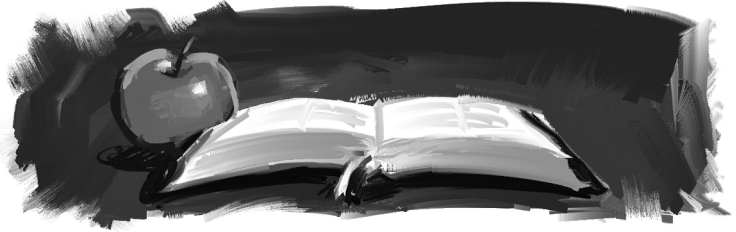


# The Bible *and* Health



## SABBATH AFTERNOON

**Read for This Week's Study:** *Matt. 4:23; Luke 4:16-21; Rom. 6:4, 9-11; Phil. 4:4-9; Col. 1:20, 21; 3:8-10.*

**Memory Text:** “I am the Lord, who heals you” (*Exodus 15:26, NIV*).

**Key Thought:** The Word of God gives us good reasons to take care of our health.

The Bible endorses the value of the physical body; after all, it was created by God. The believer should, therefore, seek to understand and intentionally put into practice measures that enhance health. Care for one's health is a moral matter, evidence of loyalty and responsible service to God. At the practical level the condition of one's health largely determines whether a person can carry out effective service for the Lord or for anyone they feel called to serve.

Although the foundational goals and values of health from a biblical perspective are conveyed through God's Word, the exact means of achieving these goals has come largely from medical science, which often validates many of the principles of health found in the Bible.

It is incumbent on all Christians to do what they can to take care of their health. Health-building activities, including exercise, wholesome diet, proper systematic rest, practical satisfying work, avoidance of damaging substances or practices, good habits of cleanliness, cultivated efforts to live in peace with and help others, and a profound trust in God make the best possible use of the life God has given us. Our bodies are sacred gifts to us from God; we have the responsibility to take care of them the best we know how.

This week let's take a look at what the Bible says about health and the principles found in its pages.

*\*Study this week's lesson to prepare for Sabbath, June 2.*

## To Be in Health

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth” (3 John 2).

We tend to think of the Bible as dealing only with the spiritual side, yet, that’s not the case. Scripture shows that God cares also about our physical being and that our spiritual side is linked with the physical. We can find in the Bible good reasons for taking care of our health.

**Look** up the following texts and write out what reasons you can find in them that would call us to take care of our health:

*Rom. 12:1*

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*Rom. 14:7*

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*1 Cor. 3:16, 17*

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*1 Cor. 6:19, 20*

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*Eph. 5:29*

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*3 John 2*

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Scripture makes it clear that God does care about health, our physical well-being. That makes sense, of course. After all, what loving parent doesn’t care about the health, mental and physical, of their child? How much more so would the Lord care about ours?

**It’s been said that we never care about our health until we lose it. If healthy, do you take your health for granted? Talk to someone struggling with health problems. More than likely, you’ll better understand why our health should be carefully guarded.**

## *I Have to Teach Tomorrow . . .*

► **Key Text:** *3 John 2*

► **Teach the Class to:**

**Know:** That the body is the Lord’s temple, and we are responsible for our good health.

**Feel:** That God is concerned about our health and wants us to live healthfully.

**Do:** Seek to be temperate in all things.

► **Lesson Outline:**

### I. Caring for Our Health (*1 Cor. 6:19, 20*)

How does good health enable the Christian to be a more effective servant of the Lord?

### II. Newness of Life (*1 John 3:2*)

In Christ we have newness of life. Explain how this includes temperance in all areas of life.

### III. Healthy Bodies, Healthy Relationships (*Matt. 4:23*)

**A** Why was healing the sick so important in the Lord’s earthly ministry?

**B** Positive attitudes and thinking help us to keep good health. Show how it is also true that good health can have a positive effect on our attitudes and thinking.

► **Summary:** “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth” (*3 John 2*).

## *Learning Cycle*

► **STEP 1—Motivate!**

**Just for Teachers:** **Step 1 of the Natural Learning Cycle links the learners’ experiences to the lesson. Help your class members answer the question, Why is this lesson important to me?**

When Jesus walked on this earth, He went about “healing every disease and sickness” (*Matt. 4:23, NIV*). Why are we still confronted with these challenges? What has been your experience with emotional uncertainty and illness? How do we maintain faith when faced with such profound hurt?

