

# Moses Responds

Not only do we want a healthy body, but also a healthy nation, a healthy lifestyle, and a healthy family. In Deuteronomy 6, we find the secret for all three!

Look at the quotes below from famous people who claimed to know the answer to healthy living. Read the cited passages from Deuteronomy 6:1-9 and write a response from Moses to each of the people quoted.

## A Healthy Nation (Deuteronomy 6:1-3)

“Political power grows out of the barrel of a gun.” Mao Zedong— Chinese communist revolutionary who became the founding father of the People’s Republic of China

How Moses might respond:

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## A Healthy Lifestyle (Deuteronomy 6:4-6)

“*Playboy* was not a sex magazine as far as I was concerned. Sex was simply part of the total package; I was trying to bring sex into the fold of a healthy lifestyle.” Hugh Hefner—American business man who founded *Playboy* magazine.

How Moses might respond:

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## A Healthy Family (Deuteronomy 6:7-9)

“To enjoy good health, to bring true happiness to one’s family, to bring peace to all, one must first discipline and control one’s own mind. If a man can control his mind he can find the way to enlightenment, and all wisdom and virtue will naturally come to him.” Gautama Buddha—philosopher on whose teachings Buddhism was founded.

How Moses might respond:

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