

GOD

Enjoying Good Health and Wholeness

God, our loving heavenly Father, wants us to enjoy **good health** and **wholeness**. We know **III John 2**: “Beloved, I wish **above all things** that thou mayest prosper and **be in health**, even as thy soul prospereth.” Our good health is high on God’s priority list. When we have good health and wholeness, we can not only **enjoy our life** to the fullest but we can **be our best for God** as we live His Word day by day. This is part of our **more abundant life**.

We’ll consider what **God’s Word** says about **health** and **wholeness**, and **how** we can manifest this in our lives as we **believe God’s Word** and **trust in Him**. We’ll **also** consider what to do when **sickness** or **poor health** arise, tempting us **not** to believe God’s Word, and how we can trust in God for **total healing** as we believingly rise to those challenges by continuing to put God’s Word on in our minds and acting accordingly.

“**Good health**” can be defined as “**soundness** of body or mind; freedom from disease or ailment”. We want our bodies and minds to be “**sound**” – “in the **best** condition possible; **robust**”. Our bodies and minds are to be **whole**, because we **lack nothing** (**Colossians 2:10** tells us that we are “**complete**”). All this is available to **us**, God’s sons and daughters, as we **trust in Him** and continue to **believe**.

The **thoughts** that we carry **in our hearts** are **vital** to maintaining **good health**.

Proverbs

17:22a A merry heart doeth good *like* a medicine...

Having a “**merry heart**” is **good** for us. Now, let’s turn to **Proverbs 15:13**:

15:13a A merry heart maketh a cheerful countenance...

Not only is having “a merry heart” **good** for us, acting like a **medicine** as it **benefits our bodies**, but it will **show on our faces**: we’ll be **cheerful**.

In **both** of these verses, the word “**merry**” is from the Hebrew word *sameach*, which although translated “merry” these **two** times is also translated “**glad**,” “**joyful**,” and “**rejoice**”. It’s translated “**rejoice**” the **greatest number of times** (10). We **could** read **Proverbs 17:22** “A **rejoicing** heart doeth good like a medicine.”

What makes our hearts **rejoice**? We read in **Jeremiah 15:16**: “Thy words were found, and I did eat them; and **thy word** was unto me the **joy and rejoicing of mine heart**”.

We get **joy and rejoicing** in our hearts from **God’s Word**. As we **do**, we reap the benefits, **including** good health. We can see this clearly in **Proverbs, Chapter 4**:

Proverbs

- 4:20** My son, attend to my words; incline thine ear unto my sayings.
4:21 Let them not depart from thine eyes; keep them in the midst of thine heart,
4:22 For they *are* life unto those that find them, and health to all their flesh.

Keeping God's Word in our hearts gives us **life**. In the **Septuagint**, a Greek translation of the Old Testament, the word for "**life**" in verse 22 is *zōē*, meaning "**life in all of its fullness**." Good **health** for our bodies is definitely **part** of that. Look at the **next** verse:

- 4:23** keep thy heart with all diligence: for out of it *are* the issues of life.

The adversary is always trying to get us to **doubt** God's Word, so we need to **be diligent** to "**keep**", or **guard**, our **hearts**. We want to **continue** to enjoy life in all of its fullness with good health.

Proverbs

- 3:1** My son, forget not my law; but let thine heart keep my commandments:
3:2 For length of days, and long life, and peace, shall they add to thee.

This chapter **begins** with the benefits of **peace** and a **long life** when we **keep God's Word in our hearts**. Even though Proverbs was written to the believers in Old Testament times, God hasn't changed, and **we** can apply these truths in **our** lives **today**.

There's a verse in the Gospel of **Matthew** that provides some further insight:

Matthew

- 6:27** Which of you by taking thought can add one cubit unto his stature?

This verse **at first** looks like it's talking about someone wanting to add a cubit (about 18 inches) to their **height**. But there's a great **Orientalism** in this verse. A person's "**stature**" referred to that person's **age**: the greater your age, the greater your "**stature**." This question is asking: "Which of you by taking thought, by having **anxious concern**, can **prolong your life a single moment**?" You're **not** going to have a **longer life** by being filled with **anxious concern** about it. **Instead**, we find out **how to live longer** in **verse 33**:

- 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

As we **seek God first**, putting **His Word** in our hearts and minds, we can believingly look forward to a **longer life**. **But**, God doesn't **just** want us to **live longer**: He wants us to enjoy **good health** as we do so. Let's **return** to **Proverbs, Chapter 3**, where we'll pick it up in **verse 5**:

Proverbs

3:5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.

