

## HEALTH & HEALING



### 8. Living in Good Health (3)

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#### Introduction

We began this series by learning about healing. Perhaps some of you have experienced God's healing touch in your lives. However there is a saying, which goes, 'Prevention is better than cure.' In other words, it is better to guard your health, than to get sick and need healing! God's Word says, 'I pray that you may enjoy good health.' This is God's will for us. However for us to stay in good health we need to take care of our bodies.

☐ What are some of the things we have learnt that are important if we are going to be healthy?

*(Eating healthy food, drinking clean water, fasting, guarding against addictions. And there are others like exercise, rest, keeping your environment clean, not living in constant stress and getting enough fresh air and sunshine.)*

As we come to the end of this series we will look at two more things that the Word of God speaks about: exercise and rest.

#### A. Exercise

☐ What is Paul comment about physical training and exercise in 1 Timothy 4:8?

*(It does have value in this life.)*

☐ Even the Word of God tells us that exercise is of some value, although Paul's main focus in this verse is our spiritual life. Why is physical exercise important?

*(We all know that exercise helps us stay healthy and this is God's desire for us. When we are healthy and alert we can do our work well and we are less likely to get sick.)*

In Bible times there was no need to tell people to exercise! There were no cars or buses and so people walked everywhere. We see this in the life of Jesus. He was constantly moving from place to place on foot.

**Reality check:** Are you getting enough exercise to stay healthy? If not, what are you going to do about it?

☐ Let's go back to 1 Timothy 4:7, 8 again to make sure we keep these things in balance. What other type of training does Paul speak about in these verses? Why is it of greater value, and how are we to train ourselves in it?

*(Paul speaks about training ourselves in godliness. It has value for all things in this life, and the next. This means that it is far more important than physical exercise, although we should not neglect either.)*

#### B. Rest

People's lives are becoming more busy, more pressured and stressful. As a result people get sick. However if we are wise and follow God's commands we will have sufficient rest and keep in good health.

☐ What are the two main purposes for the Sabbath Day given in Deuteronomy 5:12-15?

*(It is a holy day to the Lord and it is also a day of rest.)*

☐ Why does God tell the Israelites that their servants and animals should not work on the Sabbath Day either? Deuteronomy 5:14-15, Exodus 23:12

*(They also needed to be refreshed and rested. The Israelites were to always remember how they were forced to work as slaves in Egypt and had no rest. They were not to do that to other people.)*

☐ There are some people who have to work on Sunday, which is our usual Sabbath Day. What can they do in order to be obedient to God's Word? Discuss.

*(Perhaps they could make another day of the week their 'Sabbath' – a day when they give time to the Lord and to be spiritually and physically refreshed.)*

☐ What did Jesus mean when he said that the Sabbath was made for man in Mark 2:27, 28?

*(At the time of Jesus the religious leaders had made the Sabbath Day a burden by adding many rules. Jesus said that this was not what God intended. The Sabbath Day was to be for man's benefit.)*

**Reality check:** Do you feel physically and spiritually refreshed after your Sabbath? What changes do you need to make so that this day will benefit you more as God intended?

## **Conclusion**

We can see that the Sabbath Day, which literally means, 'a day when work ceases', was given by God so we can remember to put him first and be rested and refreshed spiritually and physically. God has given this command, not to enslave us, but to bless us so we will enjoy good health.



Our series on 'Health and Healing' has come to an end! God's will for us is that we keep healthy and live life to the full. He has given us many guidelines in his Word that show us how to live healthy lives. Let's take notice of these, as our Creator knows what our bodies need.

However we live in a fallen world where there is sickness and disease. Many are sick through no fault of their own. How wonderful that our God is called by the name, 'Jehovah Rapha', the God who heals. When we are in need of healing we can call upon him. Hallelujah!