

## LESSON 13

# Health, Purity, and Joy

IN A CROWDED WORLD

### INTRODUCTION

**W**e live in a world overflowing with everything. Too much stress, too much pressure, too many temptations, too many voices telling you who to be and what to chase. We consume endlessly not just food, but images, noise, expectations, and comparisons. And the result? Exhaustion. Anxiety. Bodies that function but don't thrive. Souls that survive but don't rest.

The Bible speaks into this. Not with moral lectures, but with a vision of life that heals you from the inside out. A way of living where your body isn't your enemy, your mind isn't your prison, and your emotions aren't chaos.

A lifestyle built on clarity, purity, balance, and joy not the forced joy of a perfect feed, but the deep joy that grows when your life aligns with the One who created you. Health. Purity. Joy. Not trends freedom.

In this lesson we will discover that following Christ directly impacts how we care for our body, how we live in holiness, and how we find a joy that does not depend on circumstances, but on God's presence in our life. Not a burden, but a gift that reflects God's character in our daily lives.

# LET'S EXPLORE THE BIBLE

## A. Our body is God's temple

We live in a society where what we eat, what we watch, what we listen to, and what we think shapes who we are. We cannot expect to feed ourselves with physical or spiritual junk and hope to be strong. The Bible declares: "Do you not know that your body is the temple of the Holy Spirit... and you are not your own?" (1 Corinthians 6:19-20, NKJV).



## B. Principles of health in the Bible

From the beginning, God showed a healthy way of life: "See, I have given you every plant... and every tree with fruit" (Genesis 1:29, NKJV). Later, in Leviticus 11, He distinguished between clean and unclean foods, not as a whim, but as protection. He also warned against what destroys life: "Who has woe? Who has sorrow?... Those who linger long at the wine" (Proverbs 23:29-32, NKJV).



## C. Purity in all areas

It is not enough to care for the physical. God calls us to live in complete purity. "For this is the will of God, your sanctification: that you should abstain from sexual immorality" (1 Thessalonians 4:3-4, NKJV). Sexuality is a gift, but when used outside God's plan it brings pain and emptiness.



## D. True joy

The world sells pleasure as if it were the same as happiness. But excess, far from giving freedom, ends up enslaving. Jesus expressed it differently: "These things I have spoken to you, that My joy may remain in you, and that your joy may be full" (John 15:11, NKJV).





## LET'S REFLECT ON A FEW POINTS

**1. What are you allowing to define your life?**

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**2. How are you caring for the temple of the Holy Spirit?**

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**3. Where are you looking for joy?**

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## PERSONAL DECISION

Today God invites you to look at yourself honestly and ask: what are you doing with the life He gave you? You are not the absolute owner of your body, your mind, or your talents: you are the steward of a temple that belongs to the Creator. Deciding to follow Christ also means taking care of your health, living in purity, and seeking true joy in Him. It is not about following empty rules, but about experiencing the freedom of a life without chains to addictions or pleasures that end up stealing peace.

Today you can choose to say: “Lord, I want to honor You with my body, my thoughts, and my decisions. I want my whole life to reflect Your love”.

## PRACTICAL TIPS FOR THIS LESSON

### “Can’t I live as I want?”

Of course you can choose; God forces no one. But every decision brings consequences. Paul expressed it this way: “All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any” (1 Corinthians 6:12, NKJV). True freedom is not in doing what destroys your body or mind, but in choosing what builds up and gives life.

### What does the Christian lifestyle include?

It includes caring for physical health, maintaining moral purity, and living with joy in God. It is not only about avoiding what is bad, but also about cultivating what is good: healthy habits, clean thoughts, and attitudes that reflect Christ’s character.

### Why does the Bible talk about food and drink?

Because what you consume directly impacts your body and your mind. An intoxicated body and a clouded mind cannot be in tune with the Spirit’s voice. God desires you to live lucid, strong, and with spiritual clarity to make firm decisions (Proverbs 23:29–32; Isaiah 5:11, NKJV).

