

Biblical Health Laws

Bible Study | The Church of God International, Philippines | March 7, 2020



The Department of Health (DOH) on Friday reported two new cases of the coronavirus disease (COVID-19) that brought the total number of confirmed cases in the country to five.



Today, we shall talk about staying healthy in a precarious world where diseases and epidemics are a constant threat.



The Lord said in Deuteronomy 7:15

“The LORD will keep you free from every disease. He will not inflict on you the horrible diseases...”



God is true and faithful.

He has instituted health laws on disease control and diet laws to keep His people healthy.



This afternoon, we will take a careful look at these laws so that we may enjoy God's providence and protection as He has promised.



In recent years we have seen new strains of virus causing pandemics across the world. The SARS, H1N1 (Swine Flu), MERS (Middle East Respiratory Syndrome), Ebola and now the Covid-19 virus.



The novel COVID-19 coronavirus causes a range of respiratory illnesses - from the common cold to severe pneumonia.



Health authorities have confirmed human-to-human transmissions. The virus is highly commutable just like the influenza virus. for up to 12 hours.



It is transmitted through the air from fluid droplets via sneezing and coughing. The virus can travel about 2 meters through a cough or sneeze and can survive outside the environment for up to 12 hours.



Without effective containment measures the infection rate is somewhere between 1.5 to 3.5 people for every sick person.



However, in hotter climate the virus can only survive for an approximate 30 - 60 minutes with temperature of above 26 degree Celsius.



It has been reported that the virus has an incubation period of 14-days, and those who have fallen ill suffer dry cough, fever and breathing difficulty. In extreme cases there can be organ failure.



Antibiotics are of no use because this is a viral pneumonia. The antiviral drugs we have against flu do not work. If people are admitted to hospital, they may get support for their lungs and other organs as well as fluids. Recovery will depend on the strength of the patient's immune system.



Many of those who have died are known to have been already in poor health. Although, recently it was reported that there are some benefits using anti-malaria drug medication.



As of Friday the Chinese authorities had reported more than 80,000 confirmed cases - of which 79% have mild conditions, 21% are in serious and critical conditions and 3,042 deaths (lower than 4%).



Despite the lockdown and travel bans, the virus continues to spread around the world. Latest count is it has traveled to 91 countries.



Country	Cases	Deaths
Worldwide	98,440	3,387
China	80,555	3,042
South Korea	6,284	40
Italy	3,858	148
Iran	3,513	108
Japan	364	6
USA	233	14
Singapore	117	0
Hong Kong	105	2
Diamond Princess	696	6
Philippines	5	1

55,660 people have recovered from the illness





Origin of the Viruses

Medical authorities believe the virus came from a seafood market in the Chinese city of Wuhan where wild animals – wolf pups, civet cats, snakes, bats, porcupines, pangolins – together with all sorts of exotic wild animals are sold.



Two studies from China indicated that bats are the likely origin, as the strain was found to be closely related to a strain that exists in bats.



Another study identified pangolins as a possible intermediate host. Pangolin meat and blood are considered delicacies on the black market, and sales of their scales for use in traditional Chinese medicine to treat many illnesses.



We know the origins of the diseases are from wild animals. The virus jumped from animals to humans because of proximity and consumption.

1. SARS from civet cats
2. H1N1 from swine
3. MERS from camels
4. Ebola from monkeys
5. Wuhan Virus possibly from bats, snakes or pangolins.



In ancient times, when this happens, people just fall death in isolation and the disease dies with the man and does not travel.



Where do these viruses come from?

They are **ZOOONOSES**, diseases that jump from animals to humans. These viruses were originally bat viruses that spread to an intermediate animal (civet cat, camel, pangolin, respectively), which then exposed humans to the viruses. These viruses have zoonotic origins. They accomplished an inter-species jump from wild animals to humans.



Coronaviruses are a group of viruses that are very readily adaptable. Experts call it intrinsic evolvability. Their rate of mutation is very high when they copy themselves. So viruses that have high mutation rates can evolve and adapt quickly.



The mechanism to inter-species jump relies on access and ability. The virus has to reach the cells of its host. As the virus's proteins recognize and bind to structures, known as receptors — the virus can now enter the cell and begin to replicate, infecting the host.



