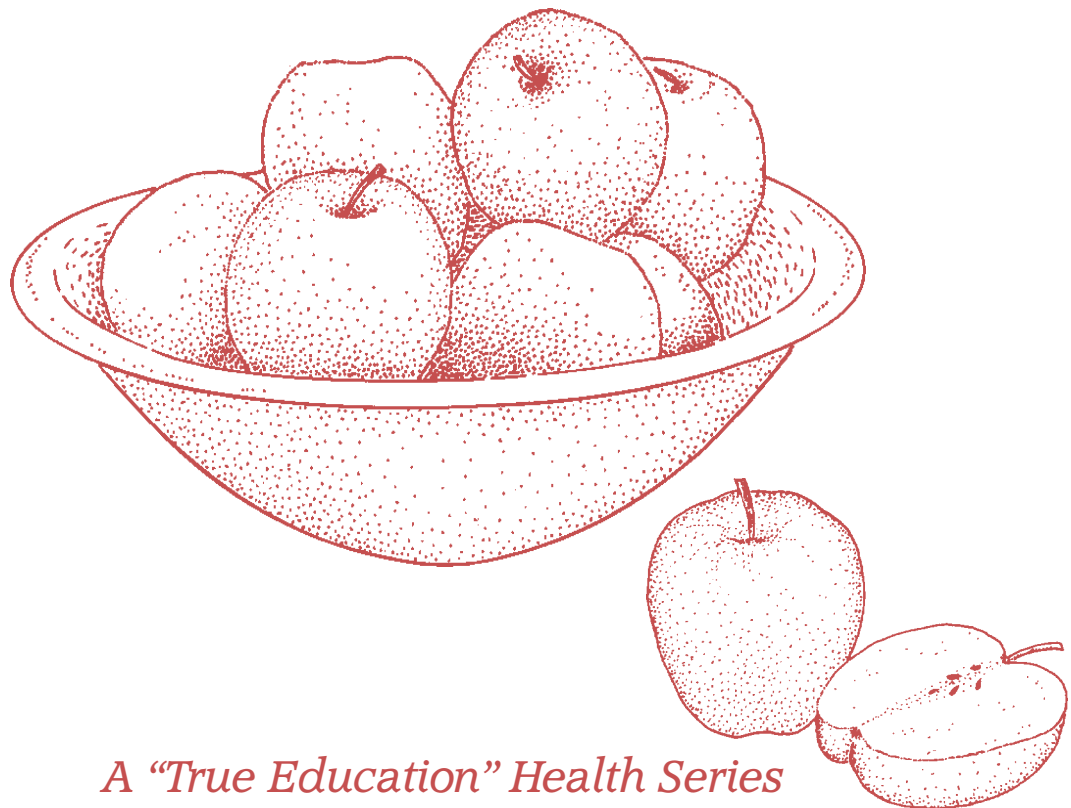


*Designing Your
Own School Program*

1

What is Health?



A "True Education" Health Series

*“Behold,
I will bring it
health and cure,
and I will cure them,
and will reveal unto them
the abundance of peace and truth.”
Jeremiah 33:6*

*“That thy way
may be known upon earth,
thy saving health among all nations.”
Psalm 67:2*



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P.O. Box 518
Colville, WA 99114

Teacher Section



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Health Instructions

1. For **Place I** in Health class have the child lie down on a large piece of paper and draw his outline. Then, as he draws body parts in each lesson he can cut them out, and paste them on the outline of his body in the correct place.

2. When teaching prevention of disease or natural treatments have the child do any treatments possible so he will become familiar with giving them.

3. You will need a medical dictionary for older students to define their spelling words.

4. Sharing the lessons learned is important. Have small cooking classes or preventative life-style meetings with one or two willing friends for your children to present what they have learned in class.

5. Remember, to make parallels with the Bible lessons.





INSTRUCTIONS

For the Teacher

Step 1

Study the Bible lesson and begin to memorize the memory verses. Familiarize yourself with the character quality.

The student can answer the Bible review questions. See page 5. Use the steps in Bible study.

