

# *Adventures in God*

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## **I Believe in Healing. Why Am I Not Healed?**

### **Chapter 8 - Physical Aspects of Walking in Health**

This chapter discusses the importance of considering physical habits like diet and exercise for maintaining health, acknowledging that while spiritual well-being is crucial, God also cares about our physical bodies.

It explains that overwork and neglecting rest can lead to health issues, using the example of Epaphroditus and the Japanese concept of "Karoshi".

The chapter further emphasizes the necessity of regular rest, drawing from the biblical example of the Sabbath, and highlights the components of a healthy lifestyle, including proper nutrition and exercise

It covers our three-fold immune system and how to keep strong and balanced as well as some pillars of health.

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# I Believe in Healing. Why Am I Not Healed?

## Physical Aspects

### Introduction

In this chapter, we will explore the physical aspects of walking in health and examine the Biblical perspective on how our lifestyle, choices, and habits can affect our health.

Jesus healed many people during His ministry on Earth, and we covered some of these examples earlier in the book. In His healing ministry, He didn't mention what people ate or their exercise habits. He focused on the spiritual side of healing.

The spiritual side is most important, but God is interested in our whole lives. He made us three parts, spirit, soul, and body—and all are important. Though Jesus didn't go into these things in His healing ministry, He spoke much in other places on lifestyle, diet, how we think and act, and other areas of life which can affect our health. But we won't speak of these here.

Though the spiritual part of us is most important, our physical health doesn't depend only on our spiritual well-being. There are physical aspects and mental and emotional aspects that also pertain to our health.

People in church circles who believe in healing emphasize that God still heals as Jesus did. But even in these places, people are as sick as those in the world. So, there is something we have been missing. There is more we need to understand.

If you want to walk in health, then you will have to consider that God not only provided healing by faith but is also interested in your lifestyle, what you eat, and your exercise habits.

God created the physical world and the natural laws governing it before He made man.. Then He formed man's body. After this, He put a spirit into the man. We are spiritual beings, but we were designed to live in the natural, physical world that God made.

When the New Testament speaks of hating the world, it isn't speaking of hating our natural lives on earth. What God created in the world is good. It is speaking of hating the culture of the world, which is anti-God.

Putting faith in Jesus as your Healer and what you believe about healing can override many bad eating and exercise habits for a time. You can be healthy and stay healthy through faith if your spiritual life

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is strong enough. God mercifully heals us, even when our sickness stems from our own poor choices in areas of eating and health habits.

I have heard stories of people who got cancer, and the Lord revealed to them they got it because they ate too much junk food. They had to correct this to be healed.

There was a man who used to say it is better to eat junk food in faith than health food in fear. I agree with this, but this man died way before his time. So maybe it is better to eat healthy food in faith.

Even the world apart from God has learned much in modern times about health and exercise and what we should eat and what we shouldn't eat. We know much more than people did in Bible days. The medical profession has come a long way since then.

God gave us this increased knowledge so that we can be healthier. He doesn't want people to be sick or live a life of infirmity or pain or die early. He revealed more about health because He wants us to apply the revealed knowledge.

He expects us to eat the best we know, exercise the best we can, and trust Him for our health. Since a human being has three parts: spirit, soul, and body. We need to deal with each of these areas for the best results.

## Three-Fold Immune System

*“Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.”*

*1 Thessalonians 5:23 (NASB)*

God desires our complete sanctification—spirit, soul, and body. Many believe our spiritual well-being far outweighs the other parts of our being and is something separate from the rest of our lives. They separate their religious life from their daily life.

But God created the whole man and cares about each part of us. He doesn't want us to focus on the spiritual side of life and neglect the rest. The Bible is full of instructions for all aspects of life. It isn't scriptural to focus only on our spiritual lives.

All parts of our being, spirit, soul and body are designed to work together. If one part is out of balance, it will affect the other parts.

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God's interest in us is more than that we get saved and go to heaven. He also cares about our souls, our minds and emotional lives, as well as our bodies. His plan of salvation covers all three parts of our being.