It is worrisome now that diseases can travel with relative ease across the world. Infected individuals can get on a plane, cruise ship or in congested commercial places and infect hundreds of people at a time.





Disease Prevention

The Bible has prescribed a physical sanitation regimen and a clean food diet for mankind to deal with sickness, disease, contagion and health. During time of “pandemic” it would be wise to follow and obey the instructions of God on healthy living and disease control.



According to medical authorities, the best ways to prevent catching the virus are:

1. Clean hands with soap and water or alcohol-based hand rub.
2. Cover nose and mouth when coughing and sneezing with tissue or flexed elbow.
3. Avoid close contact with anyone with cold or flu-like symptoms.



The Bible has seven (7) disease prevention regulations. God instituted these regulations for the benefit of mankind. These laws are written in the Book of Leviticus 13-15:



1. Isolation and Quarantine

People showing signs of sickness are to be isolated, quarantined. People who are thought to have a communicable disease are quarantined—kept away from others for a time. The sick are separated away from the public to prevent the spread of diseases.



Leviticus 13:46

He shall remain unclean all the days during which he has the infection; he is unclean. He shall **live alone**; his dwelling shall be **outside the camp**.



Numbers 5

2 “Command the sons of Israel that they **send away from the camp** every leper and everyone having a discharge and everyone **who is unclean** because of a dead person.

3 You shall send away both male and female; you shall send them outside the camp so that **they will not defile their camp** where I dwell in their midst.”



2. Clean Clothing

Infectious bacteria, molds and viruses can stick to clothing and infect people. Such clothing needs to be washed or destroyed. This could be one of the reasons why the COVID-19 virus spreads so easily in China. Being winter season in China, people wear their winter clothing everyday without sanitizing them.



Leviticus 13

47 “As for any fabric that is spoiled with a defiling mold—any woolen or linen clothing,

48 any woven or knitted material of linen or wool, any leather or anything made of leather—



Leviticus 13

49 if the affected area in the fabric, the leather, the woven or knitted material, or any leather article, is greenish or reddish, it is a defiling mold and must be shown to the priest.



Leviticus 13

50 The priest is to examine the affected area and **isolate the article for seven days.**

51 On the seventh day he is to examine it, and if the mold has spread in the fabric, the woven or knitted material, or the leather, whatever its use, it is a persistent defiling mold; **the article is unclean.**



Leviticus 13

52 He must **burn the fabric**, the woven or knitted material of wool or linen, or any leather article that has been spoiled; because the defiling mold is persistent, the article **must be burned**.



Leviticus 13

58 Any fabric, woven or knitted material, or any leather article that has been **washed and is rid of the mold**, must be **washed again**. Then it will be **clean.**”



3. Proper Hygiene

Physical hygiene and cleanliness is extremely important in avoiding contagion. Virus can stick to other skin, faces, arms, hands and hair which may eventually get into our system.



Leviticus 14:8

The one to be cleansed shall then wash his clothes and **shave off all his hair** and **bathe in water** and be clean. Now afterward, he may enter the camp, but he shall stay outside his tent for seven days.



Leviticus 15

7 Whoever touches the man who has a discharge **must wash their clothes** and **bathe with water**, and they will be **unclean till evening**.

8 If the man with the discharge spits on anyone who is clean, they must **wash their clothes** and **bathe with water**, and they will be **unclean till evening**.



Leviticus 15

11 “ ‘Anyone the man with a discharge touches **without rinsing his hands with water** must wash their clothes and bathe with water, and they will be unclean till evening.



4. Proper Sanitation

The most basic of sanitation is the disposal of human waste. Wastes were to be buried, away from human dwellings. We know this as a sanitary waste disposal, but not always practiced—especially in poverty-stricken areas where they are thrown into open sewage and water ways.



History is filled with epidemics – typhus, cholera and dysentery – linked to the careless dumping of human and animal waste. Proper disposal of waste breaks the life cycle of many parasitic organisms that spread diseases. Before mankind's science understood its benefit, the Bible has already been telling us about this.



Today, we have modern toilets with sanitary wares. Since, public toilets are used by all sorts of people they can be a source of contagion. Therefore, proper use of clean toilets is very important.



Deuteronomy 23

12 Designate a place **outside the camp** where you can go to relieve yourself.

13 As part of your equipment have **something to dig** with, and when you relieve yourself, dig a hole and **cover up** your excrement.