Bible Lesson

“God With Us” – Genesis 3:14-15; 12:1-3; Galatians 3:16; Genesis 49:10; Deuteronomy 18:17-19; II Samuel 7:12-17; Ezekiel 21:25-27; Luke 1:32; Isaiah 9:6-7; Psalm 45:1-8; 72:1-11; Isaiah 53; Zechariah 12:10; John 14:9; John 1:1-4; Matthew 1:23

Memory Verses

Matthew 1:20-21; 1:23; John 8:28; 6:57; 7:18; 8:50; Philippians 2:5-11

Character Quality

Love – an affection of the mind excited by beauty and worth of any

kind, or by the qualities of an object; charity.

Antonyms – hate; detestableness; abomination; loathing; scorn; disdainfulness; selfishness

Character Quality Verse

I Corinthians 13:4-7 – *“Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,*

“Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

“Rejoiceth not in iniquity, but rejoiceth in the truth;

“Beareth all things, believeth all things, hopeth all things, endureth all things.”

Step 2

Understand How To/ And

A. Do the spelling cards so the student can begin to build his own spiritual dictionary.

B. Mark the Bible.

C. Evaluate your student's character in relation to the character quality of **love**.

D. Familiarize yourself with the human body. Notice the projects.

E. Review the Scripture references for "Health."

F. Notice the Answer Key.

A. Spelling Cards

Spelling Lists

Health Words

Place I - II - III

absence	enmity
action	forever
balanced	head
body	heel
cleansing	Judah
disease	kingdom
health	lawgiver
love	peace
nutritive	Prophet
sickness	scepter
	seed
Bible Words	Shiloh
blessing	throne
bruise	woman
Emmanuel	

B. How to Mark the Bible

1. Copy the list of Bible texts in the back of the Bible on an empty page as a guide.

2. Go to the first text in the Bible and copy the next text beside it. Go to the next one and repeat the process until they are all chain referenced.

3. Have the student present the study to family and/or friends.

4. Each student lesson has one or more sections that have a Bible marking study on the subject studied. (See the student's section, pages 60 and 85.)

C. Evaluate Your Student's Character

This section is for the purpose of helping the teacher know how to encourage the students to become more **loving**.

See page 7.

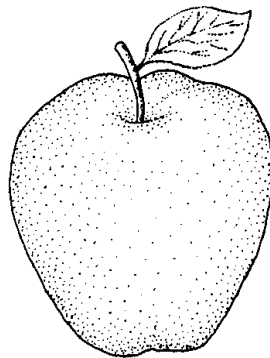
See the booklet
Spelling from the Scriptures
for instructions about how to make
the Spelling Cards.

Place I = Grades 2-3-4
Place II = Grades 4-5-6
Place III = Grades 6-7-8

D. Familiarize Yourself With the Health of the Body – Notice the Projects

Projects

1. As a family, choose several ways to improve your health and work on these for a year (example: more exercise).
2. Find the 8 laws of health demonstrated in the animal kingdom (nutrition, exercise, water, sunlight, temperance, fresh air, rest, trust in God). (Example: some birds go to their rest early each evening.)
3. Be like the body organs and assist others. Choose someone in your family, neighborhood, or church and see if there is something you can do to aid them. Perhaps you could gather firewood or rake the lawn for a widow. *“Strengthen ye the weak hands, and confirm the feeble knees”* (Isaiah 35:3).
4. As a family, discuss this question: “Do you know the difference between the health of Heaven and the health of Earth?”
5. Memorize Bible verses concerning health.
6. As a family, attend a nutrition seminar. If there is not one available in your area, rent a DVD series about nutrition.
7. Study more about the Levitical health code from the Bible.
8. Learn to make homemade bread.
9. Learn to sing the song, “Love at Home,” found at the end of the Teacher’s Section.



E. Review the Scripture References for “Health”

Teacher, read through this section before working on the lesson with the student.

See page 8.

F. Notice the Answer Key

The answer key for the student book is found on page 9.

Step 3

Read the Lesson Aim.

Lesson Aim

This lesson is to be an introduction to Health. It is to teach the child the character quality of **love** through “God With Us.”

God sent His Son Jesus to this world as the unwearied servant of

man’s necessity. He “*took our infirmities, and bare our sicknesses,*” that He might minister to the needs of humanity (Matthew 8:17). It was His mission to restore man to health. He came also to give peace and perfection of character.

Jesus came in **love** to heal us physically, mentally, and spiritually. Health teaches us about our bodies, how they work, and how to cooperate with God so they can work the very best. If we **love** Him, we will want to cooperate with Him.

