



NO LIMITS

WITH PASTOR DELMAN



IT IS WELL
WITH MY SOUL

S E R M O N G U I D E

It Is Well With My Soul

3 John 1:1-3

INTRODUCTION

If you listen to many Christian preachers, the impression is given that if you can just come up with the right formula in prayer, God will grant you the blessing you want and the health and healing that you need. And while I certainly believe in healing, I do not believe that God's divine healing ought to be the starting point for thinking about a healthy lifestyle. To optimize good health and to live the abundant life that Christ offers, we must practice what we pray for. After Jesus forgave, freed, or healed the woman caught in adultery, He told her to go and not keep doing what she had been doing. The same is true for us if we want to be healthy, if we want to be well. So how do we get well? That's what we're going to dive into today.

KEY POINTS

1. We Need A Holistic View Of Spirituality

In our community today, we have built the foundation of our faith solely on the spirit, where our very existence hinges on the expressions of the spirit. But what we ignore is the fact that the spirit is housed in the body, and in order for the spiritual expressions to flourish, we must take care of another gift, and that's the body.

I agree with Dr. Joel Tudman that tragically the body isn't valued in the church until it becomes frail or fails, and once that happens, then we go into action engaging in prayer and supplication trying to revive the body. We've done a disservice to ourselves by disregarding the gift of the body. We worship, we serve, we preach, we sing, we praise, but we struggle to see how caring for the temple in which the spirit is housed relates to the Kingdom. This has to change if we want to be well.

2. Rediscover God's Word Concerning Health

The soul needs to be fed God-affirming thoughts like God is our Father, and we are His children and because of that, we are joint heirs. He is a loving father, and because of that, we are provided for and not alone. Jesus is our Savior and because of that, we are forgiven and free from guilt and condemnation.

NOTES

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Your soul needs to be fed affirmations like I belong, I have a family, and I'm wanted. The soul needs positive connections. Research suggests that the quality of your relationships impacts your emotional and mental well-being. Continuing to be around people who drain you, cause you stress, and keep the drama going is toxic to the soul.

Instead, the soul needs words that are in line with God's purpose, will, and plan for our lives. Words like, I'm blessed, favored, anointed, chosen, redeemed, saved, delivered, healed, free, protected, changed, strong, and victorious. And the only way for the soul to hear these things is by diving into God's Word on a consistent basis.

3. Let's Practice Prevention

Do you know how they defeated cholera in Europe in the 19th century? One man, John Snow, observed that those who pumped water from the Broad Street pump tended to get cholera, but those who took their water from other pumps did not get it. He knew nothing about germs, bacteria, and polluted water, but he removed the handle from the Broad Street pump, and because he did, many did not die.

He used the logic of prevention. If you stop people from doing what leads to cholera, you will stop cholera. Prevention is one of the great powers of life. Some things cannot be cured, so they have to be prevented. And we have to have this mentality if we're going to be healthy in all aspects of our lives.

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QUESTIONS TO CONSIDER

1. How is your health right now? Physically? Mentally? Spiritually? Emotionally?
2. What are some ways you need to practice prevention when it comes to your health?
3. How often are you spending time in God's Word each week? How can you make more time to spend reading Scripture?
