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**Discipleship Training Program**

**Week 23 – Health Education**

**Week 23 Homework:** Read Psalm 25, 2 Kings 11-25 & Ezekiel chapters 25-32

**Key Point:** ... the things that proceed out of the mouth come from the heart, and those defile the man. "For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders. **These are the things which defile the man ...** Matthew 15:18-20

**Deuteronomy 14:1-21**

1 "You are the ( ) of the Lord your God; you shall not cut yourselves nor shave your forehead for the sake of the dead.

2 For you are a ( ) people to the Lord your God, and **the Lord has chosen you** to be a ( ) for **His own possession** out of all the peoples who are on the face of the earth.

3 "You shall not eat any ( ) thing.

4 **These are the animals which you may eat:** the ( ), the sheep, the ( ),

5 the deer, the ( ), the roebuck, the wild ( ), the ibex, the ( ) and the mountain sheep.

6 Any animal that divides the hoof and has the ( ) split in two and chews the ( ), among the animals, that you may eat.

7 Nevertheless, you are not to eat of these among those which chew the cud, or among those that divide the hoof in two: the ( ) and the rabbit and the shaphan, for though they chew the cud, they do not divide the hoof; **they are unclean for you.**

8 The ( ), because it divides the hoof but does not chew the cud, **it is unclean for you.** You shall not eat any of their flesh nor touch their carcasses.

9 "These you may eat of all that are in water: anything that has ( ) and ( ) you may eat,

10 but anything that does not have fins and scales you shall not eat; **it is unclean for ( )**.

11 "You may eat any clean ( ).

12 But these are the ones which you shall not eat: the ( ) and the vulture and the ( ),

13 and the red kite, the ( ), and the kite in their kinds,

14 and every ( ) in its kind,

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15 and the ostrich, the ( \_\_\_\_\_ ), the sea gull, and the ( \_\_\_\_\_ )  
in their kinds,

16 the little owl, the great ( \_\_\_\_\_ ), the white owl,

17 the ( \_\_\_\_\_ ), the carrion vulture, the cormorant,

18 the ( \_\_\_\_\_ ), and the heron in their kinds, and the hoopoe and  
the ( \_\_\_\_\_ ).

19 And all the teeming life with wings are **unclean to you**; they shall not be eaten.

20 You may eat any clean ( \_\_\_\_\_ ).

21 **"You shall not eat anything which dies of itself.** You may give it to the ( \_\_\_\_\_ )  
who is in your town, so that he may eat it, or you may sell it to a ( \_\_\_\_\_ ),  
for you are a ( \_\_\_\_\_ ) people to the Lord your God. You shall not  
boil a young goat in its mother's milk.

### Acts 10:9-20

9 On the next day, as they were on their way and approaching the city, **Peter went up on the  
housetop about the sixth hour** to ( \_\_\_\_\_ ).

10 But he became hungry and was desiring to eat; but while they were making preparations,  
he fell into a ( \_\_\_\_\_ );

11 and he saw the sky opened up, and an object like a great sheet coming down,  
**lowered by four corners to the ground,**

12 and there were in it all kinds of four-footed ( \_\_\_\_\_ ) and crawling  
( \_\_\_\_\_ ) of the earth and ( \_\_\_\_\_ ) of the air.

13 A voice came to him, **"Get up, Peter, kill and eat!"**

14 But Peter said, "By no means, Lord, for I have never eaten anything ( \_\_\_\_\_ )  
and ( \_\_\_\_\_ )."

15 Again a voice came to him a **second time, "What God has ( \_\_\_\_\_ ),  
no longer consider unholy."**

16 This happened **three times**, and immediately the object was taken up into the sky.

17 Now while Peter was greatly perplexed in mind as to what the ( \_\_\_\_\_ )  
which he had seen might be, behold, the men who had been sent by Cornelius, having asked

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directions for Simon's house, appeared at the gate;

18 and calling out, they were asking whether Simon, who was also called **Peter**, was staying there.