As we study the body we will see the Creator’s law of self-sacrificing **love** working among its members. When the body is healthy, each organ “*seeketh not her own,*” but works to benefit the other organs (I Corinthians 13:5). Also, in disease, each organ bears the infirmities of the weaker organs and works extra hard to make up for any lack caused by injured or sick members. This illustrates the **love** we should have for each other as members of the body of Christ. “*We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. Let everyone of us please his neighbor for his good to edification. For even Christ pleased not Himself; but as it is written, The reproaches of them that reproached thee fell on me*” (Romans 15:1-3).

Step 4

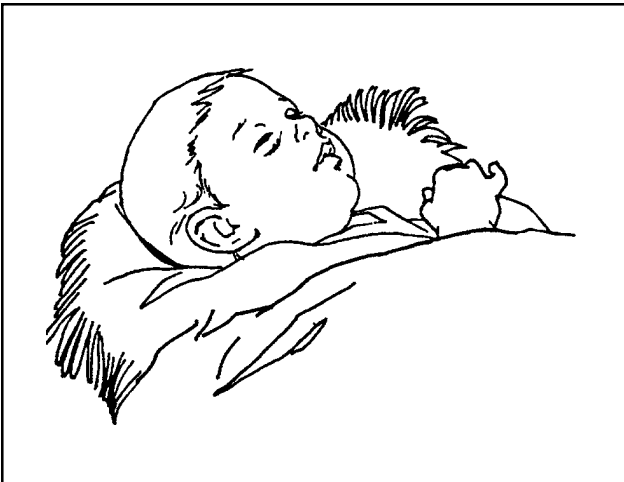
Prepare to begin the Health Lesson.

To Begin the Health Lesson

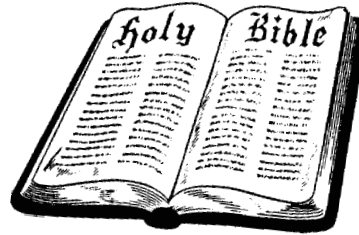
One way to introduce the lesson might be to take the child to a place where he can see someone very ill with a disease.

Step 5

Begin the Health lesson. Cover only what can be understood by your student. Make the lessons a family project by involving the whole family in part or all of the lesson. These lessons are designed for the whole family.



Steps in Bible Study



1. Prayer
2. Read the verses/meditate/memorize.
3. Look up key words in *Strong's Concordance* and find their meanings in the Hebrew or Greek dictionary in the back of that book.
4. Cross reference (marginal reference) with other Bible texts. An excellent study tool is *The Treasury of Scripture Knowledge*.
5. Use Bible custom books for more information on the times.
6. Write a summary of what you have learned from those verses.
7. Mark key thoughts in the margin of your Bible.
8. Share your study with others to reinforce the lessons you have learned.

Review Questions

1. What were the circumstances under which the first promise of a Redeemer was given? (Genesis 3:14-15)

2. What promise was made to Abraham, and what did it mean? (Genesis 12:1-3; Galatians 3:16)

3. Through what tribe of Israel was the Messiah to come? (Genesis 49:10)

4. What promise was given through Moses? (Deuteronomy 18:17-19)

5. Through whom was the permanence of David's kingdom assured? (II Samuel 7:12-17; Ezekiel 21:25-27; Luke 1:32-33)

6. What exalted ideas concerning the Messiah were made prominent? (Isaiah 9:6, 7; Psalm 45:1-8; 72:1-11)

7. What also was foretold of His relation to sin? (Isaiah 53; Zechariah 12:10)

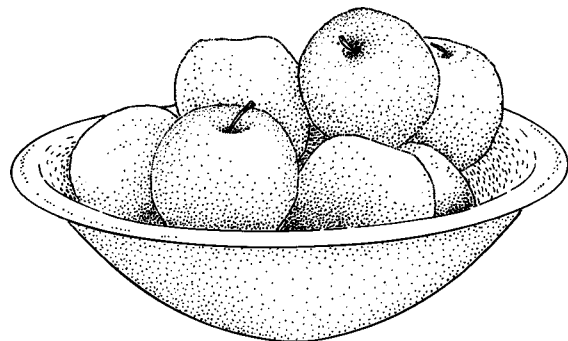
8. What is the significance of the name which John applies to Christ? (Matthew 1:23; John 14:9)

9. What important facts are stated of Him in John 1:1-4

- a.
- b.
- c.

