

The Healthy Life

What is health?

Does being healthy preclude us from dying? Heb. 9:27; 1 Cor. 15:53-55

What are some things every Christian should be doing to improve their health?

- ❖ Let go of bitterness – Heb. 12:14-15 (MSG)
- ❖ Let go of negative confessions and learn to think positive – Phil. 4:8
- ❖ Let go of unconfessed sin – Psa. 32:3; Pro. 28:13
- ❖ Let go of fear
- ❖ Let go of evil and cling to God – Pro. 3:1-8. 1 Pet. 3:10-17

- ❖ Learn to live
 - Don't be so afraid to die that you forget to live – John 10:10 1 Cor. 15:26.
 - Save, but live – Ecc. 3:2; 1 Tim. 6:17-18
- ❖ Learn to love – 1 Cor. 13:13; 1 John 4:19; Col. 3:14; Rom. 8:28

- ❖ Learn to laugh
 - God laughs when your enemies think they can trap you – Psa. 2:1-4; Psa. 37:13
 - Laughter is medicine – Pro. 17:22
- ❖ Learn to cry
 - Crying is not a sin – Ecc. 3:4
 - Cry for help – Psa. 34:15
 - You can cry and still hope in the Lord – Psa. 126:5-6
 - Cry of despair –
 - For believer, God will answer and turn to joy – Psa. 126:5-6; Psa. 30:5; Rev. 21:4
 - Ultimately for the unbeliever, will go unanswered for eternity – Matt. 13:42, 49-50
- ❖ Learn to dance –
 - It is symbolic of the goodness of God in your life – Psa. 30:11
- ❖ Learn to rejoice – Jer. 31:13; Phil. 4:4; Prov. 15:13-15

- ❖ Learn to rest – Mat. 11:28-30; Psa. 37:7; Mark 6:31; Psa. 91:1-2
- ❖ Learn to go to sleep – Psa. 3:5; 4:8-9

The Healthy Life – Part 2: Healthy Service

Preparation through temptation

- ❖ A healthy body without a healthy soul and spirit is useless – 1 Tim. 4:7-8
- ❖ We must ensure that our spirit man is built up – Luke 4:1
- ❖ The devil seeks to exploit your physical condition to eliminate your spiritual potential – Luke 4:2 (MSG)
- ❖ After passing the test, we can not become stagnant because its only a season – Luke 4:13

A Healthy Perspective on Who You Are

- ❖ You must know God's Spirit is on you – Luke 4:18
 - You are anointed to function in your calling – Luke 4:18-19
- ❖ You can't take it personal – Luke 4:23-24
- ❖ You must know your assignment – Luke 4:25-27
- ❖ You don't have to prove anything – Luke 4:28-30; Mat. 10:11-15

Ministry at the Meeting Place

- ❖ Many of us think that ministry is confined to the building but don't understand that we bring ministry to the building
- ❖ Our most effective ministry often happens after seasons of testing
 - Notice how Jesus came out of the wilderness – Luke 4:14-15

Jesus at Simon's House

- ❖ We can't pour out to others and have nothing left for our own homes – Luke 4:38
 - Simon took Jesus home with him
 - Confronted with a high fever attacking his mother-in-law
 - High fever – *puretos*: inflamed, that is, (by implication) feverish Strong's Hebrew and Greek Definitions
 - Peter called on Jesus – Luke 4:38-39
 - Asked Jesus for his mother-in-law – 1 Tim. 2:1; Job 42:10; Rom. 12:12
 - Jesus dealt with the fever – Luke 4:39

Move from fever to fervor (Luke 4:39)

- ❖ Simon's mother-in-law immediately went to serving God with fervor after she was healed of the fever. What is our excuse? Rom. 12:11
- ❖ She immediately ministered (*diakoneo*:to be an attendant, wait upon, minister, serve) Strong's Definitions
- ❖ Read Psa. 103:1-5

Jesus healed all that they brought to Him (vs. 40-41)

- ❖ Laying on of hands was an act of blessing in Judaism. Jesus healed them by blessing them...
- ❖ Vs. 41: devils also came out of many – Mark 1:34, 3:11; Acts 8:7
- ❖ Jesus wouldn't allow the devils to speak – Mark 1:25, 34; 3:11

Everyone may not have been demon possessed (vs. 41)

- ❖ Laying on of hands was an act of blessing in Judaism. Jesus healed them by blessing them...

NOTES

The Healthy Life – Part 3: A Healthy Perspective on the Church

What is the Church?