3:6 In all thy ways acknowledge him, and he shall direct thy paths.

3:7 Be not wise in thine own eyes: fear the Lord, and depart from evil.

Verse 5 tells us that we are to **trust**, to **lean on** or **rely on**, “**the Lord**,” **Jehovah**, God in His personal relationship to **us**. And we are to trust in God **with all our heart**. We **don’t** trust in, or lean on, **our own** sense-knowledge understanding.

We see a great **benefit** of **trusting in God** in **verse 8**:

3:8 It shall be health to thy navel, and marrow to thy bones.

As we **trust in God**, we can expect **good health**. The word “**navel**” is a **figure of speech** for our **entire physical body**, and the word “**health**” is actually from the word for “**healing**” in the text. Trusting in God is healing to our entire bodies. “**Marrow**” is a figure for “**life-giving moisture**”, which will help vitalize and strengthen our healthy bodies.

Verse 7 tells us that we are **not** to “be wise in our own eyes”. We are **not relying** on our own sense-knowledge endeavors to be healthy. Now, this does **not** mean that we **shouldn’t** take care of ourselves. We **can’t** just sit there, ignore our bodies, and say “**All I have to do** to be healthy is put God’s Word on in my mind.” We **still** need to **do our best to take care** of our bodies. After all, even though we’re **spiritually** seated in the heavenlies with Christ (**Ephesians 2:6**), our **bodies** are still part of the **natural world**. **John 3:6** says: “**That which is born of the flesh is flesh**; and that which is born of the spirit is spirit.” **Ephesians 5:29** reminds us: “no man ever yet hated his own flesh; but **nourisheth** and **cherisheth** it...” Taking care of our bodies to maintain optimum health **includes** endeavoring to make the best choices for **nutrition**, practicing **good, healthy habits**, and getting the proper **exercise**.

We see that **exercise** is beneficial in **I Timothy 4:8**, which says: “For **bodily exercise profiteth little**: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.” The **first** part of this verse more **accurately** reads: “For bodily exercise profits **for a little while**”. This verse is making a **comparison** between our time in our **physical bodies** (“**a little while**”), during which we **do** profit from bodily exercise, and **eternity**, during which we will always benefit from godliness. Exercise is **profitable** to help keep your body healthy **all through this present life**.

So, we are to **take care of our bodies**, doing the best we can to stay healthy. **But** as we’ve seen in **Proverbs Chapter 3**, we are **not** to **trust** in all this sense-knowledge care for our health: we are always to **trust in God**. Whatever we can do on our own, even though it is **good**, will always come up short: it is **God** who is our **source** of **health** and **strength**.

Proverbs 3, verse 7, in this context of **trusting in God** for our health, says: “**Be not wise in thine own eyes**: fear (**respect**) the Lord, and **depart from evil**.” We can gain more insight from the book of **James, Chapter 1, verse 21**:

James

1:21 Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.

Just like in **Proverbs 3:7**, this verse admonishes us to “**lay apart**”, or depart from, **evil**. We are to **receive God’s Word with meekness**, and put that Word on in our minds. James 1:21 **then** tells us that God’s Word is “**able to save your souls**”.

This verse in James, written to believers who were still zealous for the Old Testament Law, is **not** talking about getting born again. The word “**save**” is from the Greek word *sōzō*, the same word used in **Romans 10 verse 9**, which says “...if thou shalt confess with your mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be **saved**.” Getting **born again**, receiving salvation, is **the ultimate healing reality**, but the word *sōzō* is **also** used to refer to **physical healing** where the receiving of **soundness**, or **wholeness**, is implied. Two examples are found in the Gospels of **Mark** and **Luke**. In **Mark 5:23**, Jairus, a ruler of the synagogue whose daughter was sick, asked Jesus to “come and lay thy hands on her, that she may be **healed** (*sōzō*).” In **Luke 8:36**, a man out of whom Jesus had cast a legion of devil spirits was seen by the people to be “**healed**” (*sōzō*). **James 1:21** tells us that God’s Word is able to save, or **make sound**, our “**souls**”, referring here to our natural **soul life**. As we receive God’s Word with meekness, **we can walk with soundness or wholeness**.