## Health and Restoration

In the beginning God, our Creator, created us healthy, without sickness and disease. The plan of salvation is God’s divine way to bring us back to what we originally lost. He wants to restore us to what we once had.

**Read** Romans 6:4; 9-11; 1 Corinthians 15:51-57; 2 Corinthians 5:18-20; Colossians 1:20, 21; 3:8-10; 1 John 3:2. **What essential message is given to us from these texts? What hope do they offer?**

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Healing and restoration often are talked about in the Bible. God’s promises to restore Israel spill forth in language filled with healing and curative terms (*Jer. 30:12-17, 33:6, Ezek. 47:12, Mal. 4:2*). So clear is the affinity in the New Testament that one of its principal words for healing (*soteria*) may be translated as either “healing” or “salvation.” Salvation, then, may include not only rescue from sin and its consequences but also restoration, healing of the whole person.

All biblical teachings are predicated on the basis that, in the end, what was lost when sin entered will be restored when the One who created becomes the One who restores His creation. Having healed our wounds and borne our transgressions at Calvary, He appears at last in the book of Revelation as Christus Victor, in triumph over Satan and the forces of evil (*Rev. 20:14, 21:8*). Those who love and serve God will be restored to the perfect condition that once was; all that is evil, meanwhile, will be destroyed, never to rise again. In both Old Testament and New Testament prophecies this new earth is foreseen as free from sickness, pain, and death (*Isa. 33:24, Rev. 21:4*). The apostle Paul rejoices in Christ’s resurrection as proof that He is Victor over all evil forces. Christ’s victory has become ours (*1 Thess. 4:14-17*).

**As Adventists we have been given precious light on health and health principles, all designed to give us a lifestyle that will prevent disease. How seriously do you follow these principles? How well do you even know them? Why wait until you get sick to start following principles that could help prevent sickness to begin with?**

*Learning Cycle* CONTINUED

As a class, list those who are facing illness in your congregation or its extended family. Decide what practical things you might do to minister to those who are suffering.

## ► STEP 2—Explore!

**Just for Teachers:** This step of the Natural Learning Cycle presents information learners can use to help them better understand the lesson. Help your class members answer this question, *What do I need to know from God’s Word?*

## Bible Commentary


### I. Rejoice—Always

**Consider This:** When a biblical author wants to emphasize a concept, he uses repetition to highlight it. Using a Bible concordance, discover how many times Paul uses the word *rejoice* or *rejoicing* in the book of Philippians. As a class look up those passages. What was Paul’s situation when he wrote this letter? (*The SDA Bible Commentary* is a good resource to find out more about the historical background for the writing of the books of the Bible.) How was Paul able to rejoice while in prison, separated from his church family?

Read Philippians 4:4-9 (NKJV) out loud from as many versions of the Bible as class members have with them. Paul asks the Philippians (and us) to “rejoice . . . always” (vs. 4), “let your gentleness be known” (vs. 5), “be anxious for nothing” and “let your requests be made known to God” (vs. 6), “meditate on these things” (vs. 8), and “the things which you learned and received and heard and saw in me, these do” (vs. 9). Discuss the results of following his directives.

### II. Peace Beyond Comprehension

**Consider This:** In Philippians 4:8, Paul asks the Philippian church members to think on certain things. What are those things? As a class, using your concordance, find Bible passages that give greater understanding of each concept (for example, things that are true, noble, etc.). What did you discover?

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## Jesus, the Great Healer

We often hear of Jesus as the Great Physician. And no wonder. Roughly calculated, approximately 20 percent of the Gospels is dedicated to His restoring sick people to health. Although in some cases duplication occurs, the four Gospels report 35 specific instances, alongside the general reports.

**How** central was healing to Jesus' earthly ministry? (*Matt. 4:23, Luke 6:7-19, 9:11*).

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Through the miraculous healings Jesus gave great evidence regarding His role as the Savior. But He did so much more, as well. As humans, we have been damaged spiritually, emotionally, and physically by sin. The whole plan of salvation centers on *restoring* to us what we had once lost. In the beginning there was no sickness and no death; in the end there won't be either (*see Rev. 21:4*). By healing, Jesus was showing the world the power of God to bring about restoration, to bring about what was lost by sin. The healings weren't an end in themselves; they were all to point to something greater: salvation in Jesus.

**Read** Luke 4:16-21. What do these texts reveal to us about the purpose and ministry of Jesus?

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Jesus' primary task was to proclaim that God is receiving His sinful, suffering creatures in a sweeping act of grace and love. His actions were evidence of final deliverance from a world of sin. He had come to deliver, to seek and to save, to forgive, to proclaim the day of God's mercy, to confer life everlasting, and to be the Restorer of all that was lost. He was first of all the Savior, and physical healings were evidences of His authority.