10. As part of the great scheme of human redemption, what did the Word become? What is the meaning of the words "*became flesh?*" (Matthew 1:23)

Notes



Evaluating Your Child's Character

Check the appropriate box for your student's level of development, or your own, as the case may be.

Maturing Nicely (MN), Needs Improvement (NI), Poorly Developed (PD), Absent (A)

Love

1. "**Charity** suffereth long and is kind" (I Corinthians 13:4). Does the child show a maturity of **love** that enables him to be kind while suffering from hunger, tiredness, or discomfort?

MN NI PD A

2. When the child encounters people with character deficiencies, is the child's reaction one of **loving** pity and concern instead of condemnation?

MN NI PD A

3. Does the child seem to **love** God more as a result of studying the material contained in the Bible?

MN NI PD A

4. "**Charity...vaunteth not itself; is not puffed up.**" Does the child refrain from comparing himself with others? Does he make comments like "I can read better than _____."

MN NI PD A

5. "**Charity...seeketh not her own.**" Is the child willing for others to have the best or the most of desirable things?

MN NI PD A

6. "**Love your enemies.**" Does the child initiate reconciliation with or do kind things for those who have hard feelings toward him or who have treated him unfairly?

MN NI PD A

7. "**Love covers a multitude of sins.**" Is the child eager to tell you about the failures of others or does he **lovingly** shield others from exposure where possible to do so with integrity?

MN NI PD A

8. "**Charity...thinketh no evil.**" Is the child unsuspecting, ever placing the most favorable construction upon the motives and acts of others?

MN NI PD A

Scripture References

“Health”

III John 2 – *“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”*

Proverbs 4:20-23 – *“My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life.”*

Psalms 67:2 – *“That thy way may be known upon earth, thy saving health among all nations.”*

Proverbs 3:7-8 – *“Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones.”*

Proverbs 12:18 – *“...the tongue of the wise is health.”*

Proverbs 16:24 – *“Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.”*

Isaiah 58:8 – *“Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee.”*

Jeremiah 30:17 – *“For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.”*

Jeremiah 33:6 – *“Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.”*

Psalms 42:11 – *“Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.”*

Psalms 119:93 – *“I will never forget thy precepts: for with them thou hast quickened me.”*

Proverbs 10:27 – *“The fear of the Lord prolongeth days: but the years of the wicked shall be shortened.”*

Answer Key

Page 15

1. Teacher, check.
2. body, mind, duties, pain
3. sum, normally
4. Health, God wants to restore man completely. *"I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ"* (I Thessalonians 5:23).

Page 16

5. All should be circled.
6. labor, life, health
7. See page 2 of Teacher's Section.
8. A. - O
B. - O
C. - O
D. - O
E. - O

Page 17

- F. - O
- G. - O

Page 17 continued

9. See page 2 of the Student's Section.
10. Student answers. (We are only managers, not owners of our body temples under God.)
11. Character
12. III John 2
13. Not to sin again lest a worse thing come upon them.
14. obedience
15. health, mind
16. See page 7 of the Student's Section. (All true happiness is made up of right feeling. The perfect conditions of right feelings are the vigorous, healthful exercise of all the mental powers, combined with the normal action of the bodily functions. Therefore, the highest kind of happiness comes from the combination of a healthy body plus a healthy mind. If we strictly followed the laws of our being, comfort and satisfaction would flow within us.)
17. Student answers.

Answer Key

Page 19

Left to right top row of organs:
heart, pelvic bones, brain, eye,
spleen

Bottom row of organs: liver, ear,
lung, shoulder muscles, voice box,
kidney

Page 20

1. breaking one of the laws of health
2. some other organ takes on the extra work
3. taking on the extra work of other organs
4. harmonious, pleasant feeling, energy
5. energy, getting sick
6. It implies that the body needs energy or strength in order to resist or overcome disease. A lack of energy should be a warning that we are susceptible to disease and that something is out of balance in the system.
7. nutritive actions
cleansing actions

Page 20 continued

8. when the nutritive and cleansing actions get out of balance

9. The nutritive actions would outweigh the body's ability to purify itself. Or the organs could be strained by having too much work to do in dealing with the unneeded nutrition.

