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If you are not a believer in Jesus Christ, or aren't sure and would like to become one, then you need to believe that Jesus Christ was and is the Son of God, that he was God who became a man, that he lived a sinless and perfect life, keeping the Law of God perfect in every way, that he kept faith perfectly, and that he was crucified on that cruel cross for your sins, mine and the entire world- he died for our sins! His death on the cross paid the penalty fully, one time for all sins that we have ever committed and that we will ever commit. He died; he went down into the bowels of the earth, even into Hell, and was raised from the dead on the third day in a resurrected, eternal body. He ascended back into heaven, was seated at the right hand of God, and is now Lord over heaven and earth. He is coming again to judge the world, to raise the dead, where he will give an eternal, resurrected, glorified body to everyone that has believed on him as their Lord and Savior, and to establish his kingdom one earth.

You come become a Christian right now as you read this, by personally placing your faith and trust in Jesus Christ as your Lord and Savior; believing that he is God's only begotten Son, that he died on the cross for you and that he was raised from the dead and is now seated in heaven at the right hand of God the Father. *“Believe on the Lord Jesus, and you will be saved..”* Acts 16:31a And when you do trust Christ, and Christ alone, as your Lord and Savior, then go to God the Father in heaven in prayer and tell him so. Tell him that you have believed on his Son, thank him for his Son, and thank him for forgiving your sins and saving you! *“That if you confess with your mouth, “Jesus is Lord”, and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”* Romans 10:9,10 *“For, “Everyone who calls on the name of the Lord will be saved.”* Romans 10:13 *“Therefore, being justified by faith (declared righteous), we have peace with God through our Lord Jesus Christ.”* Romans 5:1

# Health and Healing

“For I Yahweh am the One who heals you.” Exodus 15:26b

## Intro:

Even though Believer-Priests go through experiences of deserved and undeserved sufferings, God still wants his people to be healthy. We live in a day and age where the Christians in America are as unhealthy as the rest of the country. Heart disease, cancer, diabetes are rampant throughout the country, even though we have the highest standard of living. Something is wrong when we have most of the world's wealth; yet lead the world in degenerative diseases!

Thousands upon thousands of Christians are unhealthy, overweight and suffer as the result, and mistakenly think they are suffering for the Lord. They rush to their doctors for treatment spending thousands of dollars and conclude it is their “cross to bear”. Somehow they have arrived at false conclusions about health and personal suffering as a Christian, largely due in part to the religious groups they belong to. Some groups have the view that Christians must go to western doctors and their medicine for treatment, that somehow they're the only ones authorized by God to treat us. Other groups believe in the gifts of healing and if they have a problem wait until one of the healers come through town to get their malady cured.

What this study is designed to do is to look at the concepts of healing both in the OT and the NT, and from it **we will see that God does want us to be healthy!** We may have problems from time to time, sometimes due to our own bad decisions, sometimes undeserved, but all are designed to cause us to grow into the image of Christ, and that Job was not the norm, but really the exception to the rule.

First of all we want to consider some of the OT and NT words concerning the subject of health, healing, doctors and the Lord's view in all this. The subject of health is extremely complex, but we hope to set forth some principles that will give us bones or structure that we can use in our lives. **As always, the course of action that the Believer-Priest follows for his/her own personal health is a decision that they must make between them and the Lord.**

The word for **health** comes from the word to heal and is derived from the Saxon - helan, the Latin - celo and the Hebrew - *kalal*. It has as its root idea the idea of making whole; health is related to wholeness. **When one has all the parts that make up the whole of our being a human healthy, then one has health!** The word wellness also comes from the idea of wholeness, the same for holistic.

Other words related to the idea of **health** are *hugaino* - to be healthy, to be clean, *ischuontes* - to be strong, *therapeuo* - to treat, to cure, to care for the sick, *iaomai*- to heal, physical treatment, *holoteles* - to be whole, or complete, *holokleria*- to be sound (healthy) in every part, *iatros* - a physician, *raphah*- to mend by stitching, to heal, to cure, to repair.

Weakness and strength are also factors in health for **weakness** opens the door to injury, sickness and disease, while **strength** (health) helps prevent injury, sickness and disease, such as a weakened immune system versus a strong immune system. Or how many times have we heard about someone who has a strong constitution?

