

Encounter Church  
Wednesday 14th 2026

## HEALTH

**THE ENCOUNTER CHURCH MISSION STATEMENT: Encounter Church is offering hope, health and healing to a hurting world!**

Health: Some may be wondering about the order hope, health, and healing. And why health comes before healing. You would think you would achieve health only once you have been healed. But that is the order for our spiritual walk, and that is because

Hope= What's in our heart and mind  
Health= Our everyday choices and decision  
Healing= Jesus's part

Our health is the result of our choices. Our health is the result of our choices. Both healthy and unhealthy. It isn't shaped by one major decision, but by millions of small choices made over time.

Galatians 6:7-8 NKJV

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

Sometimes we continue making unhealthy choices because the consequences don't appear until much later. Whether a decision is healthy or unhealthy, its results often aren't seen right away.

### Unhealthy to Healthy

One reason staying spiritually healthy can be so difficult is that we try to become healthy in our own way or return to how we used to be, and in doing so, we miss what God is trying to do. Often, when we become unhealthy, getting healthy again doesn't look like it did before or like what we imagined.

We often imagine restoration as returning to exactly how things were before, but the truth is that restoration may look very different. Take Job, for example. We know that everything was taken from him, and we also know that God restored him with twice as much as he had before. However, the Bible doesn't explain exactly how that restoration happened. There is a strong possibility that God did not bring back what was dead, but instead gave Job something entirely new. Even though Job was restored, it likely looked different than it had before.

### Conclusion

In our spiritual walk, hope shapes what we believe. Health comes before healing because health is where our daily obedience and choices meet God's work. Health is lived out through the decisions we make each day, and healing is ultimately accomplished by Jesus. While healing is God's part, health is our responsibility, formed over time by what we sow into our lives. When we make unhealthy choices, the consequences may not appear immediately, but they eventually take root. In the same way, choosing to sow into the Spirit produces lasting life.

Moving from unhealthy to healthy is often difficult because we want restoration to look like the past. Yet God's restoration is not about returning to what once was—it is about creating something new. As seen in Job's life, restoration does not always mean receiving back what was lost, but receiving what God knows is best. When we trust God's process and align our daily choices with Him, we open the door for true spiritual health and lasting healing, even when it looks different than we expected.