



LIFE·PAC®

Health



Alpha Omega Publications®

HIGH SCHOOL HEALTH 3

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OVERVIEW



Taking care of your health is more than having good eating habits and getting regular exercise. Your spiritual state is the central aspect of your well-being and has direct results on your emotional and social health. As with physical fitness, spiritual fitness must be pursued. Cultivating spiritual health can only take place by the power of the Holy Spirit.



OBJECTIVES



When you have completed this LIFEPAK[®], you should be able to:

- Understand the importance of spiritual health.
- Discern the connection of God's grace to your spiritual, mental, emotional, and social health.
- Identify the source of true wisdom.
- Discern the emotional benefits of obedience.
- Understand the importance of love to healthy relationships.
- Explain the benefits of personal hygiene.



VOCABULARY



Clique – a small group of friends that exclude others.

Decomposition – decay

Edify – to build up in the faith

Fervent – demonstrating great affection

Justify – to remove guilt

Malady – illness or disorder of the body

Peer pressure – the influence friends exert on other friends.

Precept – a commandment that directs conduct

Prejudice – an unfavorable judgement of a person's character not based on fact.

Sanctify – to make holy

Sibling – a brother or sister

I. SPIRITUAL, MENTAL, AND EMOTIONAL HEALTH

Tending and caring for your health includes more than practicing good eating habits and getting regular exercise. Your overall health is also affected by your spiritual, emotional, social and environmental well-being. These various components of health directly affect each other. If you are worried about taking a test, for example, you might experience stomach pains or maybe even a headache.

Your spiritual state is the central aspect of your well-being. The apostle Paul emphasized this fact by stating, “For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come” (1 Timothy 4:8). Unlike physical fitness, spiritual fitness has immediate and long-lasting benefits. It has direct results on your emotional and social health, improving your relationship with God, family, and friends. However, similar to physical fitness, spiritual fitness must be pursued. Cultivation of a life that is spiritually, emotionally, and socially healthy can only take place by the power of the Holy Spirit.

As Adam’s descendants, we possess a sinful nature. “Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned” (Romans 5:12). Consequently, we are born in bondage to sin. Our enslavement causes us to willfully hate, lie, steal, lust, and curse (cf. Romans 3:10–18). Ephesians 2:1 paints a picture of our desperate situation by proclaiming that, aside from Christ, we are “dead in trespasses and sins.” God is the only one that can release us from our bondage to sin so that we can pursue godliness. Only God can change our hearts. Only God can cultivate our spiritual health.



“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: not of works, lest any man should boast. For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them” (Ephesians 2:8–10).

Why do we then pursue spiritual fitness if our spiritual fitness is ultimately God’s doing? Can’t we just “let go and let God”, as the saying goes? In Philippians 2:12–14, Paul reconciles the paradox for us by stating, “...work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure.” Spiritual fitness must be pursued. Paul stated this as his goal in Philippians 3:13-14: “...This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.” Spiritual fitness is a matter of being holy as Christ is holy.



Answer true or false.

- 1.1 _____ Your overall health is not affected by your spiritual well-being.
- 1.2 _____ Your level of physical fitness is the central aspect of your well-being.
- 1.3 _____ In Ephesians 2:1, Paul uses the phrase “dead in trespasses and sins” to describe our spiritual state, apart from Christ.
- 1.4 _____ According to Ephesians 2:8–10, we are saved by our good works and good intentions so that we can have something to brag about.
- 1.5 _____ According to Philippians 2:12–14, our desire to obey and please God comes from our own hearts.
- 1.6 _____ With God’s help, spiritual fitness must be pursued so that we may be holy as He is holy.



Spiritual Evaluation

The first step in the pursuit of spiritual fitness is evaluating your spiritual state. Second Corinthians 13:5 warns, “Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?”

Determining whether or not you are a Christian is the most important test you can take. Trusting in Christ’s righteousness is the only hope you have being found guiltless and justified before God (cf. Romans 3:21–28). As one theologian has outlined, evidence of salvation should include “a trust in Christ (Hebrews 3:6), obedience to God (Matthew 7:21), growth in holiness (Hebrews 12:14; 1 John 3:3), the fruit of the Spirit (Galatians 5:22–23), love for other Christians (1 John 3:14), positive influence on others (Matthew 5:16), adhering to the apostolic teaching (1 John 4:2), and the testimony of the Holy Spirit within them (Romans 8:15–16).”

Fruit of the Spirit. Throughout history, people have judged themselves to be “spiritually fit” by their outward adherence to religion. Outward appearance is a very tempting barometer to use in measuring spirituality. Our outward actions can be observed and quantified, giving substance to our spiritual claims. We see this approach all too well in the lives of the Pharisees. They too were interested in their outward spiritual appearance.



Like the Pharisees, we often fall into this trap because it is so much easier to grade spirituality on external actions rather than on internal motives. For instance, examine your motivations in regards to cursing. Do you curse? If you don't, do you refrain out of fear of punishment, or do you refrain because you love God and wish to please Him? Refraining from cursing purely out of fear of punishment does not necessarily evidence the work of the Holy Spirit in a person's life. Basing your actions on love for God, however, is evidence of the fruit of the Spirit.

As stated above, a person's spiritual progress is dependent upon the indwelling of the Holy Spirit. To become more spiritual is to manifest the fruit of the Spirit in increasing abundance. In Galatians 5:22–23, Paul defines the fruit of the Spirit as “love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance [self-control]” Notice that it is not the “fruits” of the Spirit but the “fruit” of the Spirit. The fruit of the Spirit is different than the gifts of the Spirit. If you are truly a Christian, you will have some evidence of each of these qualities. The evidence might not be much at first, but as you grow in Christ, the evidence of the Spirit's work will increase. The Holy Spirit, as opposed to your sinful nature, will increasingly control your motivations and desires.



Fill in the blanks.

- I.7 The first step in the pursuit of spiritual fitness is evaluating your _____ .
- I.8 As one theologian has outlined, evidence of salvation should include “a trust in _____ , obedience to _____ , growth in _____ , the fruit of the _____ , love for other _____ , _____ influence on others, adhering to the _____ teaching, and the testimony of the _____ within them.”
- I.9 The real test of _____ is evidence of the fruit of the Spirit.
- I.10 The manifestation of the fruit of the Spirit marks a change in _____ motives rather than just external actions.
- I.11 The fruit of the Spirit is _____ , joy, _____ , longsuffering, _____ , _____ , faith, _____ , and _____ .



Love. Love is at the top of the list of the fruit of the Spirit. In his letter to the Corinthians, Paul emphasizes the central importance of this trait to the Christian life by writing, “Though I speak with the tongues of men and of angels, but have not [love], I am become as sounding brass, or a tinkling cymbal. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not [love], it profiteth me nothing. [Love] suffereth long and is kind; [love] envieth not; [love] 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. [Love] never faileth. But whether there be prophecies, they shall fail; whether there be tongues, they will cease; whether there be knowledge, it shall vanish away.... And now abideth faith, hope, [love], these three; but the greatest of these is [love]” (1 Corinthians 13:1–8, 13).