

## **The Good Life**

### **Part Three - Here's to Good Health**

#### **3 John 2**

Beloved I wish above all things that you prosper and be in health, even as your soul prospers.

- **The good life is a healthy life.**

#### **Romans 12:2**

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

#### **1 Corinthians 3:16**

Do you not know that you are God's temple and that God's Spirit dwells in you?

### **How to Work Toward Good Health**

#### **1. Let diet and exercise become part of your worship.**

##### **Isaiah 43:7**

"They are my own people, and I created them to bring me glory."

#### **2. Practice the concept of the Sabbath.**

##### **Exodus 20:8**

"Remember the Sabbath day, to keep it holy."

##### **Romans 14:5-6**

In the same way, some think one day is more holy than another day, while others think every day is alike. You should each be fully convinced that whichever day you choose is acceptable. 6 Those who worship the Lord on a special day do it to honor him.

#### **3. Develop your prayer life.**

##### **Philippians 4:6**

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

#### **4. Live worthy of communion.**

##### **1 Corinthians 11:27-30**

So anyone who eats this bread or drinks this cup of the Lord unworthily is guilty of sinning against the body and blood of the Lord. 28 That is why you should examine yourself before eating the bread and drinking the cup. 29 For if you eat the bread or drink the cup without honoring the body of Christ, you are eating and drinking God's judgment upon yourself. 30 That is why many of you are weak and sick and some have even died.

**Proverbs 14:30**

Peace of mind makes the body healthy, but jealousy is like a cancer.

**5. Claim God's promises.****Exodus 15:26**

"I am the LORD, who heals you."

**Isaiah 53:5**

By His stripes we are healed.

**Exodus 23:25**

If you worship me, the LORD your God, I will bless you with food and water and take away all your sicknesses.

**Psalms 91:10**

No evil will befall you and no plague will come near your dwelling.

**6. Call on the elders when needed.****James 5:14-15**

Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. 15 Such a prayer offered in faith will heal the sick, and the Lord will make you well.

• **Good health comes from a good God.**

**James 1:17**

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

**Job 19:25**

I know that my redeemer lives, and that in the end he will stand on the earth.