Page 27

1. B.
2. C.
3. D.
4. A.
5. B.

Page 30

1. sunlight
2. water
3. rest
4. proper diet
5. pure air
6. exercise
7. temperance
8. trust in God

Page 33

1. pure blood, perfect circulation
impure blood, circulation

Answer Key

Page 33 continued

2. Student answers. Example:
I John 1:7 says “*the blood of Jesus Christ his Son cleanseth us from all sin.*” The blood cleanses and builds up the tissues and Christ’s sacrifice nourishes and cleanses us spiritually. To be spiritually perfected and sanctified Christ’s blood must cleanse the entire life, just as the circulation needs to be perfect in order to have perfect health. The love of Christ must flow through us. David said “*purge me with hyssop (an herb used to purify the blood), and I shall be clean; wash me (in Jesus’ blood), and I shall be whiter than snow (spiritual cleanliness)*” (Psalm 51:7).

Page 34

1. G.
2. H.
3. B.
4. A.
5. D.
6. E.
7. F.
8. C.

Page 36

Sickness = ill health; illness

Page 36 continued

Disease = To interrupt or impair any or all the natural and regular functions of the various organs of a living body

Page 37

1. Teacher, check. (Psalm 107:17)

Page 38

2. b. and c.
3. Cough – c.
Fever – a.
Sneeze – f.
Painful redness and swelling – d.
Chills – e.
Pimples – b.
4. See page 36 of the Student’s Section.

Page 40

force – freshness, vigor,
natural force
abated– flit, vanished away

Page 51

1. reserved, force, emergencies

Answer Key

Page 51 continued

2. to be kept in store for future or special use
3. natural force
4. yes
5. Because at first there are no serious ill effects to transgressing natural law. The reserve force equals the demand. But by and by the body is drained of its reserve force and cannot recover its balance so easily. Then people are surprised at the serious consequences that follow seemingly small habitual transgressions.

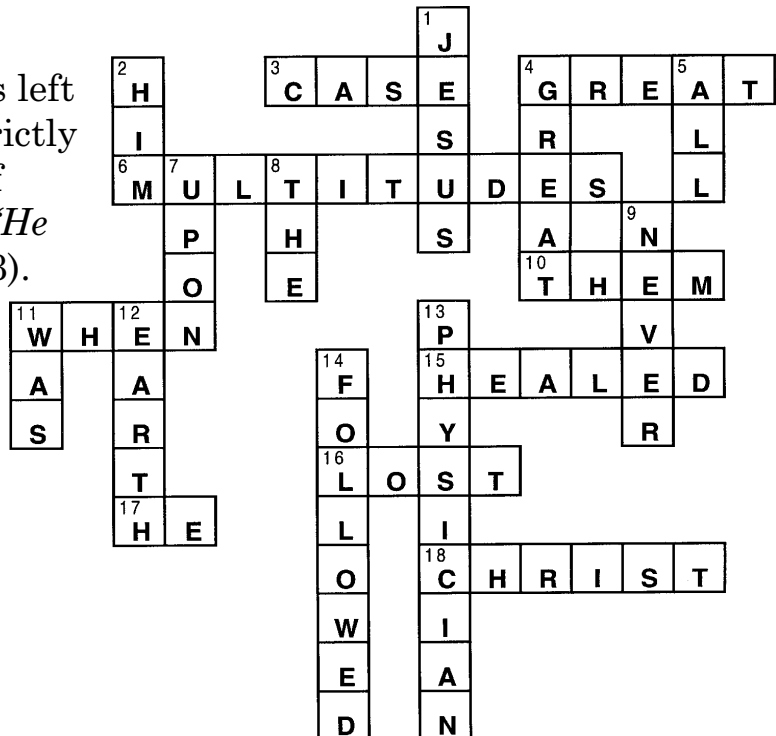
6. Carefully save what force is left and build up the health by strictly complying with all the laws of health. Pray for God's grace. *"He restoreth my soul"* (Psalm 23:3).

7. Little transgressions can lead to chronic diseases by exhausting the vital capital and keeping the body from repairing or cleansing itself.

8. God's way of curing disease is to build up health. A healthy body results in a mind that is clearer and more sensitive to receiving instruction from God.

9. If a person continues to transgress the laws of health he will have less and less vital capital and so he will become subject to worse or more serious or chronic diseases.