We have a lifetime on earth that we live. We don't get saved and go instantly to heaven. God wants us to live a good and abundant life on the earth He has made. God has given many instructions for being successful in all parts of our lives.

I want to talk a little about our immune systems. What is an immune system?

An immune system is a complex network of cells, tissues, organs, and substances that help the body fight infections and other diseases.

There are three aspects to your immune system—just as you are three parts. You have a spiritual immune system, a soul immune system (mental/emotional), and a physical immune system.

These three are all connected and influence one another. But let's break them down to help us understand how they work. This can help you know if one area of your being needs more attention than the others.

## Physical Immune System

The simplest immune system you have is your physical immune system. This is all many know about. Many things can affect your immune system's ability to keep you healthy.

Diet (including supplements) and exercise strengthen the physical immune system, while overwork, ignoring common-sense health habits, and poor dietary choices like excessive junk food, smoking, or other harmful substances weaken it.

When your physical immune system weakens, illnesses and diseases you are exposed to are more likely to affect you.

## Soul (Emotional or Mental) Immune System

Most people understand that negative thoughts and emotions, such as: worry, fear, guilt, shame, depression, prolonged grief, unforgiveness, and other stresses can weaken the soulish immune system.

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*“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”*

*Philippians 4:8 (NASB)*

The kinds of thoughts on this list, things that are true, honorable, right, pure, lovely, or good repute, anything worthy of praise, excellent things, will keep your mental and emotional life strong. I am not speaking here of thoughts that pass through your mind, but the thoughts you dwell continually on.

Harboring thoughts contrary to the ones on this list will stress your immune system and leave you more susceptible to disease and sickness.

Our bodies were not designed to carry stress. Stress is harmful to many of its functions. Negative thoughts and the emotions they carry block your body from working right. It is as though they create a negative vibration or frequency that can adversely affect your health.

This is becoming clearer in the medical world, but the Bible has taught it all along. We are just catching up to God’s revelation.

Believing and thinking lies about God, about yourself, about life, and about healing will have a major effect on your soulish immune system and, as a result, on your health.

The soul’s immune system is more powerful and overrides your physical immune system. Even if you are eating right and exercising, if you are not managing your thoughts and your emotional and mental life, things are more likely to wrong with your body.

When exposed to sickness, a strong positive emotional and mental life can keep you healthy and pull your physical immune system back into health.

We will cover the mental and emotional aspects of health more thoroughly in the next chapter.

## Spiritual Immune System

This is the most important immune system you have. Though all parts of our being are important, the spiritual side is most important in staying healthy.

As long as your spirit is strong, it will carry over into the other areas. When you are strong in spirit, you have the strength that can override physical attacks in your body and in your mind.

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If you believe in your heart the truth of God's healing and other promises from the Word, this faith can ward off attacks to the soulish and physical immune systems and keep you healthy—even if you are not doing as well in your natural physical habits and thought habits.

If your faith is strong enough in God and the healing He has provided, it will prevail over everything else, and you can withstand sickness and walk in health—even if the other areas of your life are not in balance. Sadly, though, very few are this strong in faith for healing.

We covered God's provision for healing and how to walk in it in the first few chapters. This chapter will cover what the Bible says about some things that can weaken your body. We will also cover some commonsense health habits.

## Overwork and Pushing Your Body

We are looking in the Bible for specific instances where people were sick because of physical habits. The first place we are going to look is in the book of Philippians.

*“Because he was longing for you all and was distressed because you had heard that he was sick. For indeed he was sick to the point of death, but God had mercy on him, and not on him only but also on me, so that I would not have sorrow upon sorrow. Receive him then in the Lord with all joy, and hold men like him in high regard; because he came close to death for the work of Christ, risking his life to complete what was deficient in your service to me.*

*Philippians 2:26-27, 30 (NASB)*

This passage talks about a guy named Epaphroditus. People who believe in healing get confused about him and wonder why he was sick if healing is for us all.

