

God's Word on Health

## Description

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The Bible has much to say about the importance of taking care of our physical and mental health. The Bible reveals that God has great concern for the health and well-being of all his people. In this blog post, we will explore five ways that God's Word speaks to us about health. We will also look at five discussion questions and multiple-choice questions related to God's Word on health.

### 1. Health as a Gift from God

The Bible is clear that health is a gift from God, and it should be treasured. The Psalmist writes, "Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases" (Psalm 103:2-3). God is the ultimate source of all healing and health, and we must remember to thank him for all of his gifts, including health.

### 2. Taking Care of Our Bodies

The Bible also speaks to us about the importance of taking care of our bodies. The Apostle Paul writes, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body" (1 Corinthians 6:19-20). We must take care of our bodies and treat them with respect, because they are the temple of the Holy Spirit.

### 3. Avoiding Unhealthy Habits

The Bible also warns us about unhealthy habits that can damage our bodies. The book of Proverbs states, "A man who loves wisdom brings joy to his father, but a companion of prostitutes squanders his wealth" (Proverbs 29:3). We must be careful to avoid unhealthy habits like overindulging in alcohol or drugs, as they

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can lead to serious physical and mental health problems.

#### 4. Trusting in God's Provision

The Bible also encourages us to trust in God's provision for our health. The book of Isaiah states, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight" (Isaiah 3:5-6). We must trust that God will provide us with the strength and resources to maintain good health.

#### 5. Turning to God in Times of Illness

When we are ill, the Bible encourages us to turn to God for comfort and healing. The book of James states, "Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord" (James 5:14). God is always ready to comfort and heal us, and we must remember to turn to him in times of illness.

**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)  
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#### Discussion Questions

1. How can we honor God with our bodies?
2. What unhealthy habits should we avoid?
3. How can we trust in God's provision for our health?

4. How can we turn to God in times of illness?

5. What does the Bible say about the importance of taking care of our health?

### Multiple Choice Questions

1. What does the book of Proverbs say about a man who loves wisdom?

- a) He brings joy to his father
- b) He squanders his wealth
- c) He is wise beyond his years
- d) He is a good example to others

2. What does the book of James say about those who are ill?

- a) They should call a doctor
- b) They should call the elders of the church
- c) They should pray for healing
- d) They should take medicine

3. What does the book of Isaiah say about trusting in the Lord?

- a) He will make our paths straight
- b) He will provide us with strength
- c) He will give us understanding
- d) He will answer our prayers

4. What does the book of Psalms say about God's benefits?

- a) He forgives all iniquities

b) He gives us wisdom

c) He provides us with power

d) He heals all diseases

5. What does the book of 1 Corinthians say about our bodies?

a) They are our own

b) They are a temple of the Holy Spirit

c) They should be respected

d) They should be taken care of

Answers: 1. a; 2. b; 3. a; 4. d; 5. b

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