

Hot Topics
Marriage and Family Edition
Health in the Home
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As believers and as the church, we should be a light and a witness to the community and the world around us as it pertains to our health.

Scripture: Genesis 2:7 (ESV)

“...then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.”

Scripture: I. Thessalonians 5:23 (ESV)

“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.”

In the formation of man, God created us body, soul, and spirit.

You don't just have a spirit, you aren't just a soul, you don't just live in a body, but all three make you, you.

All three go together, work together, and affect each other.

Three Aspects of Health in the Home

1. Spiritual health.

Scripture: I. Timothy 4:7-8 (ESV)

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; ⁸for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Christlikeness is spiritual health.

2. Emotional/Mental health.

Emotional/Mental health has been historically taboo in the church.

The church has historically focused solely on our spirits, while neglecting body and soul.

3. Physical health.

“Do not be conformed to the patterns of this world, but be transformed by the renewing of your mind.” (Romans 12:2)

“If you will diligently listen to the voice of the LORD your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer.” (Exodus 15:26)
What are you putting into the temple of the Holy Spirit?

You can't minister without a body!

If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple. (I. Corinthians 3:17)

Health in the church begins with health in the home!