That seems kind of silly to me. Many people are sick, even though it isn't God's best for them. And the Bible is plain on why he was sick. He was sick because of the work of Christ, because of not regarding his life for the sake of the Gospel.

He was sick almost unto death because of working too hard, but God had mercy on him—which implies God healed him.

It seems the Philippian church had failed to support Paul properly while serving them. Epaphroditus saw the need and worked beyond his strength to make up for the lack. But it was too much for him. He broke down physically and almost died. God spared him.

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Many Christian ministers and workers think their work for Christ is more important than caring for their bodies. They push themselves beyond common sense. They may believe for health, but they are breaking natural laws. When people go beyond their strength, it opens the door to sickness, weakness, and premature death.

A common belief in the church world has been that it is spiritual for a minister to overwork and it is a good thing to neglect other parts of life for the sake of the Gospel.

Many totally burned themselves out without regard to rest or other natural things that also needed to be done. This has had some devastating effects on families as well as on the health and longevity of Christian workers.

We have become more balanced in our beliefs in these areas in recent years. Most people have corrected now realize that we need to take care of ourselves to have strength and health to care for others.

I think this is what Epaphroditus did. He pushed his body so hard that he became sick.

Some say, “I have to have three jobs to make ends meet,” and maybe you do, but if you continue to work at that level your body is going to rebel, and you could get sick or just get so tired that you can hardly do anything. You could even die early.

If you continue to push your body too hard, whether at your job or in spiritual matters, if you’re a workaholic and you work night and day, you may not get sick right away, but you’re opening yourself up so that at some point sickness can get into your body because of the overwork. God didn’t design our bodies to withstand such stress.

There is a Japanese word for this. A strong work ethic characterizes Japanese culture. This is positive, but it can be excessive. They call it “Karoshi,” which translates to “death from overwork.” It is a term relating to occupation related sudden death. The most common medical causes of Karoshi are heart attacks and strokes because of stress and malnourishment or fasting.

## The Importance of Rest

The Bible emphasizes the importance of resting one day a week. That is why God gave the Sabbath in the Ten Commandments.

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God instructed His people to work for six days and rest on the seventh day, setting an example for us to follow. While we are not under Old Testament laws, the principle of rest stays crucial for our physical health.

*“Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God; in it you shall not do any work, you, or your son, your daughter, your manservant, your maidservant, your domestic animals, or the sojourner within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. That is why the Lord blessed the Sabbath day and hallowed it.”*

*Exodus 20:9-11 (NASB)*

God gave us the Sabbath to rest our bodies. We no longer under a law to keep the Sabbath, but God created our bodies for a day of rest every week. If we don't take this time to rest, we open the door to sickness and disease, premature aging, and death.

God made man and set up these laws for a purpose. What is that purpose? The human body needs rest to stay strong and healthy.

*“Jesus said to them, the Sabbath was made for man, and not man for the Sabbath. So, the Son of Man is Lord even of the Sabbath.”*

*Mark 2:27-28 (NASB)*

In the Old Testament, keeping the Sabbath was given as a commandment, but in the New Testament, Jesus revealed more about the purpose of the Sabbath.

When Jesus healed on the Sabbath, they accused Him of breaking the Sabbath. They had taken a law that God gave for their good and made it into religious bondage.

Jesus taught that the Sabbath was given for man's benefit, not man for the Sabbath.

Though we are no longer under a law of the Sabbath, we still need to take heed of the purpose of the Sabbath. We need a day of rest. Seven days of work a week are not what our bodies were designed for. The human body cannot hold up under too much work.

When I was a kid, stores were closed on Sundays because everybody kept the Sabbath. Sundays were for church, family, and rest.



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I don't think you need to take your Sabbath on a Sunday, but I think if you want to be healthy and follow what God set motion when He made your body, you need to have a regular rest every week. If you don't, it will catch up to you in time.

It is a known fact that people who are workaholics, people who push themselves too hard, have a greater likelihood of having a heart attack and other serious diseases. Many of these people have high level, high-stress jobs and have not learned to deal with stress. We will cover more on dealing with stress in the next chapters.