- ❖ The Church is the Body of Christ – Eph. 1:22-23
- ❖ The Church is a representation of the Kingdom of God in the earth

Principles concerning the Church

- ❖ The Church is not a building but uses them to assemble – Rom. 16:5
- ❖ Jesus set the standard for how important the Church is – Mat. 16:18; Eph. 2:20-22
- ❖ The Church should be revealing the wisdom of God – Eph. 3:10
- ❖ The Church has many members to the Body – Rom. 12:5, 1 Cor. 12:12
 - They all are a part of the same Body but don't have the same functions – 1 Cor. 12:27; Eph. 4:11-16
- ❖ The universal church and the local church
 - Universal – all believers in Jesus Christ – 1 Cor. 12:13
 - Local – Gal. 1:1-2
- ❖ Just as there are medical specialists for the natural body, so it is for the Body of Christ
- ❖ The Body should not attack itself
 - Christ is not divided – 1 Cor. 12:13; 2 Tim. 2:23
 - Division separates the Body when we are most powerful together in unity – Mat. 18:20; Heb. 10:25; Eph. 2:19-22; Gal. 5:15
- ❖ The Blood must flow through all parts of the Body
 - Even in the natural there are consequences to poor blood circulation
 - A weakened walk from weakening muscles
 - Pins and needles sensation on your skin
 - Paleness (fading)
 - Cold extremities
 - Numbness
 - Swelling
 - Some causes of poor blood flow:
 - Clots or narrowed blood vessels – 1 Tim. 5:18; Rom. 10:17-21
- ❖ There must be a standard of behavior in the Church
 - The Body seeks to please God – 1 Pet. 2:5
 - Our conduct – 1 Tim. 3:15; 1 Cor. 6:19-20
 - There must be order – 1 Cor. 14:26, 40; Ecc. 3:1-8; 2 Cor. 12:20
 - All, including leaders, should operate in order – Tit. 1:1-11

- Respect for leadership – Heb. 13:17
- We should be maturing spiritually – Eph. 4:11-16
- ❖ The Body of Christ must be devoted – Acts 2:42-47

- ❖ Thriving should be the norm and not the exception
 - Thriving spiritually – 3 John 2
 - Thriving and growing – 2 Pet. 3:18; John 10:10

Some things to think about...

- ❖ What has been accomplished by believers tearing down each other in the world? 1 Cor. 6:1-8 (MSG)
- ❖ Who gets the glory when the church fight – James 4:1-7; Mat. 5:21-26; Eph. 4:31
- ❖ You can be “relevant” to the world but lost to God – 1 Cor. 3:16-18 (MSG)
- ❖ If the Church was not important, why does the devil attack it so much?
 - In the media – Eph. 2:2
 - In people’s hearts – Mat. 24:12
 - In divisive schemes and tactics
 - By accusations (Rev. 12:9-11) and pointing out the failures of parts of the Body yet not acknowledging
 - God will hold each of us accountable – Jer. 23:1-2; Luke 17:1-4; 2 Cor. 6:3

- ❖ It’s not church or community – it’s BOTH – Gal. 6:10

- ❖ We must maintain a faithful balance -
 - Ministry starts at home – 1 Tim. 5:8; 1 Tim. 3:4-5; 1 Pet. 3:1-2
 - Married? Also read Eph. 5:21-25; 1 Cor. 7:1-7
 - We need to reflect before blaming
 - We must be heard in our communities

- ❖ Excuses won’t matter when you stand before God
 - Unfaithfulness to your calling – 2 Tim. 2:15
 - We can not afford to waiver in our commitment to Christ and His Body – Rom. 12:11
 - The world won’t be our excuse – 1 John 2:15-17; Col. 3:1-3

The Healthy Life – Part 4: Healthy Relationships

Covenant Matters in The Kingdom of God

- ❖ God desires us to have a covenant relationship with Him – Gen. 9:11; Jer. 31:31-34, Mat. 26:28; Heb. 8:6, 9:15, 13:20-21
- ❖ What should be with us – 2 Cor. 13:14
 - Grace of the Lord Jesus Christ
 - Love of God
 - Fellowship of the Holy Spirit
- ❖ Church covenant
 - Goes back to what's the standard – 1 Cor. 5:1-13
 - How do we deal with conflict among believers – Mat. 18
 - How do we pick each other up – Gal. 6:1-18
 - How do we hold each other accountable – 1 Tim. 5:20
 - Our covenant with God should reflect in how we treat others and each other – Heb. 13:1-25
 - We should have a sense of urgency – Heb. 13:25
- ❖ We should know those among us – Acts 2:42; Acts 6:3

Covenant Friends vs Convenient Acquaintances

- ❖ What is a covenant friend? 1 Sam. 18:3, 1 Samuel 20:12-13
- ❖ You are blessed to have covenant friends so appreciate them
- ❖ Everyone crying friend is not a friend – Psa. 55:12-21 (KJV & MSG)
 - They show up in your prosperity but disappear in your persecution
 - They speak smooth words, but their hearts are full of mess – Pro. 26:23-28
- ❖ Know the limitations of relationships
 - Helps frame expectations
 - Helps eliminate unnecessary frustrations
 - Know the difference between friends and companions – Pro. 18:24
- ❖ True friendships require work and selflessness
- ❖ Godly friends and those concerned about you help you get closer to Jesus