1. **Arukah** - the healing of a wound, health, healing. Also a long bandage applied by a physician to heal a wound.

2. **Chibash** - was the binding of a wound, from the idea of binding a turban, the binding up of a fracture and other injuries. Since the purpose was always toward the idea of healing something it took on the general term of a healer or a physician; it was part of the duties of a shepherd over his flock.

3. **Kahah** - meant to be weak, feeble, failing in strength, to be cast down in the mind, to be timid, to become pale, to have spots on the skin, to grow weak or tired, also to lose courage and faint, of the eyes becoming dim through age or grief. The starting point is to grow weak and from there we have four meanings: a) to grow dim, b) dimly glowing, c) to become blind, d) to lose courage. It has the idea of physical weakness, or weakness of the immune system, which can manifest itself in many areas. It also has the idea of psychological weakness, which can manifest itself in faintheartedness, losing courage, despair, depression, etc..

Healing in this area would reconstitute the believer's strength, immune system and the soul. It doesn't deal with injuries or wounds, although if they were there they would have to be treated, but deals with the treatment or healing of the individual so that he will go from a position of weakness to one of strength. Spiritual healing would come from faith in the promises of God. Psychological healing would come from the love, encouragement and support of others. Physical healing would come from herbs and nutrition from food.

4. **Yeshuah** - Basically, this word means deliverance from a situation that threatens a believer. It was used frequently for danger and things that threaten the life, but is also used for healing believers from sickness, injury or disease. To ask God to heal, or to make you healthy, was to ask God to deliver you out of sickness, disease or injury. *Yeshuah* was the contracted form of *Yehoshua*, which in English would be *Yah's salvation*, or *Yah's deliverance*. **This looks to *Yahweh* = The Eternal One Heals, and recognizes him as our Healer, as the One who gives us health. He may do this himself directly, or he may employ someone else as his agent of healing.**

*Yeshua* comes from *Yah* and *Shua*, which meant *Yah's salvation*, or *Yah's deliverance*, or *Yah's healing*. *Yeshua* brought up into the Greek was rendered as *Iesous*, and *Iesous* brought up into the English was rendered *Jesus*. So *Jesus* meant *Yah's Salvation*, or it could mean *Yah's deliverance*, or it could mean *Yah's Healer*. **Also the word *shua* didn't always imply to rescue believers out of their trouble, (health or otherwise), but to bring help to them while they were in their trouble.**

5. **Marppa** - was the healing of a disease, deliverance from a calamity, a refreshing of the body and mind.

6. **Rapha** - was to sew together, to mend, to heal a wounded person by sewing up the wound, to repair, to restore, to cure to use medicine; its fundamental meaning was to restore or make whole. Martin Luther jokingly called physicians the Lord's cobblers. The idea of healing dealt with maladies that needs to be healed and defective conditions that needed to be made whole. In reference to a broken clay jar, it needed to be repaired, a fractured limb needed to be treated, a bodily injury healed.

Israel's false prophets were likened to worthless physicians who only treated the symptoms of the problem, not the underlying cause saying, "*Peace, peace, when there is no peace.*" Jeremiah 6:14;

8:11

*Rapha* was **definitely holistic for it looked at the whole man and not just a physiological problem that had surfaced**. It went beyond the wound, injury, sickness, disease, defect, or weakness to how the whole man was doing spiritually, emotionally as well as physically. It must be interjected here that physicians did not give health, they only set bones, sew up wounds and recommend herbs for healing. **Health was and is our responsibility!**

In sharp contrast to our compartmentalized canon of thinking approach to physicians and health, the Bible's approach, both OT and NT, was and is holistic! Our thought life, our emotions and our spiritual life are all just as much a part of health as is the food we eat, which should be regarded as medicine. Let food be our medicine and medicine our food. *"Their fruit will be for food and their leaves for healing."* Ezekiel 47:12b.

**The metabolization and application of Bible Doctrine brings health and healing to the whole body.** *"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."* Proverbs 4:20,22.