Our soundness or wholeness includes a **sound mind** as well as a sound body. We know from **II Timothy 1:7** that “God hath not given us the spirit of fear; but of power, and of love, and of a **sound mind**.”

One great **Old Testament record** of people being in **good health** because they **trusted in God** is that of the **Exodus** of the Children of Israel from the bondage of Egypt. **Psalms 105:37** refers to this event:

Psalms

105:37 He brought them forth also with silver and gold: and *there was not one feeble person among their tribes*.

Prior to their Exodus, the Children of Israel had **carried out the commandments of God** as spoken to them by Moses. Each family sacrificed a lamb, sprinkled its blood on their doorway, and ate its flesh. In this **first Passover**, the lamb’s **blood** represented the **atonement**, or covering, of their **sins**, and the **flesh** symbolized their **physical wholeness**. There was nothing “magic” in the lamb, but as they ate it with believing, **trusting** in God that He would take care of them, they were **made whole**. Their **trust** and **believing** allowed God to **deliver** them.

Many years later, **Jesus Christ** would give his life as **the final Passover Lamb**, making it available **not only** for us to be **saved**, with remission and forgiveness of **sin** through **his shed blood**, but for us to have **physical wholeness**, made available through **his body** which was beaten and crucified. Shortly before he was arrested in the events leading up to his crucifixion, Jesus Christ instituted the memorial of **Communion**, using **wine** to **figuratively** represent his shed blood and **bread** to **figuratively** represent his broken body.

Communion is **not** a “**sacrament**” (a religious rite with a mysterious meaning), and it is **not** any kind of **transformation** of wine and bread into the **actual** blood and body of Christ. The wine and bread simply **represent** Jesus’ shed blood and broken body. Jesus Christ instituted this memorial using things people could **see** to help them **remember** the **two** significant aspects of what he would accomplish: our **salvation from sins** (the wine for the shed blood) and our **physical wholeness** (the bread for his broken body). **Any time** we **remember** what the accomplishments of Jesus Christ made available, we can **claim** both aspects, **including physical wholeness**. Many people today have **lost track** of the significance of the **broken body**. In fact, people in the **First Century Church** had already forgotten **less than 30 years** after Jesus instituted the Communion memorial. The Apostle Paul wrote a whole section on this in his first epistle to the Corinthian Church, recorded in **I Corinthians 11:23-30**.

We’ve seen that it is **God’s great desire** that we be in **good health**, and He has made it available for us to enjoy good health and wholeness as we **keep His Word in our minds and hearts**, remembering the **accomplishments** of our Lord and Savior, **Jesus Christ** and what they mean to **us**. And, when we have good health, we can **be our best for God**.

There are times, however, when we may get **sick** or suffer from **poor health**, even with chronic conditions that may last for years. When these **challenges** come, we must be **diligent** to keep in mind **where** these attacks on our health are **coming from**. Some people erroneously think that a sickness they have is God’s way of “**testing**” them, or “**punishing**” them for something they did wrong, but we know that sickness and disease in **any form is never** from the true God. **I John 1:5** clearly states: “...**God is light, and in him is no darkness at all.**”

The **ultimate** source of **all** sickness and disease is **the devil**, our adversary, who works through the world’s systems to bring about these things.

Acts

10:38 How God anointed Jesus of Nazareth with the Holy Ghost (with holy spirit) and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.

All sicknesses and diseases are “**oppression from the devil**” and are **never** from the true God. Also, God **never** causes **death**, the ultimate sickness. **Hebrews 2:14** clearly states that **the devil** is the one with “**the power of death**”.

One thing that is very important to keep in your mind is that **should** you become sick or get a chronic, long-term illness, it does **not** mean that you are **out of fellowship** with God. That line of thinking – that a person is sick **because** they have **sinned** – only leads to **condemnation**, which will **not** help you to become **healed**. If you read the **Gospels**, you will find records of Jesus Christ **first** forgiving peoples’ sins **before** healing them. One example can be found in **Mark Chapter 2 verses 1-12**, the record of the man who was sick of the palsy whose helpers let him down through the roof. The **reason** that Jesus **first** told people that **their sins were forgiven** was to **get rid of any condemnation** that they might have had that would have negatively affected their believing to be healed.