**Whatever our illness, whatever our sicknesses, we have wonderful promises in the Bible of healing and restoration; that is, complete healing and complete restoration. Dwell on this, our greatest hope. Pray for more faith to believe in those promises. If you know someone struggling with sickness, point that person to this hope.**

Learning Cycle CONTINUED

In Hebrews 12:2, Paul admonishes us “to fix our eyes on Jesus” (NIV). In what ways are his directives in Philippians 4:8 and Hebrews 12:2 similar? How does Jesus embody all that is true, noble, just, pure, lovely, of good report, virtuous, and praiseworthy? Discuss how these can become characteristics of your life.

**Compare and Contrast:** In our world, many institutions, belief systems, and products invite our trust. Find an example of one in a local newspaper and share it with your class. How trustworthy are the things of this world? Read Philippians 2:1-11 and John 14:6, 17:3. Contrast what God offers us through Jesus Christ with what the world offers.

**Bible Examples of Peace:** Divide your class into two groups (or do this as a group if you have a smaller class). Ask one group to look in the Old Testament for stories of people who were peaceful in trying circumstances. Have the other group do the same in the New Testament. Call the class back together to share what they found. Discuss the principles in each story that made peace possible. Discuss how these stories impact the members of the class. Be prepared to spend time in prayer if personal challenges are expressed.

### ► **STEP 3—Practice!**

**Just for Teachers:** This step of the learning cycle will assist you in helping your class members find the answer to the following question, **How can I practice the information I just learned?**

**Consider This:**

As practical steps we can take to have a better quality of life, eight natural remedies have been outlined below. Have the class think of them. As they do, list them on a flip chart or white board. Which ones were hardest to remember? See Ellen G. White, *The Ministry of Healing*, p. 127.

*The natural remedies:* exercise, fresh air, sunshine, rest, self-control (temperance in all things), nutritious food, pure water, trust in God.

## Moderation in All Things

**Read** Philippians 4:4-9. What practical principles can you find in these texts that can have a positive impact on our physical well-being?

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**Read** 1 Corinthians 9:25, Galatians 5:23, and Titus 1:8, 2:2. What practical admonitions are found in these texts that can have a definite bearing on our physical health?

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The Greek word used in many of these verses for “temperate” comes from a word often used in the context of athletic training, of an athlete who, in preparation for an event such as a race, takes special care to abstain from that which can hurt his or her body. How much more so should this principle apply to us as Christians in the race that we are running (*1 Cor. 9:24-27, Heb. 12:1*)?

We all know about health problems that can come from the use of liquor, illegal drugs, and so forth. Those are the obvious ones. Yet, so often bad health comes by overindulging in the gifts that God has given us to enjoy. Contrary to popular caricatures of biblical religion, it’s not sinful to enjoy the pleasures of the flesh. God made us to enjoy these things, but only in their proper sphere, and in moderation and with temperance, as so clearly shown in the Bible.

**“True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers.”—Ellen G. White, *Child Guidance*, p. 398. How much sense Ellen White’s words make! Examine yourself. How moderate and temperate are you, even with that which is good? What changes might you need to make?**



*Learning Cycle* CONTINUED**Thought Questions:**

- 1 Science is highly focused on health issues and the consequences of life choices. What are some of the latest headlines you have seen regarding this? How do recent discoveries affirm or contradict biblical health principles?
- 2 Discuss this statement: Our society is information rich and application poor. What avenues do we have to information on better lifestyle practices? What hurdles or pressures keep us from applying healthy practices to our daily lives?
- 3 What are the benefits of positive lifestyle practices? Are there any drawbacks? As a class, recall some of the advertisements you have seen that encourage questionable health practices or fads. How might our positive health practices be a witness to our neighbors and work associates?

**Application Questions:**

- 1 If the class dynamic allows, take a poll to see how well members incorporate the eight natural remedies into their daily lifestyle. Why is it more difficult to be consistent with some than with others? How can these barriers be overcome?
- 2 If the remedies are a new concept to some class members, how can you help them gain greater understanding without making them feel uncomfortable?
- 3 Plan a worship service with your pastor that incorporates the eight health principles. Consider using all the senses to remind your congregation of how these blessings can improve their lives. Examples: the children's story could include an opportunity to taste a healthy food; banners could be made that list the eight principles; or a slide program could augment the pastor's sermon.