**What is interesting is the connection of one's physical well being to one's spiritual and emotional life. The mistake that all to many make today is treating the body as if it were separate and removed from the inner life. The physician/healer would treat the body, but he would also probe past that to treat the soul. And he would use herbs and diet correction as well.**

8. *Shalom* - is a word that most people are familiar with as the word for peace, but it actually has the idea of wholeness. It comes from *tamim*, to be complete, or finished and **gives us the idea of the completing of every part of the whole until the whole is complete. Once that occurs there is a state of wholeness; once there is wholeness there is health.**

Therefore wholeness, wellness and health all speak of the same thing, with health resulting from all parts of the whole being sound and healthy. An athlete can have every organ and muscle in his/her body in excellent condition, but if they have cancer in just one thing, then they are not healthy! All the parts of the whole have to be healthy if we are to be healthy.

9. *Tealah* - a channel or water course, a plaster or bandage to put on a wound.

10. *Hugies, hugaino* - referred to mental health and the faculty of rational thought. It spoke of **health which is the goal of healing**. That which is healthy is balanced according to the order of the whole for health rests upon a **balanced mixture of qualities**: dry/moist, hot/cold, bitter/sweet, alkaline/acidic. A predominance of one has a ruinous effect on the body. **All excesses are damaging to one's health.**

**Health** is a mixture of different qualities and a balance of extremes. You will find that healthy people are quiet and reflective in their souls, not turbulent. **Sin results in poor health, but not all sickness is due to sin.**

In philosophical teachings health was the epitome of life and meant that one had chosen the right path in life. The way of health is the path of life. The art of healing held an important place in society and the health of the individual was the goal of the healer. The healer instructed the sick on what

manner of life would make him well, not what drugs to take, **for health = wellness = wholeness.**

**The rules for health are laws for the body.** There is sickness for the soul as well as for the body. *Sophrosune* refers to a healthy soul, mental health, that is, to be in one's right mind. Physical health and mental health belong together, so much so, that usually, (there are exceptions), one cannot have the one without the other.

Health comes from wholeness, not just the body, but the soul also. Gnosticism separated the two many centuries ago considering the body and the soul separate, with the body of little consequence or importance. Western medicine and present day Christian thought have adopted the Gnostic's view on the issue treating the body as if it was a separate entity than the soul. The Gnostic school of thought influenced western school of thought on these and many other issues, while **the eastern school of thought, which actually is the more biblical position, saw the interconnectedness of the body and the soul and treated both in the matter of healing!**

Jesus shows himself as the Healer, which would only be natural because as our creator it would only follow if he created us then he can heal us! And he can do this simply by speaking the word. The authority and power to heal was granted by Christ to the Apostles.

And finally, **the sound doctrine of Timothy the Pastor-Teacher** meant that it was not only correct doctrinal teaching and imparted the whole counsel of God, **but that its by-product was a healthy soul and a healthy body.**

11. *Therapeuo* - to heal, to care for the sick, to cure, to treat, to restore to health, to be an attendant for someone who is ill.

12. *Iaomai* - was used of physical treatment for the sick, but the word of choice for acts of divine healing.

13. *Sozo* - was used frequently in the matter of salvation, but was also used for delivering someone out of sickness and disease.

14. *Diasozo*- the word *dia* intensifies it so it becomes to save or to heal thoroughly, as the centurion wanted his servant totally healed. “*And when he heard of Jesus, he sent unto him the elders of the Jews, beseeching him that he would come and **heal** his servant.*” Luke 7:3 Also it meant to bring safely through a dangerous situation to the other side.

15. *Therapeia* - denoted health care.

16. *Iama* - was a means of healing. Used also of divinely imparted gifts given to the Church in the times of the Apostles.

17. *Iasis* - stressed the process of healing reaching the goal of completion.

18. *Holokleros* - brings out the idea of every part being healthy with the result that the whole person is healthy.

## A. Principles Concerning Health

1. **God wants us to be healthy.** *“Dear friends, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”* 3 John 2 Or that we may prosper and be in good health even as our souls are prospering.

