



Healthy and Happy Seminar 15



How Four Healthy Men Got Four Awesome Miracles!

Would you like to experience a miracle? The Bible tells an inspiring story of four healthy men who got four miracles! They did it! And so can you! But first of all, why were they healthy? They used the Three Greatest Health Secrets! What are they?

1. Great Health Secret # 1 is: They Did Whole Body Exercise.

Daniel 1:1. Choose. Babylon, foot, 500.

- (a) King Nebuchadnezzar marched them from Jerusalem to _____.
- (b) The distance between these two cities is over _____ miles!
- (c) Day by day, they travelled those hundreds of miles by _____.

2. What are the benefits of whole body exercise?

1. Exercise strengthens the heart and lowers blood pressure.
2. It decreases bad cholesterol, but weakens the immune system.
3. It reduces the risk of Type 2 Diabetes.
4. Exercise burns calories. So it helps us to manage weight.
5. It multiplies endorphins, which are the energy chemicals.
6. It increases brain activity and can delay onset of Alzheimer's.

3. Great Health Secret # 2 is: They Ate a Plant-based Diet.

Daniel 1:5, 12. Choose: **best, meat, vegetables.**

- (a) Nebuchadnezzar's food plan was: Eat the king's _____ and drink his wine.
- (b) The Hebrews proposed an alternative: Eat _____ and drink water.
- (c) Today medical science affirms that a plant-based diet is the _____ !

4. What are the benefits of a plant-based diet?

- 1. It reduces the risk of heart disease and raises blood pressure.
- 2. It makes us feel full, so it helps to combat overweight and obesity.
- 3. It helps to prevent Type 2 Diabetes, but it cannot reverse it.
- 4. Since plant foods digest quickly, they help to fight colon cancer.
- 5. Its low fat content reduces the risk of breast and prostate cancer.
- 6. It has Phytochemicals that help healthy cells to fight enemy cells.

Remember this! Avoid eating anything that has a mother or a face!

5. Great Health Secret # 3 is: They Kept Positive Minds.

Daniel 1:8 tells us that "Daniel _____ in his heart [made up his mind]."

Choose the right words: attack, sick, hurts.

- (a) A healthy body is vital. A healthy mind is even more important!
- (b) Positive thoughts can make us healthy. Negative ones make us _____ !
- (c) Avoid the Old HAG. H is for Hate, A is for Anger, G is for Guilt.
- (d) Hate _____ the one hating more than the one who is being hated!
- (e) Anger raises heart rate, elevates blood pressure, causes heart _____.
- (f) Guilt chains you to yesterday, prevents you from moving into tomorrow.

6. How can one get a Positive Mind?

- Let God put His Holy Spirit in your mind. Eze. 36:26.
- Think on the positive things of life. Phil. 4:8.
- By combining physical, mental and spiritual, we can have total health.

7. Those four healthy men got four awesome miracles! And so can we! Miracle One is: They had Academic and Professional Success.

Group Activity. Read Daniel 1:19, 20 and Daniel 2:48, 49, then discuss.





- (a) At their final examination, how many times better were they? _____.
- (b) So if they got first place with 100 points, how many points did a second place magician get? _____. Isn't that an amazing miracle?

8. We too can achieve excellence! Here are some promises we can claim!

- If I am a student, He will make me the head and not the tail. Deut. 28:13.
- If I am a worker, God will help me to excel in my work. Prov. 22:29.
- If I am a senior, I will still be fruitful in my old age. Psalm 92:14.

9. The Second Miracle is: They got Clear Vision.

Daniel 2:1, 2, 6, 11, 17-19, 27, 28, 31-36, 44. True or False?

1. The king told his magicians: Tell me the dream and its meaning.
2. They were able to tell the dream but could not interpret it.
3. Daniel and friends prayed. God gave the dream and its meaning!
4. It was a huge image of various metals, and a mysterious stone.
5. It foretold rise and fall of world empires from then to world's end.

10. Babylon's men had blurred vision. Christ's men had clear vision! It's the same today! Each of us is in one of these camps! Where are you?

- Babylon's camp declares: Live as you please! Stay in sin!"
- Christ's camp declares, "The Blood of Jesus cleanses us from sin!"
- Babylon's camp says, "Worship on the First day! Or on no day!"
- Christ's camp says, "The seventh day is the Sabbath of the Lord!"
- Babylon's camp cries, "You do not need to get baptized!"
- Christ's camp cries, "Whoever believes and is baptized will be saved."

11. Miracle Number Three is: They experienced Deliverance in the Fire!

Daniel 3:1, 4-6, 13, 17-19, 24, 25. Fiery, gold, power, worship.

- (a) The king decided to defy God and make a _____ image.
- (b) Then he commanded all his officials to _____ the idol.
- (c) When the Hebrews refused, he sentenced them to a _____ furnace.
- (d) Suddenly he shouted: They have _____ over fire! They're walking in it!



12. When you stand up to your Nebuchadnezzar, here's God's promise!

Isaiah 43:2. "When you walk through the fire, you will not be burned."

It's not deliverance **from** the fire. It is deliverance **in** the fire!

13. Here is the Fourth Miracle: They saw Jesus – Face to Face!

See Daniel 3:25.

- The three healthy men were walking in the fire but they were not burnt.
- Daniel was absent. But One greater than Daniel was there! It was Jesus!
- Those three were looking at their Savior - face to face with Jesus!

14. One day soon, Christ is coming again! And we'll see Him – face to face!

Then all God's people will experience that Fourth Miracle!

Revelation 22:4. "And they shall see His face."

"Face to Face with Christ, my Savior! Face to face, what will it be?" - F. A. Breck

15. If we are to walk with Jesus in the city then, we must walk with Him into the water now! What did He Himself say?

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

My Choice.

- I will use God's three great health secrets: Exercise, Diet, Positive mind.
- I want God's miracles: Excellence, Clear Vision, Fireproof, See Jesus' face.
- I defy my Nebuchadnezzar! Fire or no fire, I will obey my Savior.

Check Your Answers. 2. 1T, 2F [strengthens], 3T, 4T, 5F ["feel good"], 6T. 4. 1F [lowers], 2T, 3F [it can], 4T, 5T, 6T. 9. 1T, 2F, 3T, 4T, 5T.

Attention! The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

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Illustrations: Page 1 by Dreamstime; Page 2 by Good Salt; Pages 3, 4 by Arnol Jimenez.

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