



Sermon Series: Real Faith for Real Life

Sermon Title: Trust and Health

Date: 9/27/2026

Trust God's goodness. Pray for healing. Care for your body.

What does it actually look like to trust God when it comes to your health? Does it mean you don't go to the doctor? Does it mean if you pray hard enough, God has to heal you? Does it mean you're supposed to feel peaceful all the time and never be scared? No. Psalm 103 gives us something better than a formula. It gives us David - a man speaking to himself about who God is. From it we see what it looks like to trust God with your health, regardless of where you are right now.

1. Remember What Is True

David opens Psalm 103 by talking to himself - not to God, but to his own soul. Praise the Lord, my soul. He is commanding his own heart to remember, because we forget. When you're healthy, it's easy to forget that walking without pain and sleeping through the night are gifts. When you're sick, it's easy to forget that God hasn't changed. The diagnosis might be real. The worry might be real. But God is still the same God he was the day before you got the news.

In **Psalm 103:3-4**, notice the order - forgiveness comes before healing. A body can be completely healed and a soul can still be lost. Some read verse 3 and turn it into a formula, as if more faith means more healing. That's not what David is saying. Paul asked God three times to remove his thorn in the flesh, and in **2 Corinthians 12:9** the answer was: My grace is sufficient for you, for my power is made perfect in weakness. Psalm 103 isn't a guarantee every believer gets healed in this life. **Proverbs 3:5 says trust in the Lord with all your heart and lean not on your own understanding.** Faith was never about having all the answers. Faith is trusting the one who does.

2. Bring Your Weakness To God

In **Psalm 103:13-14**, David reminds himself to bring his weakness to God - not just know the right things about him. God is not frustrated that you're human or disappointed that you get tired and sick. He knows how you're formed - and that includes your mind. Getting help, whether that's a counselor, a doctor, or medication, isn't a lack of faith.

Romans 8:26 says when grief runs too deep for words, the Holy Spirit intercedes on your behalf. You don't need the right words. In **3 John 2**, John prays for his friend to enjoy good health - praying for healing isn't selfish or unspiritual. Pray for the surgery, the scan, the medication, the doctors. Prayer isn't handing God instructions. It's bringing your need to a God who loves you and sees what you can't see. Faith isn't certainty about what's going to happen to your body - it's confidence in the God who holds you no matter what happens.

3. Care For What God Gave You

Proverbs 3:5-8 connects trusting God with caring for what he gave you - wisdom for how life generally works, not a guarantee for every individual case. In **1 Corinthians 6:19-20**, Paul says your body is a temple of the Holy Spirit - you were bought at a price, therefore honor God with your body. Don't ignore the doctor. Take medication as prescribed. Rest when your body needs it.

For some, doing your part won't look like getting stronger - it'll look like accepting help or admitting today is a hard day. Faithful stewardship is not the same as perfect health. Your part was never the healing - that's God's. **Habakkuk 3:17-18** says even when everything is gone, I will be happy with the Lord. That's worship not dependent on the outcome. One day each of our bodies will fail - that's not a lack of faith, it's what it means to live in a fallen world. But **Philippians 3:20-21** says Jesus will transform our lowly bodies to be like his glorious body. Disease doesn't get the final word. Pain doesn't get the final word. Jesus does.

Discussion Questions

1. David commands his own soul to remember what God has done (Psalm 103:1-2). What is something God has done for you that you need to stop and remember right now?
2. Psalm 103:14 says God remembers we are dust - he is not disappointed by our fragility. How does knowing God moves toward you in weakness change the way you bring your health struggles to him?
3. Paul's thorn in the flesh was not removed despite his prayers (2 Corinthians 12:9). How do you hold together praying boldly for healing while trusting God when the answer is not what you hoped?
4. 1 Corinthians 6:19-20 says your body belongs to God. What does faithful stewardship of your body look like practically in your current season?
5. The Big Idea is: Trust God's goodness. Pray for healing. Care for your body. Which of those three is hardest for you right now, and why?