

Health Twists

God's Ways Are Higher Than Our Ways

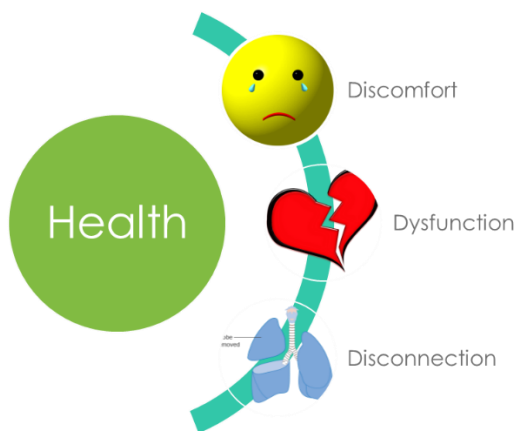
Your Health Mindset

Yet what we suffer now is nothing compared to the glory he will reveal to us later. Romans 8:18 (NLT2)

Elements of Health

- Physical
- Mental
- Emotional
- Relational
- Spiritual

Health is Equilibrium



Spiritual Health is Central to health

Your Spirit is the Inner and Eternal You

- Energy
- Mind
- Senses
- Heart
- Link

Health Done God's Way

Trust in the LORD with all your heart; do not depend on your own understanding.

Seek his will in all you do, and he will show you which path to take.

Don't be impressed with your own wisdom. Instead, fear the LORD and turn away from evil.

Then you will have healing for your body and strength for your bones.

Proverbs 3:5-8 (NLT2)

The World's Twist on Health

- **Physical comfort, drives, and appearance rule**
- **Physical health problems primarily require physicians**
- **Physical health focus results in better living and longer life**
- **Physical health can be separated from other aspects of being human**

Jesus' Health

SPIRITUAL INTEGRITY AND INTEGRATION OF THE HUMAN EXPERIENCE

He endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

Hebrews 12:2 (NLT2)

Who You Gonna Call?

- Illness
- Injury
- Anguish
- Brokenness
- Separation
- Dysfunction

Call on the Lord

Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises.

Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord.

Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

James 5:13-16 (NLT2)

Your Life is No Surprise to God

You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

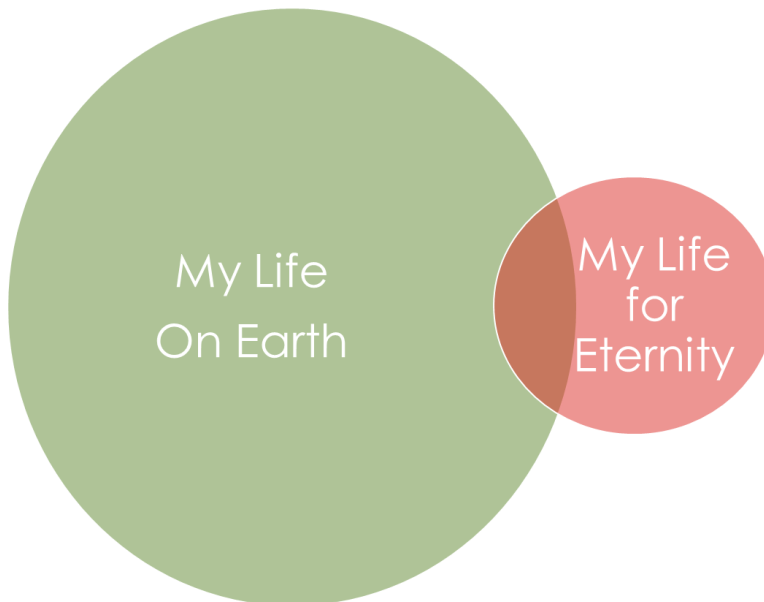
Psalms 139:16 (NLT2)

There is a Season for Everything

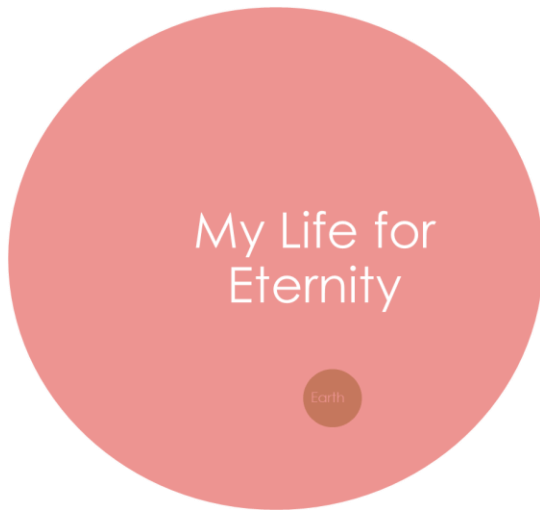
For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up.

Ecclesiastes 3:1-3 (NLT2)

Christians with Worldly Lives



What's the real Big Deal?



Why Am I Suffering if I am Walking with the Lord?

Good Health in All Circumstances

EXAMPLE: Paul suffered illness, attacks, rejection, shipwrecks, poor eyesight, and a thorn in the flesh while walking with the Lord. But he was in good health because good health is more than bodily comforts.

- Lessons to be learned
- God to be glorified
- Example for others
- Highlighting God's grace and your faith
- Battle with the devil
- Evidence of mortality

Maintain Your Health Mindset

Yet what we suffer now is nothing compared to the glory he will reveal to us later. Romans 8:18 (NLT2)