Page 58



Answer Key

Page 60

1. prayer
2. dip 7 times in the River Jordan
3. prayer of faith, effectual fervent prayer of a righteous man
4. Hezekiah, lump of figs over a boil
5. God's word
6. Memorize Psalm 41:1-4
7. sick head, faint heart, wounds, bruises, and putrefying sores
8. Trophimus, Epaphroditus

Page 79

1. Teacher, check. Some ideas are: The abstinence movement and temperance meetings; the intemperate desire of the boys to be able to eat as many sweets as they liked; proper clothing and proper diet was lacking in the prison, there was also insufficient covers for the beds, etc.
2. It was cold in the winter and hot in the summer and only had one tiny window to let in light and fresh air.

Page 79 continued

3. He lost his toes as a result of frostbite in the prison. His mother got sick with a fever from the stress and grief of learning about Bob's crime.
4. Ned did not have a mother to **love** and care for him, or to **lovingly** tell him what was good or bad.
5. sweets, or the pleasures of this world
6. The 8th commandment, "*Thou shalt not steal*" (Exodus 20:15).
7. It seems as though he was inclined to eat more than is healthful.

"Let your moderation be known unto all men" (Philippians 4:5).
8. It caused her anxiety, grief, sleeplessness and because of her concern she took no food nor warmed her apartment in cold weather. Her body became weakened as a result and she developed a fever.
9. It was cold; the bed-covers were thin; the food was poor.

Answer Key

Page 79 continued

10. His body was more delicate or fragile. He was weaker and less able to endure the cold.

11. Pain made him walk carefully and this would in itself help him to avoid further injury to them. Pain is a **loving** warning signal the body gives when some part is injured or sick.

12. shoes

13. Mr. and Mrs. Greenwood
They took him into their own home until his mother got out of the hospital.

14. It lessened her strength so that she was not able to do as much as before.

15. Bob lost his toes due to unhealthy living conditions in prison and people would not hire him because his missing toes testified that he had been a criminal and they were afraid to trust him. Bell's loss of health and weakened condition made her unable to perform the same amount of work she used to.

16. connection

Page 79 continued

17. He put it into the hearts of some people to give them coal and food.

18. Church members who held temperance and church services for their area showed **love** for their community. They showed their personal concern for others by going house-to-house and inviting the people personally to the first meeting.

19. when going house-to-house

Page 80

20. The wicked storekeeper who bought the stolen brass fittings from Ned and Bob broke the law which says, "*thou shalt love thy neighbor as thyself*" (Leviticus 19:18). He was not obeying the golden rule. He would not have wanted someone to knowingly buy stolen goods from his own shop.

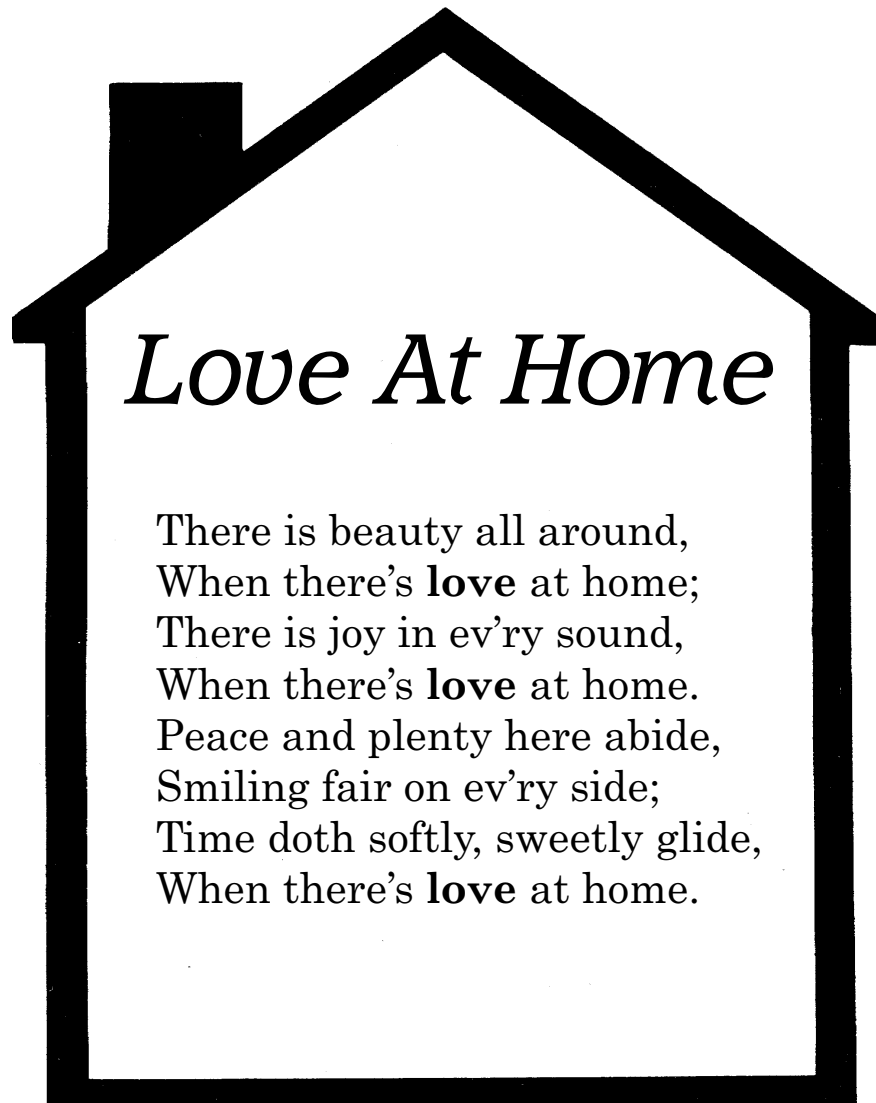
21. Mr. Greenwood supplied him a new suit of clothes which would not have to be paid for until Bob got rich. The shoemaker gave him a pair of shoes on the same terms.

