

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?

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?

☐ 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?

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?

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?

☐ 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

☐ 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.

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

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!