2. **God is the one who heals us.** *“For I, Yahweh, am the One who heals you.”*  
Exodus 15:26b

3. **All sin results in sickness, or injury, or weakness, or death, or weakness, but not all sickness, disease, injury, weakness, or death is due to sin! There is suffering that is deserved and there is suffering that is undeserved.**

4. Weakness makes one vulnerable to sickness, injury, or disease.

5. **The concept of health applies to our minds, our emotions and our spiritual side as well as to our bodies.**

6. Health is to be a goal of life.

7. There is a path, a way of living that results in health. This is the path that we must follow.

8. If one has arrived at physical, mental and spiritual health, then they have chosen the right path!

9. One could say that Jesus’ Hebrew name meant, *“Jesus the Healer”*, or *“Yahweh the Healer”*, for this is what he did here on earth.

10. One of the aspects of health is strength.

11. Healing can come through God directly, through immediate agents, such as therapists, as in the early church through the Apostles, or through self-healing.

12. Healing covers such areas as: physical - wounds, fractures, surgery, skeletal, diseases, sickness and weakness; emotional - scars on the heart, hurtful feelings, grief, a broken heart; mental - wrong thinking, irrationality, negative thinking, non-doctrinal thought life, etc: spiritual - through the filling of the Holy Spirit and metabolized doctrine.

13. Physicians equaled healers and vice versa. Although they sutured wounds and set fractures, they were not into the drugging the problem culture of today. Herbs were taken internally, poultices applied externally, but they also utilized spinal adjustment, magnets and instructed their patients on what foods to eat for health. They were also very adept at diagnosing what the problem was.

14. **Healers were definitely holistic treating the entire man, spirit, soul as well as the body, and not just the affected organ.**

15. It must be strongly noted that even though they are called healers, neither physicians nor healers can heal. They may sew wounds, set fractures, prescribe herbs, **but it is the body that heals itself, or the Lord who heals the body and the soul.**

16. **There is no spiritual gift of healing in the Church today, but God still performs healing all the time.** The grammar of the NT shows that there was no permanence of the gift of healing, only an

“at that time” phenomenon.

17. Physical healing can and often does come about as the result of mental and emotional healing.  
**The releasing of negative feelings often brings about physical healing in an affected area.**

18. That is why the rest of the world practiced holistic healing treating the soul as well as the body, instead of restricting the therapy to just the affected part of the body.

19. The leaves of plants, trees, etc., are the herbs given to us by God for the purpose of healing.

20. The priorities for health are: 1) spiritual, 2) mental, 3) emotional and 4) physical. All four areas must be addressed for health.

21. Health = wholeness = wellness = soundness; to be healthy all the parts of the whole must be healthy.

22. The healer understood the connectedness of the body to the soul, so he treated the body and the soul together. Oftentimes the healing of both took place, not just the body.

23. **The goal was to get on the path of health, let the healing process take place, with the end result of health.** When the healing of all the parts of the whole took place, then there was completion and wholeness, or the state of health.

24. **The body heals itself.** The physician may clean the wound and sew the two sides together, but it is the body that causes the two sides to grow together. The physician may set a fracture by bringing the two pieces together, but it is the body that causes the two bones to knit together. Today they use antibiotics to kill bacteria, but the body has an immune system that can kill bacteria, especially if it's strong. Even nature helps the body out with dead flesh by maggots who eat only decaying flesh then drop off.

25. **The key is health. When one is healthy he has a strong immune system then the body can take care of itself. If you can believe in the concept of health, then you can believe that you will get better!**

26. Healers were there to bind up what God had injured through corrective discipline, what we had brought upon ourselves due to our own foolishness and bad decisions, and to also **instruct us in the ways of truth and health.**

27. **Health rests upon a balanced lifestyle and a balanced mixture of qualities:** dry - moist, bitter - sweet, alkaline - acidic (PH level).

28. Oftentimes medicine was bitter, (bitter medicine), because it had to be taken to offset the affects of their **acidic diet.**

29. **Balance and moderation are the key,** too much of one thing has a ruinous affect on the health, on the wholeness of the individual.

30. The art of healing held a high position in a community and was considered very important. The health of the patient was the goal and result of the Healer.

31. The ideal was to bring the individual to the place where he or she was spiritually healthy, mentally healthy, physically healthy, to have a healthy family, healthy finances, and hopefully a healthy community.

**32. The way of health is the path we are to take in life; all excesses are damaging to one's health.**

**33. The rules of health are the laws for the body.**

34. **Health is our responsibility**, no one else's. No one can force us to be healthy, that is the choice that we have to make.