5. Do not touch carcasses

Carcasses are depository of all sorts of bacteria, germs and viruses. Anyone who touched a dead body was quarantined.



Numbers 19:16

Anyone out in the open who touches someone who has been killed with a sword or someone who has died a natural death, or anyone who touches a human bone or a grave, will be **unclean for seven days.**



Leviticus 11

27 Of all the animals that walk on all fours, those that walk on their paws are unclean for you; whoever touches their **carcasses will be unclean** till evening.

28 Anyone who picks up their carcasses must **wash their clothes**, and they will be unclean till evening.



6. Food Laws

Diseases are rampant because humans eat what God has forbidden. Of all God's creation, we are the only specie that cooks. The birds of the air, the fish of the sea and the livestock of the land do not cook.



The reason is that we are created differently from the all the other living things. Our physical composition is not suitable for raw meat and many other types of unsuitable food. Our body and genome structure are designed differently.



Not everything that God creates is for food. There are certain foods suitable for man to eat. Just like the two (2) trees in the Garden; the fruits of the tree of life and the tree of the knowledge of good and evil. One brings life and the other death.



God has provided mankind with a dietary law. There is a list of food fit to eat and to avoid. They are called clean and unclean meats. They are written in Leviticus 11 and Deuteronomy 14. Two chapters of the two books are devoted to this discussion. This shows the importance of the food law to God.



Deuteronomy 14

1 You are the children of the Lord your God...

2 for you are a people holy to the Lord your God. Out of all the peoples on the face of the earth, the Lord has chosen you to be his treasured possession.



Deuteronomy 14

3 Do not eat any **detestable** thing.

4 These are the animals you may eat: the ox, the sheep, the goat,

5 the deer, the gazelle, the roe deer, the wild goat, the ibex, the antelope and the mountain sheep.



Deuteronomy 14

6 You may eat any animal that has a divided hoof and that chews the cud.

7 However, of those that chew the cud or that have a divided hoof you **may not eat** the **camel**, the rabbit or the hyrax. Although they chew the cud, they do not have a divided hoof; they are ceremonially unclean for you.



Deuteronomy 14

8 The **pig** is also unclean; although it has a divided hoof, it does not chew the cud. **You are not to eat their meat or touch their carcasses.**

9 Of all the creatures living in the water, you **may eat** any that **has fins and scales.**

10 But anything that does not have fins and scales you may not eat; for you it is unclean.



Deuteronomy 14

11 You may eat any clean bird.

12 But these you **may not eat**: the eagle, the vulture, the black vulture,

13 the red kite, the black kite, any kind of falcon,

14 any kind of raven,



Deuteronomy 14

15 the horned owl, the screech owl, the gull, any kind of hawk,

16 the little owl, the great owl, the white owl,

17 the desert owl, the osprey, the cormorant,

18 the stork, any kind of heron, the hoopoe and the bat.



Deuteronomy 14

19 All flying insects are **unclean** to you; **do not eat** them.

20 But any winged creature that is **clean** you may **eat**.



Deuteronomy 14

21 **Do not eat** anything you find **already dead**. You may give it to the foreigner residing in any of your towns, and they may eat it, or you may sell it to any other foreigner. But you are a people holy to the Lord your God.



Leviticus 11

1 The Lord said to Moses and Aaron,

2 “Say to the Israelites: ‘Of all the animals that live on land, these are the ones you may eat:

3 **You may eat any animal that has a divided hoof and that chews the cud.**



Leviticus 11

4 “There are some that only chew the cud or only have a divided hoof, but **you must not eat** them. The **camel**, though it chews the cud, does not have a divided hoof; it is ceremonially unclean for you.



Leviticus 11

5 The hyrax, though it chews the cud, does not have a divided hoof; it is unclean for you.

6 The rabbit, though it chews the cud, does not have a divided hoof; it is unclean for you.



Leviticus 11

7 And the **pig**, though it has a divided hoof, does not chew the cud; it is **unclean for you**.

8 You must not eat their meat or touch their carcasses; they are unclean for you.

9 ““Of all the creatures living in the water of the seas and the streams you **may eat any that have fins and scales**.



Leviticus 11

10 But all creatures in the seas or streams that do not have fins and scales—whether among all the swarming things or among all the other living creatures in the water—you are to regard **as unclean**.



