

Kevin Tregenza: Biblical Principles for Health (22/9/18)

The Bible is full of principles for spiritual health; but, the God who cares so much about us also provided principles for physical health.

Today I will talk about a few of them.

1. Rejoice in the Lord!

Nehemiah 8:9,10 - "Weep not... for the joy of the Lord is your strength!" In the middle of the Old Testament we find these verses which, even though the situation could easily have been one for weeping, counsel us to rejoice because God is our strength when things are tough.

Philippians 4:4 - "Always rejoice in the Lord!" Paul says. Just remember that the context for this statement is that Paul & Silas were in a dreary dungeon.

Proverbs 17:22 - A merry (happy) heart has an effect as of medicine. Negativity has the opposite effect upon our health.

James 5:13 - The Biblical definition of 'merry' = to sing psalms.

Colossians 3:15 - 'Let the peace of God rule...' What a statement! We can rejoice when we allow God's peace to rule (as with Paul and his companion in the dungeon).

Isaiah 30:15 - Quietness and confidence = strength.

Isaiah 32:17 - Echo of 30:15

Ecclesiastes 5:12 - If we are applying the principle of rejoicing, and work hard, we will sleep well.

Psalms 4:8 - Rejoicing, Peace, and Trust cooperate for good health.

Hebrews 12:14 - "Pursue peace with all men!"

Psalms 34:14 - We are commanded to "seek peace and pursue it."

Matthew 5:9 - And encouraged that "blessed are the peacemakers."

Mark 9:49,50 - Peace is like salt! It improves life. (Just as salt becomes part of our bodies when it is digested, so we are to have peace become part of our lives).

Philippians 4:4-8 - The recipe for peace (the peace of God).

What we put in, comes out, so we should 'guard carefully the avenues of our souls.'

John 15:5 - "Abide in Me."

Colossians 3:15-17 - Rule = supreme authority. Does the peace of God rule in your hearts?

An attitude of gratitude is a healing principle. (Even when things are bad, we still have things to be thankful for. Jesus' life, death, resurrection, ministry, etc is cause for rejoicing).

2. **Avoid Distorted Thinking!**

John 11:47,48 - Example of distorted thinking...

Galatians 6:7 - Evil (distorted) thoughts reap evil (distorted) actions.

Zechariah 7:10 - "Let none of you imagine evil against his brother in your heart."

Zechariah 8:17 - God hates it when our thinking is distorted.

Meta-cognition - evaluating our thinking (Psalm 139:23,24 - Ask God to evaluate your thoughts).

James 4:11 - Don't speak evil (distorted) things of anyone else.

Titus 3:2 - Don't speak evil (distorted) things of anyone else.

Proverbs 16:24 - Pleasant words are sweetness and health.

3. **You Must Be Born Again!**

Cognitive Behavioural Therapy - we can choose to be a person. This act of choosing to be a new kind of person is a means by which we have the decisive power to overcome bad habits.

Romans 12:21 - Overcome evil with good.