35. There is sickness and health for the soul as well as the body. The health of the soul is called *sophrosune* and it means to be in one's right mind. Sickness of the soul would be mental illness all the way to being demonized. Physical health and spiritual health belong together, so that one can't have physical health without spiritual health. An example was look at how healthy the Apostles were. Look at the tremendous hardships they went through.

37. The Gnostics were one of the groups that separated the body from the soul; they considered that the body was of little importance at all. Physical health was not a priority to them. What a contrast that was to the Israelites where everything God wanted them to do was for the purpose of their health!

**38. Health is better than riches, material possessions, power, prestige and position in society.**

39. Physicians/Healers set bones, sewed up wounds, applied topical ointments for wounds and skin conditions, treated internal organs all using natural herbs; prescribed for them the right diet, foods and lifestyles and also sought to bring the soul into a balanced condition of health.

40. Philo of Alexandria put higher importance on the health of the soul over the body, but did not minimize the importance of physical health.

**41. The priorities of health are: Spiritual> (Christ and the Word)> Mental> Emotional> Physical> Family> Financial> Community.**

42. The parts of the whole of society are its families; the parts of the whole of the family unit are its individual members; the parts of the whole of the individual are the many things that make us up.

**43. One's diet is the foundation of health, any imbalance will result in sickness and/or disease.**

44. Healing herbs and treatments basically re-supply what the body is lacking to bring it back into balance resulting in health or wholeness.

**45. One must have healthy food to have an healthy body.** You can't get something out of it, health out of food, if it's not there in the first place.

**46. To have healthy food you must have healthy stock and healthy nutritious soil that has all the minerals needed in it.**

47. All plants vary in their mineral, chemical and light composition. One needs a variety of plants, fruits and grains to provide the various chemical, mineral and enzymes that the body needs.

48. Herbs have concentrations of these things.

49. **Pure water with minerals is vital to health, as also is sunlight.**

50. Light, electrical energy, minerals, enzymes and natural chemicals must be present in the food molecule, (thus making it living food), for that energy to be transmitted to the body. It is these things that bring health to the body.

51. "Food" without these things is dead; lifeless food is unable to make the body healthy. It may taste good, but it doesn't promote a healthy body.

52. A continued diet of dead, lifeless food results in the body becoming weakened, then sick and diseased.

53. So the foundation for health is having a diet solely of fresh, natural, organic plants, vegetables, fruits, meats and grains that are exploding with energy. Even then one will have to probably be making continual adjustments all throughout their life in their diet and implementing herbs, etc., under the guidance of a professional healer to compensate for the aging process and even to deal with stress in the life.

54. Spiritual health is the most important of all, but one cannot have spiritual health without spiritual food and for the believer in Christ it's **the doctrinal teaching of the Word of God.**

55. Which means that the words that are spoken must have spiritual life in them. If there is no spiritual life or nutrition in the words, then they cannot impart spiritual health. The "*empty words*", *kenos logos*, of Scripture are **teachings void of spiritual substance**. Because of that there is nothing in them that can impart spiritual health to the believer.

56. Therefore, to have **spiritual health** one's diet must consist of spiritually nutritious teachings. To have **physical health** one's diet must consist of sound, wholesome, living nutritional food.

57. To have **mental health** one must learn to develop the habit of only thinking good, positive, wholesome and biblical thoughts. One must learn to reject thinking the thoughts that are not positive and uplifting, just as one must learn to reject foods that are not nutritional. If it doesn't profit your body, why eat it?

58. To have **emotional health** one must avoid giving way to negative feelings, instead having a strong spiritual and emotional dynamic going on inside, and, if necessary, the removal of scar tissue from the soul. Positive thinking results in positive feelings, while negative thinking results in negative emotions.

