

**EDGEMONT BIBLE CHURCH**  
**WEDNESDAY NIGHT BIBLE STUDIES**  
**MAY 05, 2021**  
**A MINI SERIES ON HEALTH, HEALING AND**  
**WHOLENESS**  
**“HEALTH AND HEALING”**

**LET’S MAKE SOME SUMMARY POINTS**

*God created you for life, health and wholeness*

*It is His will that you be whole and well*

*Wholeness and health are “wholistic”, that is, it covers the entire person: body, soul and spirit. Therefore all three act as a unit so that sickness or health will be found present in all three simultaneously. To be sick in spirit or soul finds its expression in each of the other two. (Psalm 32; Proverbs 3:1-2,7-8)*

*All things in creation are connected, interactive, interdependent, and create the total of what God called “very good”.*

*Sin has disrupted this connectedness and it is expressed by illness, sickness, dis-ease, fragmentation, separation, and alienation.*

*Food is your medicine and medicine is your food.*

*Our primary food source from the beginning was plant-based, whole foods. Grains were added after the fall. Meat and insects were added after the flood. Dietary prohibitions were added by the giving of the Torah of God. God was revealing a medicinal plan for keeping His people healthy and growing in a physical manner.*

*With the Torah, He also introduced the relationship of humble, faith-filled obedience to one’s health. He promised His people if they would obey His Torah, listen to His voice and do what is right in His sight, He would keep them disease-free. He did not say how He would do that but merely that their relationship to Him would be the basis of good health. Of course, intently following the Lord’s plan for their lives would mean adherence to the laws of diet He had given them as well as adherence to the pastoral living they would have in planting and harvesting the plants and animals that would comprise their diet. Life itself would promote exercise (movement), hydration, rest, and exposure to light that would be a part of a solid health regimen.*

*I. BUT GOD WHO IS RICH IN MERCY GAVE A PLAN FOR US TO GET WELL WHEN WE ARE SUFFERING AND STAY WELL WHEN WE ARE HEALED.*

*A. Breaking the normal routine: Biblical fasting restores health  
Isaiah 58*

*1. Intermittent fasting is known in the health field as a good practice to cleanse the body and reset it.*

*2. But biblical fasting involves more than just halting one's eating for a determined time*

*3. In Isaiah 58 God speaks to the issue of what He expects a fast to be*

*a. He speaks to what He does not like or honor vv. 1-5*

*b. He speaks to what He will honor in three stanzas*

*including the promise that followed compliance:*

*Stanza 1, vv 6-7 "IS THIS NOT THE FAST I HAVE*

*CHOSEN...to loose the bonds of wickedness,*

*to undo the heavy burdens, to let the*

*oppressed go free, and to break every yoke?*

*IS IT NOT...to share your bread with the*

*hungry and that you bring to your house the*

*poor who are cast out; when you see the*

*naked, that you cover him, and not hide*

*yourself from you own flesh?*

*PROMISE vv. 8,9 a&b: Then your light shall*

*break forth like the morning, your HEALING*

*shall spring forth speedily, and your*

*righteousness shall go before you; the glory of*

*the LORD shall be your rear guard; then you*

*shall call, and the LORD will answer; You*

*shall cry and He will say, "Here I am!"*

*Stanza 2, vv. 9c-10a: IF...you take away the yoke*

*from your midst, the pointing of the finger*

*and speaking wickedness. IF...you extend*

*your soul to the hungry and satisfy the*

*afflicted soul,*

*PROMISE, vv. 10b-12: THEN...your light*

*shall dawn in the darkness, and your darkness*

*shall be as the noonday. The LORD will guide*

*you continually, and satisfy your soul in*

*drought, and strengthen your bones; You shall*

be like a watered garden, and like a spring of water, whose waters do not fail. Those from among you shall build the old waste places; you shall raise up the foundation of many generations; and you shall be called the Repairer of the Breach, the Restorer of Streets to Dwell In.

*Stanza 3, v. 13: IF...you turn away your foot from the Sabbath, from doing your pleasure on My holy day and call the Sabbath a delight, the holy day of the LORD honorable and shall honor Him, not doing your own ways, nor finding your own pleasure, not speaking your own words...*

PROMISE, v. 14: THEN...you shall delight yourself in the LORD; I will cause you to ride on the high hills of the earth, and feed you with the heritage of Jacob, your father!

**“THE MOUTH OF THE LORD HAS SPOKEN.”**

*B. An obedient, faith-filled lifestyle will keep one on the path to good health; advice from the Proverbs as a sampling; there are many*

1. Proverbs 3:1,2 Keeping God’s commands and honoring His word
  - a. *Remembering God’s Word and keeping His commands from the heart*
  - b. RESULT: Length of days and long life and peace they will add to you
2. Proverbs 3:7,8 Humility, accountability to God, and a repentant lifestyle
  - a. *Not being wise in your own eyes;*
  - b. *Fear the Lord (to recognize one’s accountability to God for everything one says, does or thinks) and*
  - c. *Depart from evil*
  - d. RESULT: health to one’s flesh and strength to his bones

*C. Health and healing in the Psalms; spoken of in many psalms but here is a sampling*

1. Psalm 91 *Protection from disease, pestilence, and death to the one who dwells in the secret place of the Most High*

*and who abides in the shadow of the Almighty; who sets his heart on loving God. This is the one we used to enter the whole Covid-19 event.*

2. Psalm 32:3-5 *The relationship of guilt and unconfessed sin to one's health.*

*D. Some advice in the New Testament. James 5*

1. *Calling for the elders of the church when sick vv. 14-15*
  - a. *Personal request to the elders indicates humility and the presence of personal faith in earnest need*
  - b. *Let them pray over him while anointing him with oil in the name of the Lord*
  - c. *The prayer of faith will save the sick and the Lord will raise him up. If he has committed sins, he will be forgiven*
2. *Confessing sin one to another and praying for one another v. 16*
  - a. *Open, honest transparency with another trusted believer; must involve trust of one another*
  - b. *Can be private or public but it is likely private*
  - c. *Confession means to say exactly what made it sin and calling it what it is.*
  - d. *Pray for one another after confession is made; Gal 6:1 Paul had already explained that such confession needs to be with someone who is spiritual, or who walks in the Spirit. He reminded such ones that they must consider themselves and their own weaknesses lest such a one also be tempted.*

**SUMMARY OF SOME MAJOR BIBLICAL COUNSEL ON HEALTH**

*Food is your prime source of bodily health; watch your diet, keep it varied with a mix of all kinds; eat it whole and from the source the way God made it; prepare it properly; eat with others who are of like precious faith; use food as a hospitality tool; share it regularly; be keen to the dietary prohibitions our Lord gave; use moderation and eat only what you need – eat to live not live to eat; always eat with gratitude and for the glory of God  
One's spirit must stay healthy by a continuous clean relationship with God: Full trust; know and live His word; keep very short accounts with Him with immediate confession of sin; make*

*efforts to do good to all men especially to the household of God;  
keep His commandments;*

*One's soul must stay healthy by what one meditates upon. Keep  
your mind focused on the word of Christ, the word of God and  
the godly counsel of Philippians 4:8-9. Keep your soul free  
from anxiety by changing what you can change by faith,  
accepting what you cannot change as the work of God and  
giving thanks to Him for His care for you. Philippians 4:6-7.  
Abide in Christ and practice gratitude.*

*When sick or ill, call for the elders of the church as in James 5:14-15  
When sick or ill, or knowing guilt for sin, confess it personally as in 1  
John 1:9 or with another as in James 5:16  
Keep your accounts short with all your brothers and sisters.*