Today in this **Grace Administration**, if we're **condemning** ourselves for sins, we forgot how easily we can **get back into fellowship** (**I John 1:9**). **Romans 8:1** says "*There is therefore now no condemnation* to them which are in Christ Jesus." **Condemnation** can **keep us from believing fully** for the deliverance we desire.

I John

3:21 Beloved, if our heart condemn us not, *then* have we confidence (*trust*) toward God.

3:22 And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.

One of the things that we can ask God for, and believingly expect to receive as long as we are **not** condemning ourselves, is **healing** for all sicknesses and diseases. The word "**receive**" in **verse 22** is from the Greek word *lambanō*, to **receive into manifestation**. We will **manifest** healing as we believe without condemnation.

We've seen that sickness and disease are **not** from the true God. They are **temptations** by the adversary to try to get us to **doubt** God's Word, to try to get us to **not** trust in God to take care of us. We need to continue to keep our **focus** on God's rightly-divided Word and to **trust in Him** no matter what health challenge we may face. As we **continue** to **trust in God with all our hearts**, we **will** manifest the **healing deliverance** that we desire.

Through the **accomplishments of Jesus Christ**, we can **claim our healing**. This was **foretold** in **Isaiah 53: 5**, which says "But he *was* wounded for our transgressions, *he was* bruised for our iniquities: the chastisement of our peace *was* upon him, and **with his stripes we are healed**." When this was written, the fulfillment of this prophecy of the coming Messiah was still **future**. Today, **after** the crucifixion, resurrection, and Day of Pentecost, **we** can refer to **I Peter 2:24**, which says: "Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: **by whose stripes ye were (past tense) healed**." This verse says that **our healing is a reality now**.

As we put **God's Word** on in our hearts and minds and **trust in Him**, we can believingly expect to manifest **healing** in our lives. **God** is the one who brings that healing to pass. In **Exodus 15:26** God declares: "**I am the Lord that healeth thee**." Here are a few verses from **Psalms** that can help stimulate our believing, showing us that **God** is the one who heals:

Psalms

107:20 He sent his word, and healed them, and delivered *them* from their destructions.

30:2 O Lord my God, I cried unto thee, and thou hast healed me.

103:1 Bless the Lord, O my soul: and all that is within me, *bless* his holy name.

103:2 Bless the Lord, O my soul, and forget not all his benefits:

103:3 Who forgiveth all thine iniquities; who healeth all thy diseases;

Also, our being healed is a **need**, and **Philippians 4:19** states: "But my **God** shall supply all your need according to his riches in glory by Christ Jesus."

God has **delivered** us from the power of darkness (**Colossians 1:13**), so we **don't** have to accept sickness or disease or ill health in any form. As we believe **God** for healing, remember what it says in **Philippians 2:13**: "...it is **God** which worketh (**energizes**) in you both to will and to do of *his* good pleasure."

A major **key** to realizing our healing is **believing**. In **Mark 11:24** we read: "...What things soever ye desire, when ye **pray, believe** that ye receive *them*, and ye shall **have them**." This definitely **includes** healing and good health. **Hebrews 11:1** in the King James Version reads: "Now faith is the substance of things hoped for, the evidence of things not seen," but a literal translation according to usage of this verse is: "**Believing** is the **title deed** for things **prayed** for, the evidence they are yours **before** they are seen." The word "**prayed**," "hoped" in the King James Version, is actually from the Greek word *elpizō*, more accurately translated "**trusted**." When we **pray with believing**, we are **trusting in God** that **He** will bring it to pass. This applies to being **healed** and to enjoying **good health**. Even if we **don't** see immediate healing results and need to seek **medical attention**, we need to **keep believing, never** letting any **condemnation** creep in. No matter **how long** it may take, we **never give up** as we **continue** to **trust in God**. He alone is the only **true** source of wholeness, health, and healing.

We have seen that it is **God's great desire** for us to be in **good health**, and have seen that the **key** to good health is to **keep God's Word in our hearts and minds**. We have also seen that at those times when we may be challenged with sickness or disease, we need to **continue** to **trust in God** and **believe** that **He will heal us**.

As we keep our hearts and minds on God's Word, we can believe to enjoy **good health and wholeness**.

- Dr. Rick Batt