59. There is a lie that people believe that they can't get better, that there is no hope for them. The truth is that they can't have a perfect body, with perfect health, but their health can improve by anywhere, say, from 5% to 100%. Whatever the percentage of improvement, **the truth is one's health can improve!!**

60. Another lie is all I have to do is trust my doctors, take my medicine and I'll be fine. **The truth is the responsibility for our health lies with us.**

61. Another lie is that doctors, drugs, western medicine, or eastern healers will heal me. The truth is **God is our Healer and we must look to him for our healing and let him direct us in the path we are to take.**

62. Strength and weakness are terms for health and sickness, for sickness, disease and injury more readily come out of weakness, while these things are prevented, minimized, or more easily overcome by strength. It is our responsibility to change our lifestyles, including everything from our diets to spiritual and emotional concepts, so that we can become as strong spiritually, emotionally and physically as we can be.

63. We must avoid the deception that we can neglect the proper care of our own bodies and then go to the doctors and their western medicine to make things right and bring us back to health.

64. We must also avoid the other deception of neglecting the paths of health and then go to God expecting him to heal us. He may or may not heal us directly, but whatever way he chooses to deal with us he will instruct us in the ways of health and the fact that health is our own responsibility. **We are responsible for our lifestyle and our health.**

65. Health was considered to be the norm of life, the epitome of life, what life was about and the favor of God.

66. *“For whoever finds **me** finds life (health) and receives favor from the Lord.”* Proverbs 8:35 **Me** refers to wisdom, which is the teaching of the Word that we have believed **and** applied to our lives; health being one of the blessings of walking with the Lord.

67. *“But whoever fails to find me harms himself, (literally his soul), all who hate me love death.”* Proverbs 8:36 (Death is at the opposite end of health).

68. Health is a conscious choice that one must make, and he must continually choose health when confronted with the lusts, impulses and biological cravings of the flesh.

69. Satan, the old sin nature, lack of self-esteem, culture and an aggressive media campaign all influence and contribute to poor health.

70. One has got to learn to love his soul and his body enough to want only the spiritual or emotional things that give him health.

71. If God wants us to be healthy, and health is a blessing of his grace, then it only stands **to reason that God will provide the things we need to be healthy**, or the money to buy them.

72. Once again we come around full circle to faith. By faith we believe the doctrines about health and by faith we believe that God will give us the things we need for health.

73. Jesus Christ is Creator, Savior and Healer.

74. Christ was healthy.

75. We should want to be healthy for our own sakes, for the sake of those who love us and to glorify our healthy Creator and Lord.

75. One can never take health for granted. It can come; it can go away and it can return.

77. There's nothing mystical about good health. It comes as the result of following God's laws that govern our spirits, minds and bodies.

78. Faith and a Positive Mental Attitude are crucial to good health.

79. **We must want to be healthy, and we can.**

80. **We must choose to be healthy, and we can.**

81. **We must pray for health, and we can.**

82. **We must commit to health, and we can.**

83. **We must believe toward being healthy, and we can.**

84. Healthy people do not need Physicians/Healers. Mark 2:17

85. **Peace, love and happiness are the mental attitudes for optimum health.**

86. Health is path, even though one may stumble, or veer off briefly, but the important thing is to get on it and stay on it, or get back on it.

87. Health does not come in a pill, but is all comprehensive taking in a diet of fresh wholesome food suited for your own body's particular needs, the air we breathe, the water we drink, the thoughts we think, the people we associate with, recreation, hobbies, a total adoption of an healthy lifestyle.

88. The pursuit of health is never static, but is to be continually improving and a seeking after excellence in all areas pertaining to health.

89. Although the primary goal and mission of the local church is the teaching of the Word of God, the health of its members is very important.

90. We can't do all of it at one time, or in one day, but we are to adopt healthy things one at a time, one day at a time and keep on doing it.

91. **Health is a life long objective, not a one time shot.** One may need several healers, each one specialized in their own areas.

92. **If health is a faith objective; it can be obtained by God's grace.**

93. Although one may never recover the health and strength they had in their teens their health can improve! Yet there are many who are stronger and healthier in their later years than they were in their

younger years.

94. **Faith does not look at the costs involved to gain health, but to the Lord to provide what we need to become healthy!**

95. **What is the alternative to good health?** How will that impact our lives? Our pocketbooks? Our plans? Our goals?

96. "I can't afford it!" We can't afford not to! Health is a bargain, especially when one compares the costs of poor health.

97. Drugging an organ, or cutting it out is not making it healthy.

98. **A positive mental attitude wants to be healthy, healthier.**

99. People who "let themselves go", who don't care about their health have low self-esteem; they don't value themselves very highly.

