

Health Is

By Thomas Geraci

Health I believe, we all would agree is one of the most precious gifts from God. But as with all gifts that God gives us, with the gift, he gives counsels on how to receive it, and how to enjoy the most from these gifts. He also gives us warnings on how to prevent losing these gifts. Another way to put this is: he makes us responsible for the care of the gift.

Among the top 10 reasons for death in the United States, we have heart disease, cancer, strokes, diabetes, and suicide. All of these are cured by life style change. These are but the harvest of many years of poor decisions leading to poor health habits. They are the mistreatment of our health; physical, mental, and spiritual.

Many individuals, when they are concerned with health, they are only concerned with the physical health. But equally important is our mental and spiritual health. In fact I would have to say that you cannot enjoy physical health to its fullest privileges, without having mental and spiritual health. They are supremely intertwined. I know there are a lot of definitions of health, but I would like to give you my definition of what health is.

“Health is a bounce in our step, Joy in our heart, Praise on our lips. An attitude that life is good, our sleep is restful, our conscience is clear. Every person we meet, every challenge we face is but another opportunity to bring glory to God and blessing to others.”

Many I am sure can see that even in my definition there are many antidotes to sickness. And one religious writer who studied the Bible intimately highlighted 8 laws to health. They are: Godly Trust, Open Air, Daily Exercise, Sunlight, Plenty of Rest, Lots of Water, Always Temperate, and Nutrition. Although all are valuable and extremely important for optimum health, I would like to focus only on one today. That is **Godly Trust** or we could also call it **Faith in God**.

But the Faith I am talking about is not just intellectual accent that says “I believe” but does not translate it into action. It is not like the devil’s faith that believes and trembles, but does just the opposite of what God requires. No, it is a faith that works by love, purifying the soul. It is a faith that takes God at his word. One religious writer describes the reality of faith this way “Faith is the very life blood of the Soul. Its presence gives warmth, health consistency, and sound judgment. Its vitality and vigor exert a powerful, though unconscious, influence.” Test. Vol. 6 p.472

Without faith we have a very difficult time dealing with sorrow and grief, guilt and remorse, disappointment, and we tend to be more anxious, and discontented; all of which tend to

break down the life forces and invite decay and death...
MH p.241. Courage, hope, sympathy, love, are all by products of Faith that promotes health and long life. In Acts of the Apostles pg.126 it reads: "When the mind of man is brought into communion with the mind of God, the finite with the infinite the effect on the body, mind, and soul is beyond estimate." Brother Sister Mine, believe it, receive it, and then reveal it: "With a bounce in your step, joy in your heart, and praise on your lips. An Attitude that life is good, our sleep is restful, our conscience is clear. Every person we meet, every challenge we face is but another opportunity to bring glory to God and blessing to others." Let the people say Amen.