Leviticus 11

11 And since you are to regard them as unclean, you must not eat their meat; you **must regard their carcasses as unclean.**

12 Anything living in the water that does not have fins and scales is to be regarded as unclean by you.



Leviticus 11

13 “These are the birds you are to regard as **unclean and not eat** because they are unclean: the eagle, the vulture, the black vulture,

14 the red kite, any kind of black kite,

15 any kind of raven,



Leviticus 11

16 the horned owl, the screech owl, the gull, any kind of hawk,

17 the little owl, the cormorant, the great owl, 18 the white owl, the desert owl, the osprey,

19 the stork, any kind of heron, the hoopoe and **the bat.**



Leviticus 11

20 “**All flying insects** that walk on all fours are to be regarded as **unclean** by you.

21 There are, however, some flying insects that walk on all fours that **you may eat: those that have jointed legs for hopping on the ground.**



Leviticus 11

22 Of these you may eat any kind of locust, katydid, cricket or grasshopper.

23 But all other flying insects that have four legs you are to regard as unclean.



Leviticus 11

24 “You will make yourselves unclean by these; whoever touches their carcasses will be unclean till evening.

25 Whoever picks up one of their carcasses must wash their clothes, and they will be unclean till evening.



Leviticus 11

26 “Every animal that does not have a divided hoof or that does not chew the cud is unclean for you; whoever **touches the carcass** of any of them will be unclean.



Leviticus 11

27 Of all the animals that walk on all fours, those that **walk on their paws are unclean for you**; whoever touches their carcasses will be unclean till evening.

28 Anyone who picks up their carcasses must wash their clothes, and they will be unclean till evening. These animals are unclean for you.



Leviticus 11

29 “Of the animals that **move along the ground**, these are unclean for you: the weasel, the rat, any kind of great lizard,

30 the gecko, the monitor lizard, the wall lizard, the skink and the chameleon.



Leviticus 11

31 Of all those that move along the ground, these are unclean for you. Whoever **touches them when they are dead will be unclean** till evening.



God's food law reveals that not all animal meats are suitable for food. Some animals are for human consumption while others are created for environmental purposes – sort of garbage cleaners of the environment to maintain the ecological balance of earth – the scavengers.



The pigs, dogs, alligators, foxes, civet cats, snakes, porcupines, pangolins are scavengers. They eat anything including dead carcasses that are laden with bacteria and viruses; including the dropping of bats. This is most probably the case of the COVID-19 virus that originated from bats and the dropping eaten by snakes or the pangolins. Then, it eventually got to humans.



Animals fit for human consumption are mainly herbivores - grain, grass and roots eaters. Their metabolisms are designed differently from scavenger animals.



This means that scavenger animals - environmental cleaners - like crocodiles, snakes, bats, civet cats, pangolins, crabs, lobsters, clams, mussels and pigs have digestive systems and metabolisms very different from human.



When you eat a scavenger animal, you are partaking in their food chain, which includes decaying animals.

This means that you are introducing into YOUR system the cells, bacteria and viruses common to their food chain.



Scavenger meats contain more toxins, bacteria, viruses, micro-organisms and chemicals that are not compatible with human structure. Improper food has a long-term effect on the DNA that last for generations and generations. And, in recent cases the diseases have jumped species from animal to humans.



God, in His divine wisdom has instructed mankind what is good for food and what is detestable. It is no different from His first instruction to Adam and Eve in the Garden. As Christians we have the power of choice and we need to choose wisely by listening and adhering to the word of God.



Physically, we get the benefit of living healthier, better immune system to fight against diseases and adding a few more years to our lives. However, the true benefit is spiritual. The food law is a law of holiness. Leviticus 11:43-47 and Leviticus 20:25-26.



Leviticus 11

43 Do not **defile yourselves** by any of these creatures. Do not make **yourselves unclean** by means of them or be made unclean by them.



Leviticus 11

44 I am the LORD your God; consecrate yourselves and **be holy**, because **I am holy**. **Do not make yourselves unclean** by any creature that moves along the ground.

45 I am the LORD, who brought you up out of Egypt to be your God; therefore **be holy**, because **I am holy**.



Leviticus 11

46 “ ‘These are the regulations concerning animals, birds, every living thing that moves about in the water and every creature that moves along the ground.

