

LESSON 8



LAWS FOR BUILDING A GOOD LIFE

Scripture Texts: Proverbs 3:1-7; Romans 12:9-21; 1 Thessalonians 5:14-22; Daniel 1:8-21

In the Scriptures in our lesson for today, we present what should be a building brought together by the framing of what we have learned in the past lessons. Daniel as described in Daniel 1:8-21 proves, by example, that young people can attain spiritual maturity before God, and escape the world's defilement if they truly desire to do so.

MEMORY VERSE: *"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank."*

Daniel 1:8a

Laws of Personal Fitness

We have been studying about laws, one kind or another, for the last several lessons. The laws, for the most part, have been man-made laws. They were made because someone saw a need for them and felt that they would make people better and happier. There is another kind of laws which we will talk about today. They are the laws made by God.

One of the most common of these is what we call the law of gravity. We say that if an object is put out into space, it will fall until it comes to rest against some object. This does not happen because we say it is the law. We say it is the law because we know that it happens that way.

These natural laws cannot be changed by any action of man. Punishment for disobedience to these laws is not made by man. The penalty belongs to the law and naturally follows disobedience. In many cases people may seem to get away without paying the penalty, but sooner or later they always pay it.

There are certain laws that regulate the working of our bodies, which are very delicately made and adjusted. We may look at certain machinery and marvel at the way in which it operates, but there is no machine more complicated and more beautifully adjusted than the human body. The more complicated the machine, the more necessity for order in its operation. So with our bodies, we find that there are certain results when certain things happen. If we eat the wrong foods we find that the result is some form of stomach disorder. If we do not get the proper rest, we are sleepy and tired. If we read too much in a poor light, we have a headache. We cannot expect any other results. These have been proved to be so sure that they have been expressed as laws.

Why Protect Our Health?

No one enjoys being ill, for not only does it make us very unhappy but it hinders us from being our best, and everyone should want to be his best. A sick person cannot make his life successful by the ordinary standards of success. We know that if we wish to be good citizens of our country, we must obey its laws. If we wish to be good businessmen, we must follow carefully the rules that regulate business. If we wish to be good musicians, we must learn and obey the rules that govern music. We must do the same with health rules if we expect to have good health. What business could be more important than that of keeping our bodies at their best at all times?

In traveling around the country we see many large, well-kept buildings. Many times they are found to be hospitals, homes for poor people or for the aged, reformatories, penitentiaries, and hospitals for the insane. Why do we need such places? In many cases it is because someone has not taken the proper care of his health. He has wasted his strength and health in careless and wrong living. Many times it is because of bad teaching or a lack of good teaching concerning the care and protection of his health.

Alcohol and Your Health

At the head of the list of causes you would probably put alcohol. No other one thing can cause more difficulty, unhappiness, poor health, poverty, cruelty, crime, and a host of other evils than alcohol. Tests have proven that alcohol affects many parts of the body. First, alcohol affects the brain, which is the very organ of our thoughts and the seat of our actions. The monitor that warns us that there is danger for us in doing this or that now does not function. We assume an attitude of indifference to the guiding of the conscience and to the teaching that has, up to this time, allowed us to distinguish between the deeds of rights and wrong. That is why there is so much crime caused by those who use alcohol.



Alcohol affects the nervous system, the arms, legs, eyesight, and speech. It will cause one to feel safe when he is not. Alcohol also has a great effect upon the vital organs of the body. There is a test that will prove this to you. Break a raw egg into a dish of alcohol. The egg will be cooked in a few minutes. If alcohol will do that to an egg, what will it do when poured into the stomach, which has such a tender lining? Much could also be said about tobacco and drugs.

You, Your Friends, Neighbors, and Alcohol

Many people think that it is their business alone if they care to drink, because this is a free country. Would you say a man could take a gun and go out to shoot his neighbor just because he wants to? Is it not the same idea for a man to drink alcohol and then get into his car and start out on the highway? A car comes toward him. Not being able to see properly, he swerves and strikes the car. Parents are killed, leaving small children without parents. Is that his right? Whose rights were violated?

How about the unpleasant situations that people who have been drinking can cause you and your friends when they are near you in social events? Whose rights are violated here?

What Shall We Do About It?

Daniel showed the people of his day that he could be true to his best. He presented a beautiful picture of an ideal Christian. If we make this ideal ours and try our very best to live up to it, we will avoid the very thought of intoxicating drinks, tobacco in all forms, drugs, and anything that would become a habit and take away our freedom of choice. If we will do this, we will have an influence with our friends and neighbors which will help to make them desire the same ideals we have.

Daniel was in a very hard situation, but he knew what he should do. He was very kind about it, but he would not stoop to disobey what he knew to be right. He was willing to put his ideal to the test and the test proved that he was right.

Those who violate the law regarding the harmful effects of alcohol, tobacco, and drugs will surely pay the penalty.

JUST A THOUGHT

Work is a tonic that contains no habit-forming drugs.