Answer Key

Page 80 continued

22. He paid for a better place for her to live. He supplied her every comfort and was very attentive to her. He wrote her weekly and took her on trips.

23. **love** for his mother





Brotherly Love

*“ ‘By this shall all men know
that ye are my disciples,
if ye have **love** one to another.’
The more closely we resemble
our Saviour in character,
the greater will be our **love**
toward those for whom He died.
Christians who manifest a spirit
of unselfish **love** for one another
are bearing a testimony for Christ
which unbelievers
can neither gainsay nor resist.
It is impossible to estimate the power
of such an example. Nothing will
so successfully defeat the devices of Satan
and his emissaries, nothing will so build
up the Redeemer’s kingdom,
as will the **love** of Christ manifested
by the members of the church.
Peace and prosperity can be enjoyed
only as meekness and **love**
are in active exercise.”*

5 Testimonies 167-168

LOVE AT HOME

“By this shall all men know that ye are my disciples, if ye have love one to another” (John 13:35).

J. H. M.

Arranged from J. H. McNaughton

1. There is beau - ty all a - round, When there's love at home;
2. In the cot - tage there is joy, When there's love at home;
3. Kind - ly heav - en smiles a - bove, When there's love at home;
4. Je - sus, make me whol - ly Thine, Then there's love at home;

There is joy in ev - 'ry sound, When there's love at home.
Hate and en - vy ne'er an - noy, When there's love at home.
All the earth is fill'd with love, When there's love at home.
May Thy sac - ri - fice be mine, Then there's love at home.

Peace and plen - ty here a - bide, Smil - ing fair on ev - 'ry side;
Ro - ses blos - som 'neath our feet, All the earth's a gar - den sweet,
Sweet - er sings the brook - let by, Bright - er beams the az - ure sky;
Safe - ly from all harm I'll rest, With no sin - ful care dis - tress'd,

LOVE AT HOME (2)

Time doth soft - ly, sweet - ly glide, When there's love at home.
Mak - ing life a bliss com - plete, O, there's One who smiles on high.
Thro' Thy ten - der mer - cy blessed,

Chorus

Love at home, love at home; Time doth soft - ly,

sweet - ly glide, When there's love at home.

Gardening Sheet

Lesson One Subject Health

Title "What is Health"

