

God's plan for our health

## Description

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God has a plan for our health, and He wants us to live in wholeness and harmony with Him. This plan is found in His Word and through His Spirit, and it is a plan that we should follow to the best of our ability.

### 1. What Does the Bible Say about Health?

The Bible speaks directly to taking care of our bodies, and it is full of verses about God's plan for our health. In Psalm 103:2-5, it says, "Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." In this passage, we see that God desires to heal our diseases, to restore us to health and to make us whole again. This is God's plan for our health.

### 2. What Does God Want Us to Do for Our Health?

God has given us certain tools to help us maintain our health. He wants us to exercise, eat a healthy diet and get plenty of rest. He also wants us to practice self-control and to guard our hearts and minds from unhealthy thoughts and desires. In Proverbs 4:20-22, it says, "My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh." Here we see that God wants us to listen to His words, to pay attention to His teachings and to make sure that they stay in our hearts.

### 3. What Are the Benefits of Following God's Plan for Our Health?

When we follow God's plan for our health, we can experience many wonderful

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benefits. We can have more energy, greater mental clarity, improved physical strength and better overall health. Additionally, we can experience a greater sense of peace, joy and satisfaction in our lives. In Proverbs 3:7-8, it says, "Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones." Here we see that when we follow God's plan for our health, we can experience true and lasting health.

#### 4. How Can We Implement God's Plan for Our Health?

We can implement God's plan for our health by following His commandments and by seeking His guidance through prayer and meditation. We should seek out resources that can help us make healthier lifestyle choices, such as books or classes that focus on healthy eating and exercise. We should also be sure to take time to rest and to spend time in fellowship with other believers. In James 5:14-15, it says, "Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him." Here we see that God wants us to seek out help from others when we are struggling with our health.

#### 5. How Can We Trust God's Plan for Our Health?

We can trust God's plan for our health because He is a loving and merciful God who is faithful and true. He knows our needs and He promises to provide for all of them. In Psalm 103:13-14, it says, "Like as a father pitieth his children, so the Lord pitieth them that fear him. For he knoweth our frame; he remembereth that we are dust." Here we see that God knows us better than anyone else and that He cares for us deeply. We can trust that He has a plan for our health and that He will provide for us in all things.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. **Amen** If you prayed the above prayers kindly click here to get more information [https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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Example: Joy, Love, 1 John 1:3

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Quiz:

1. What does the Bible say about health?

- A. It does not talk about health
- B. It encourages us to take care of our bodies
- C. It tells us to eat junk food
- D. It tells us to ignore our health

2. What does God want us to do for our health?

- A. Exercise, eat healthy and get plenty of rest
- B. Ignore our bodies
- C. Eat unhealthy food
- D. Spend time alone

3. What are the benefits of following God's plan for our health?

- A. More energy, improved physical strength and better overall health
- B. Poor physical health
- C. Unhappiness
- D. Poor mental health

4. How can we implement God's plan for our health?

- A. Through prayer and meditation

B. By ignoring His commandments

C. By eating unhealthy food

D. By avoiding other believers

5. How can we trust God's plan for our health?

A. We can trust in Him because He is loving and merciful

B. We can trust in Him because we think it is right

C. We can trust in Him because we are smarter than Him

D. We can trust in Him because He is powerful

Discussion Questions:

1. What does it mean to trust in God's plan for our health?

2. How can we use the Bible to help us make healthy lifestyle choices?

3. What are some practical ways that we can implement God's plan for our health?

4. How do our beliefs about health affect our physical, mental and spiritual wellbeing?

5. How can we help others to understand and to follow God's plan for their health?

Answers: 1. B, 2. A, 3. A, 4. A, 5. A

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