100. **Cleanliness** is a very important factor in health. In fact, the word for hygiene comes from the Greek *hugaino* the word for health. This means that the food one eats must be clean; the vessels it's prepared in must be clean; the utensils that one eats it with must be clean; there must be the proper cleaning of all things afterward. There must be cleanliness of the body, cleanliness of one's clothes and the cleanliness of one's abode. This also includes the elimination of clutter, for clutter makes cleaning more difficult, (thereby discouraging cleaning), and it also becomes a breeding ground for bacteria, dust mites, insects, etc. In the OT God had a rigid code concerning cleanliness, and even though we are not under the Old Covenant we can be profited by these things.

101. God commanded that the earth lie fallow one year every seven and two years every forty-nine. This was for the purpose that the earth could replenish itself with the nutrients that our bodies need.

102. The mistake that many make about the earth and the food that it produces, a mistake made by the Israelites and people today, is to view it as something to make money from, rather than a **sacred trust to take care of that will provide health benefits for ourselves, our families and our communities!**

103. The earth, which is the foundation for health, was designed by God to last in perpetuity, for thousands and thousands of years, if we take care of it as he commanded.

104. **The earth belongs to God! He made it; he owns it and he has the right to tell us how to use it! We're to use the earth for our health, not exploiting it for money!**

105. **The concept of light is connected to health.** We even say of people who are in good health, "Look at their skin, don't they have a healthy **glow** about them!" This applies to both physical health as well as spiritual health.

Our bodies are light, our food has light in it, even our spirits are light having been created by the Father of Lights. "*Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.*" James 1:17. Even Moses' face shone with light after having spending time in the presence of *Yahweh*.

106. Love, happiness, peace of mind, faith and hope play prominently in gaining health and maintaining one's health.

107. Fear, anger, bitterness, guilt, worry, negativity, unresolved grief and other emotions are the mental attitudes that destroy health and keep us from arriving at health.

108. Therefore one has to **release the destructive mental attitudes and feelings and adopt positive ones** to gain health. Forgiveness of self and others, trusting in the Father, the faith rest life and the filling of the Holy Spirit are crucial to this.

109. **Sin, guilt, shame**, anger at oneself and punishing oneself and others are counter productive psychological dynamics that hold us back from becoming healthy. We don't feel that we are worthy of being healthy, so in our self-punishment tactics we prevent ourselves from the blessing of health. These negative dynamics also hold us back from other blessings as well.

110. **Health entails change**; the one thing most people don't want in their lives! It means that we must discontinue the things that are not good for our bodies and adopt the things that benefit both body and soul. If our lives, our work, our play, our social, recreational and family involvements are out of balance, then we must do what needs to be done to make the changes so as to bring our lives back into balance so we can be healthy. This begins with being centered on Christ and his Word.

111. **Motivation to become healthy** can come about from two concepts. One, the faith application of wisdom. And two, from a personal crisis, usually accompanied with pain. We have a choice in this.

112. In an odd turn of events, our attitude toward health and healing, in a way, is our attitude toward Jesus Christ the Healer; the One who stands for health. A negative mental attitude toward being healthy would really speak of a negative attitude toward the Lord. His Word tells us that he wants us to be healthy and how to be healthy. If we react against that what we are doing is reacting against him.

113. **Death, disease and darkness are identified with Satan**. So what is **identified with Christ is life, health and light!** If we react, rebel, or turn from life, health and light, then we are actually turning from Christ to embrace the things that Satan introduced into this world.

114. **Our being forgiven by God, our being accepted by Christ, the removal of all our sin, guilt and shame in the atoning death of Jesus Christ becomes the foundation for health in all areas.**

115. **The realization of these things by faith, along with understanding our position in Christ and self-forgiveness, becomes the foundation for wanting to be healthy!**

116. **Wanting to be healthy/healthier, accompanied by prayer, faith, doctrine and making the right decisions and actions, becomes the vehicle by which we realize health, or a healthier lifestyle.**

117. **One has to always be on the watch for negative influences**, whether spiritual, mental, or emotional, that will hinder or hold us back from being healthy. We must isolate or insulate ourselves from them, avoid them.

