

Second Sabbath.

## WHY HEALTH?

### INTRODUCTION

The Biblical concept of life is very broad. God is concerned with the whole human being. The ancient Greeks considered the Body and the Spirit as two separate and distinct entities. The Bible teaches that Man was created by God as a Physical, Mental and Spiritual Being. Happiness can only be found when these three aspects of his life are harmoniously developed.

A God created humans with a perfect body, but it was deteriorated by sin. The first human beings lived close to ten centuries, or a thousand years, but today's life expectancy doesn't even reach one century, or one hundred years. Back in those days, the diseases we see today were not known. Sin has ruined that perfect body that was created. It has deformed and decomposed it. But God is still concerned about the health of His children.

The Apostle John says: "*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*" (3 John 2) Here is life's complete concept. God wants His people to have prosperity in "*all things*". Salvation deals with, not only the eternal life that we shall receive when Jesus returns, but also with our present life. As we accept Jesus as our Savior, we begin to enjoy the blessings of Salvation here on Earth. We begin to enjoy a closer and happier family, a better organized financial life, a different outlook on life that leads us to walk in victory. But John adds: "*be in good health*". All the other blessings from God would be worthless if we didn't have health to enjoy them.

B. It is important to understand that the gift of health is not because of a supernatural intervention by God. There is a road for us to follow: *“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His Commandments, and keep all His Statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians... (Exodus 15:26).* We find a **Promise** in this text. *“I will put none of these diseases upon thee, which I have brought upon the Egyptians”* And there is also a **Condition**: *“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right He wanted the people to reach the promised Land in His sight, and wilt give ear to His Commandments, and keep all His Statutes”.*

Moises is referring to the health laws God had given His people. The Lord was concerned about the people He had freed from Egypt. He wanted the people to arrive at the Promised Land in good health.

Something similar occurs with us. We were one day delivered from the snares of the Devil, and began our journey toward complete salvation at Christ’s return. Now, the question is: If we can be saved through Christ and live a healthy life, why should we be saved and live a sickly existence?

C The Apostle Paul also affirms: *What? Know ye not that your body is the Temple of the Holy Ghost which is in you, which ye have from God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”* (1 Corinthians 6:19-20). The Spirit teaches, guides, comforts, orients, counsels and

rebukes. But in order to be able to realize its functions, He must live within us. Our body is His Temple. How should we care for the Lord's Temple?

In Moises' time, the People brought the best they had for the construction of the Temple. Again the same thing occurred in Solomon's time. God always expected the best, and the people always offered the best. But in Malachi's time, the People used to bring just about anything as an offering, and the Lord complained: *"A son honoreth his father, and a servant his master: If I be a father, where is mine honour? And if I be a master, where is my fear? saith the Lord of hosts unto you, O priests, that despise my Name. And ye say, Wherein have we despised thy Name? -Ye offer polluted bread upon mine alter: and ye say, Wherein have we polluted thee? In that ye say, The Table of the Lord is contemptible. -And if ye offer the blind for sacrifice, is it not evil? And if ye offer the lame and sick, is it not evil? Offer it now unto thy governor; will he be pleased, or accept thy person? Saith the Lord of Hosts."*  
(Malachi 1:6-8).

These are harsh words, but this is the way God feels when we offer a sick body for the Holy Spirit to live in. While we sojourn through this world, we get sick due to many causes and reasons; not solely for having forfeited Divine recommendations. Some have inherited genetic conditions for which they have no fault nor blame. Others are victims of the pollution in the contaminated world we live in. But if we have heeded God's divine counsels in regards to our health, and still get sick, we can find comfort in knowing that our suffering is not consequences of our disobedience.

CONCLUSION

It is never too late to begin anew. Today is the day of good news. Today is the day to live healthily, and to enjoy the Salvation our Lord offers.