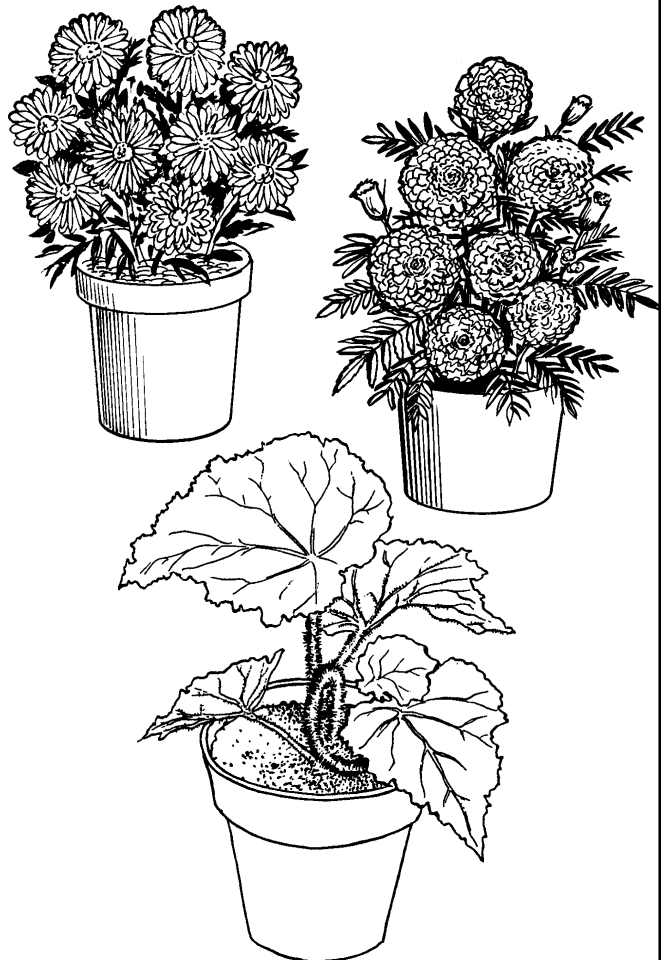
In Season

We know God **loves** us for it is written: *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth"* (III John 2).

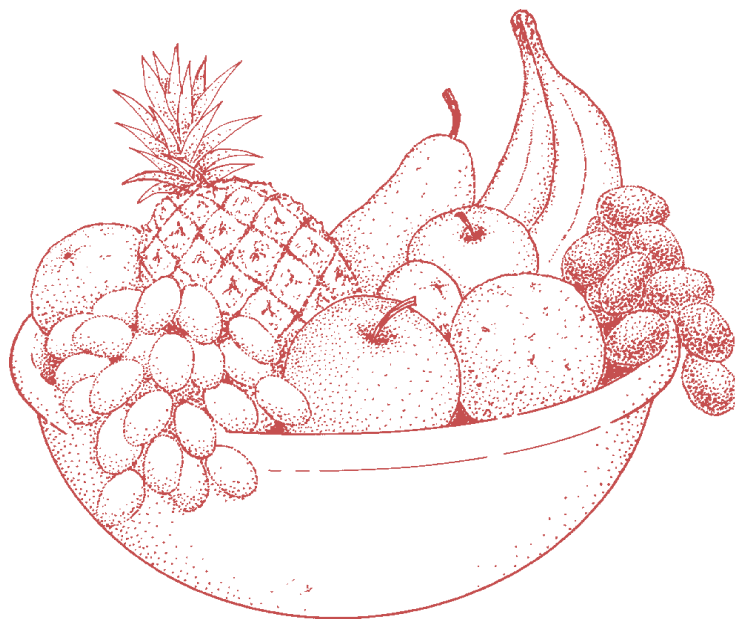
As you plan your gardens (flowers or vegetables) lawns, shrubs and trees plan to plant them were they will get all they need to be healthy. They need sunshine, water, and fertilizer. There needs to be sufficient space for each plant to grow. The plants can also be attractively arranged in the garden, orchard or around the house. When we are in good health we will have a glow about us and be attractive. Draw out a sketch of flower beds, orchard, and vegetable garden. Consider companion planting. (That means two varieties of plants by each other to assist in keeping the insect pests away.) Gather gardening books to find ideas about lay-out and planning. Learn more about gardening this year as you learn more about health.

Out of Season

Planning flower beds, orchards, and vegetable gardens can be a winter activity. The library has many good books about gardening.



*“For I will restore health
unto thee,
and I will heal thee
of thy wounds,
saith the Lord.”
Jeremiah 30:17*



*“...Present your bodies
a living sacrifice...”
Romans 12:1*

*Each booklet in the series,
“Designing Your Own School Program,”
is planned for a family to study together
for their homeschool curriculum;
yet versatile enough to be used
in the conventional classroom.*

*Learn the principles
of the subject matter from the Scriptures;
discover more of the scientific facts;
then apply them to your daily life.*

*Other titles in the health series are available
in the following subjects:*

The Body

The Heart

The Bladder

The Kidneys

The Cells

The Spleen

The Pancreas

The Gall Bladder

The Bones



Mark 4:29