47 **You must distinguish between the unclean and the clean**, between living creatures that may be eaten and those that may not be eaten.’ ”



Leviticus 20

25 “ ‘You must therefore make a distinction between clean and unclean animals and between unclean and clean birds. Do not defile yourselves by any animal or bird or anything that moves along the ground— those that I (God) have set apart as unclean for you.

26 **You are to be holy to me because I, the LORD, am holy, and I have set you apart** from the nations to be my own.



Now, this brings us back to the creation account. God created two (2) trees in the garden. And the Lord God commanded the man, saying, “Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”



We know what happened next. The woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. Both Adam and Eve, thought that the forbidden fruit was good for food against the advisement, counsel and command of God.



This scenario is still being played out today. God's laws and food laws have not changed. But some people think and teach that the forbidden unclean meats are good for food and make one wise and strong.



Apostle Paul strongly reminds us saying in
2 Corinthians 6:17

“Come out from among them and be separate, says the Lord. **Do not touch what is unclean**, And I will receive you. I will be a Father to you, and you shall be My sons and daughters, Says the Lord Almighty.”



Now you know. Now you have a choice. It is not easy to keep the food laws. Exotic meats are enticing to the eyes and we can make a god out of our stomach.



It was not easy for Eve when tempted; it was not easy for people during the time of Jesus and the disciples. It is not easy today either. It takes faith to keep all God's commandments – including the food laws. Yet, it will be your sign of holiness. You keep the food laws because you are a people holy to the Lord – God's very precious and treasured possession!



Summary

This will not be the last of the contagion diseases.
The frequencies at which they appear have been on
the rise. SARS in 2002, HINI 2009, EBOLA 2010,
MERS 2012 and COVID 2019.



The viruses of the future will be far more deadly than what we have today, so we need to become better at preventing and containing such outbreaks.



All these new viruses occurred when the virus jumped species from wild animals to humans. There are two main reasons:

1. Humans living in close proximity to wild animals;
and
2. Humans eat wild animals. All these are violations of Biblical laws that God has instituted.



The most effective way of preventing future outbreaks is to return to God's laws.



God has set up natural boundaries defined by nature in which wild animals would never have encountered one another in the wild avoiding cross viral infection.



Now, they live in proximity like as in the Chinese markets. This unnatural proximity fosters a viral breeding ground by providing opportunity for the spread of viruses from one species to another, mutating along the way until they reach a point where it can jump to humans.



The WHO hopes to get ahead of these threatening diseases by prioritizing research and development on diseases and pathogens that pose a significant threat to global health and for which few or no medical countermeasures presently exist.



The best cure is not to find the best vaccine or medication. The best cure is prevention. Many of these viruses jump to humans because we have violated God's dietary laws. We live and keep wild animals in close proximity because we raise them to eat them.



The best prevention is to return to God's laws on healthy living and disease control. Again, the Lord said in Deuteronomy 7



Deuteronomy 7

6 For **you are a people holy** to the LORD your God. The LORD your God has **chosen you** out of all the peoples on the face of the earth to be his people, **his treasured possession**.

7 The LORD did not set his **affection on you** and choose you because you were more numerous than other peoples, for you were the fewest of all peoples.



Deuteronomy 7

9 Know therefore that the LORD your God is God; he is the **faithful God**, keeping his **covenant of love** to a **thousand generations** of those who **love him** and **keep his commandments**.

10 But those who hate him he will repay to their face by destruction; he will not be slow to repay to their face those who hate him.

11 Therefore, take care to **follow the commands, decrees and laws** I give you today.



Deuteronomy 7

12 If you **pay attention to these laws** and **are careful to follow them**, then the LORD your God will keep his covenant of love with you, as he swore to your ancestors.

13 He will **love you** and **bless you** and increase your numbers. He will bless the fruit of your womb, the crops of your land—your grain, new wine and olive oil—the calves of your herds and the lambs of your flocks in the land he swore to your ancestors to give you.



Deuteronomy 7

14 You will be **blessed more** than any other people; none of your men or women will be childless, nor will any of your livestock be without young.

15 The LORD will keep you **free** from **every** **disease**.



Stay healthy.

May the Lord God keep watch over you and give you
peace.



END