**“Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man” (Matthew 15:11, NKJV).**

Jesus was not annulling health principles but denouncing the legalism of the Pharisees who thought ceremonial contamination made them impure. Jesus Himself respected the dietary laws given by the Father. What goes in does matter because it affects our mind and body, but the gravest problem is what comes out of a heart damaged by sin. Both aspects are inseparable: what you consume influences what you think, and what you think determines what you speak and do.

### Not only outside, but also inside the home.

Today you don’t need to leave your house to be exposed to what contaminates: a phone in your hand is enough. What you watch, listen to, and read on social media or series shapes your mind and your values. The struggle is real for everyone. But the Holy Spirit gives you power to discern and choose what nourishes your faith and strengthens your spiritual life.



## DID YOU KNOW...?

Modern studies confirm that communities who follow health principles very similar to those of the Bible, such as a natural diet, weekly rest, and abstinence from alcohol and tobacco, live longer and better than the world average. This shows that what God established thousands of years ago was not a whim, but a plan of love for our integral well-being. Science is only now discovering what God's Word had already taught.

## IMPORTANT TIP

Do not look for a superficial change dictated by passing fads. The Christian lifestyle is not a temporary diet nor a 30-day challenge; it is a profound transformation that comes from God. If you surrender your habits to Him, He will renew your mind, strengthen your body, and fill your life with lasting health, purity, and joy.

## KEY TEXT

“BELOVED, I PRAY THAT YOU MAY  
PROSPER  
IN ALL THINGS  
AND BE IN HEALTH,  
JUST AS YOUR SOUL  
PROSPERS”

(3 John 1:2, NKJV)



## FINAL TIP

A car may be the latest model, with flawless design and a powerful engine. But if you fill it with the wrong fuel, sooner or later it will break down. It was designed to function with the right input, and when that design is respected, it performs at its best.

The same happens with us. God created us with a perfect design: body, mind, and spirit in harmony. But when we ignore that design and fill our lives with excesses, vices, or impurities, we end up worn out, empty, and without purpose. The Bible not only speaks to us about spiritual salvation, it also teaches us a lifestyle that preserves health, promotes purity, and produces lasting joy.

Authentic Christianity is not only believing in doctrines: it is living according to God's plan for our integral well-being. It is not about arbitrary prohibitions, but about principles that protect us. Health, purity, and joy are not "optional extras"; they are part of the abundant life that Jesus came to give us. (see John 10:10, NKJV)

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## CONCLUSION

You weren't created for a life that drains you. You were created for a life that lifts you. God's design isn't restrictive it's protective. It saves you from the habits that steal peace, the choices that break identity, and the emptiness that follows excess. You don't need a perfect lifestyle. You need a renewed one.

A life where your body becomes a temple of strength, your mind becomes a place of calm, and your heart becomes a garden God tends personally. In a saturated world, health, purity, and joy aren't luxuries they are your calling. And God is ready to lead you there.

## EVALUATE YOUR LEARNING

### 1. Mark with a T if the statement is true or F if it is false.

- ( ) According to the lesson, caring for the body is a secondary matter that has no relation to spiritual life.
- ( ) The Bible teaches that the believer's body is the temple of the Holy Spirit.
- ( ) The lesson states that true joy depends mainly on pleasures and external circumstances.

### 2. According to the lesson, what is the purpose of biblical health principles?

- a) To impose arbitrary restrictions
- b) To culturally distinguish certain peoples
- c) To protect human life and overall well-being
- d) To replace faith with personal discipline

### 3. According to the lesson, what does Christian purity encompass?

- a) Only external behavior
- b) Only the sexual area
- c) The body, thoughts, and words
- d) Only public religious life

### 4. According to the lesson, where is true joy found, and why does it not depend on the excesses of the world?

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## WHAT MOST CAUGHT YOUR ATTENTION IN THIS LESSON

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### Do you want to know more about this lesson?

We want to accompany you every step of the way on your spiritual journey, not just through knowledge. By scanning the QR code below, you will access the video lesson for Lesson 13 and discover a comprehensive space designed to address your questions, strengthen your learning, and connect us in prayer.