19 While Peter was reflecting on the vision, the ( \_\_\_\_\_ ) said to him, "**Behold, three men are looking for you.**

20 But get up, go downstairs and accompany them without ( \_\_\_\_\_ ),  
**for I have sent them Myself.**"

**Acts 15:19-20** Therefore it is my judgment **that we do not trouble those who are turning to God from among the Gentiles**, but that we write to them that they **abstain from things contaminated by idols** and from **fornication** and from what is **strangled** and from **blood**.

### John 6:66-69

66 As a result of this many of His ( \_\_\_\_\_ ) withdrew and were **not walking with Him anymore.**

67 So Jesus said to the ( \_\_\_\_\_ ), "You do not want to go away also, do you?"

68 ( \_\_\_\_\_ ) answered Him, "**Lord, to whom shall we go?**  
You have ( \_\_\_\_\_ ) of **eternal life.**

69 We have ( \_\_\_\_\_ ) and have come to ( \_\_\_\_\_ ) that  
**You are the Holy One of God.**"

### Romans 14:12-15

12 So then each one of us will give an account of ( \_\_\_\_\_ ) to God.

13 Therefore let us not ( \_\_\_\_\_ ) one another anymore, but rather determine this - **not to put an obstacle or a stumbling block in a brother's way.**

14 I know and am convinced **in the Lord Jesus** that nothing is ( \_\_\_\_\_ ) in itself; but to him who thinks anything to be unclean, to him it is unclean.

15 For if because of food your brother is hurt, you are no longer walking according to love. Do not destroy with your food him for whom Christ ( \_\_\_\_\_ ).

## **Discipleship Training Program**

**Vitamin A** - Helps to maintain healthy skin, eyes, bones, hair and teeth

**Beta Carotene** - An antioxidant that is converted, as needed, by the body to Vitamin A

**Vitamin D** - Helps in absorbing and metabolizing calcium and phosphorus that aid in strengthening bones and teeth.

**Vitamin E** - An antioxidant that helps protect the cell membranes, lipoproteins, fats and vitamin A from destructive oxidation. Also helps protect red blood cells

**Vitamin K** - Necessary for proper clotting of blood.

**Vitamin C** - An antioxidant. Inhibits the formation of nitrosamines (a suspected carcinogen). Also important for maintaining strength and functioning of bones, teeth, collagen and blood vessels as well as enhancing iron absorption and red blood cell formation.

**Vitamin B-1 (Thiamine)** - It releases energy from foods and is also needed for the normal functioning of the nervous system.

**Vitamin B-2 (Riboflavin)** - Important in releasing energy from foods as well as aiding in the maintenance of skin, the nervous system and proper mental functioning.

**Vitamin B-6** - It releases energy from foods and plays a role in protein and fat metabolism. It is also important for the functioning of red blood cells.

**Vitamin B-12** - Necessary for a healthy nervous system as well as preventing pernicious anemia. It is also involved in synthesizing DNA

**Biotin** - Releases energy from food and plays a role in the metabolism of amino acids. Very important for normal hair production and growth.

**Pantothenic Acid** - It releases energy from foods and is also needed for normal functioning of the adrenal glands.

**Folic Acid** - Is necessary for proper red blood cell formation. Also plays a vital role in the metabolism of fats, amino acids, DNA and RNA. Last, it is needed for proper cell division and protein synthesis.

**Choline** - It prevents fat accumulation in the liver.

**Inositol** - It is involved in calcium mobilization

**Calcium** - Builds bones and teeth as well as involvement in nerve transmission and muscle contraction.

**Iodine** - Is needed for the proper functioning of the thyroid gland and the production of thyroid hormones.

**Iron** - It prevents anemia and transports oxygen through the body.

**Magnesium** - Is needed in many of the enzyme systems in the body and is essential for proper heartbeat and nerve transmission.

**Phosphorus** - Helps maintain strong bones and teeth and is necessary for muscle and nerve function.

**Potassium** - An electrolyte in the body necessary to maintain fluid balance, proper heartbeat and nerve transmission.

**Selenium** - An antioxidant and helps protect Vitamin E

**Silicon** - Necessary for proper bone structure and growth

**Zinc** - A part of insulin, necessary for blood sugar control. Also needed for sensations of taste and hearing as well as playing an important part in the healing of wounds