**Witnessing**

How might your class take the discussion of the eight natural remedies from thought into positive action? Divide the class into groups (if your class is small, do this as a group). Assign each group two of the remedies. Ask them

## Healthy Relationships

Again and again the Bible speaks about the need of loving one another. Jesus said that it is the greatest of all commandments (*Matt. 22:37-40*). When Paul speaks about Christian virtues, such as faith, hope, and love, he says that the greatest is love (*1 Cor. 13:13, NIV*). No wonder Jesus said that one significant characteristic of His followers is that they love one another (*John 13:35*).

### How do the following texts characterize Christian love?

*1 Cor. 13:4-7*

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*1 John 4:7*

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*1 John 4:18*

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Study after study shows how family love—a close loving relationship between parents and children—can stem a tide of evils in young people, evils that can bear terrible fruit in adulthood.

As God's people we need to love one another (*1 Thess. 3:2*), serve one another (*Gal. 5:13*), bear with one another (*Eph. 4:2*), be kind to one another (*Eph. 4:32*), admonish one another (*Rom. 15:14*), be tender-hearted and forgiving to one another (*Eph. 4:32*), comfort one another (*1 Thess. 4:18*), show compassion to one another (*1 Pet. 3:8*), be hospitable to one another (*1 Pet. 4:9*), and pray for one another (*James 5:16*). These commands, so clearly outlined in the Word, will help us to be connected with one another as God's people and will strengthen family relationships, which ultimately protect our youth from high-risk behavior. Through forming close bonds and thus giving and receiving love and care and concern, we can have such a positive moral, spiritual, and physical influence on one another. The Scriptures are so right in showing how important good relationships are for us, not just spiritually but physically, as well.

**Review some of your most basic relationships. From your end, what motivates these relationships: self-serving or self-giving, greed or love, a desire for personal gain or a desire to be a blessing? Think about the good you have done for others. Were the principles elucidated in today's lesson the motivating force behind your relationships?**

Learning Cycle CONTINUED

to build a course outline complete with illustrations and demonstrations in preparation for an evening health series. (Consider gathering information from previously developed series from your conference, AdventSource, etc.) Plan to share your series with your church in preparation for sharing it with your community. Assign dates for both series, for your church and for the community.

### ►STEP 4—Apply!

**Just for Teachers:** In this fourth and final step of the Natural Learning Cycle, you will want to encourage class members to make a life response to the lesson. Help them answer this question: **With God's help, what can I do with what I have learned from this lesson?**

**Consider This:** The eight natural remedies are simple, practical tools for an improved quality of life. As a class, decide which remedy you will first become more intentional about making part of your life. Covenant with each other to be accountability partners to encourage each other in this endeavor. (Suggestion: you might include five deep breaths as a part of the opening exercises for each class period or serve fresh water during every class.)

New physical maladies seem to be discovered every week, while our society has difficulty even discussing the emotional illnesses that are rampant in our world. (*As a class, read Rom. 6:4 and Col. 1:20 together.*) Discuss how the ministry of reconciliation and redemption in Jesus Christ addresses emotional health. How does complete trust in God help people to proactively deal with stressful, demanding lives? When is it a good idea to seek help from qualified Christian counselors?

**Further Study:** Ellen G. White, “The Use of Remedies,” pp. 234–240; “Diet and Health,” pp. 295–310, in *The Ministry of Healing*; “The Health Reform,” pp. 271–296, in *Selected Messages*, book 3.

“The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. . . .

“Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul.”—Ellen G. White, *Counsels on Health*, p. 344.

“Many of those who came to Christ for help had brought disease upon themselves, yet He did not refuse to heal them. And when virtue from Him entered into these souls, they were convicted of sin, and many were healed of their spiritual disease as well as of their physical maladies.”—Ellen G. White, *The Ministry of Healing*, p. 73.

### Discussion Questions:

- ① Jesus’ healing ministry formed a crucial component of His work of leading people to salvation. How can your local church better use the light we have on health and healing as part of its outreach to the world?
- ② As a class, talk about what the Bible says about such things as diet, use of alcohol, rest, and so forth. What health principles on these topics do you find in the Bible? To the best of your knowledge, how has modern science validated these principles? How have members personally benefited from following what the Bible has to say on these things?
- ③ As a class, take time to visit any members who are sick or hurting. Bring Bible promises to share with them. At the same time, in what practical ways can you minister to them and help relieve their sufferings?