## Pillars of Health

Don Colbert, a Christian doctor, outlines seven key pillars of health, including:

- Water.
- Sleep and rest.
- Living food.
- Exercise.
- Detoxification.
- Supplements.
- Coping with stress.

Other sources mention there are five pillars of health, including:

- Nutrition.
- Sleep.
- Exercise.
- Mental Health.
- Social Connections.

Both lists mention sleep and rest. Both also mention diet and exercise.

Don Colbert talked about detoxification, which I won't get into because I am not even sure what it is or how to do it. He also talked about supplements. I take some supplements; I take some immune supplements and a daily vitamin.

Let's move on to a little of what the Bible has to say about exercise and diet.

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## Exercise

*“For bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.”*

*1 Timothy 4:8 (NASB)*

While the Bible doesn't speak much about exercise, it acknowledges that it has some benefits.

1 Timothy 4:8 says that bodily exercise profits a little, but godliness is profitable for all things. This suggests that while exercise is important, it shouldn't overshadow our spiritual well-being.

In Bible days, people got more exercise because they had no cars. They didn't spend their days sitting at a desk or in front of a TV. Compared to us, they were much more active. They walked where they had to go. So, exercise was a natural part of their lives.

These days, we need to make a conscious effort to exercise more. We can go to a gym, play a sport, go out walking regularly. There are other habits we can implement, like parking in the back of a parking lot to have further to walk, taking stairs instead of elevators, and walking or biking instead of driving when possible. There are studies that show that just twenty minutes per day of walking can have an immense effect on our health.

I go out walking and praying, which takes care of physical exercise at the same time as spiritual exercise.

## Food & Diet

God gave the Israelites dietary laws in the Old Testament. The New Testament removed these laws, so we won't discuss them now.

In the New Testament, the Bible declares all foods that God created are good, and not to be rejected when received with thanksgiving, The Word of God and prayer sanctifies our food.

*“Men ...advocate abstaining from foods which God has created to be gratefully shared in by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected if it is received with gratitude; for it is sanctified by means of the word of God and prayer.”*

*1 Timothy 4:3-5 (NASB)*

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The New Testament doesn't advocate any specific diet. But a balanced and healthy approach to eating is important. In these days, because of all the additives and chemicals in our food, it is more important than ever to sanctify and pray over our food.

I would say this shows that even if you eat questionable food, speaking God's Word and praying over it sanctifies it and protects it from harming you.

In Mark 16, Jesus said to us as part of the Great Commission that if we eat any deadly thing, it won't hurt us.

These days there are many deadly things in our food, but prayer, thanksgiving and speaking the Word over it will sanctify and keep it from harming us.

Here is an Old Testament verse that connects health to God's blessing upon your food.

*“But you shall serve the Lord your God, and He will bless your bread and your water; and I will remove sickness from your midst. There shall be no one miscarrying or barren in your land; I will fulfill the number of your days.”*  
*Exodus 23:25-26 (NASB)*

Eating right is good for your body. It will affect your health. But if you don't, it isn't an area to feel guilty about. Harboring guilt and self-hate can be worse for your health than what you eat or don't eat.

I have met many who feel that God is mad at them if they don't eat right. They even go to the place of saying, “I ate that extra piece of pie. I was bad.”

What you eat isn't a matter of identity. It has nothing to do with whether you are bad or good. God loves you, and He accepts you. He doesn't have the least bit of animosity toward you when you eat an extra piece of pie.

The problem with eating the extra piece of pie is that your body is going to rebel against you. It is going to gain weight. If you shouldn't have sugar, it is going to affect you adversely.

People experience the consequences of their actions. Sowing and reaping applies to what you eat or don't eat. The law of sowing and reaping is still in effect in every area of life.

But God's acceptance and love for you doesn't depend on what you eat or don't eat. Don't let these kinds of things separate you from God. If you want to improve your health habits, you need His help, and guilt will block you from receiving what you need from Him.

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I have heard people joke as they pray over their food and say, “Lord, bless this food and take away the calories.” But then the answer comes, “This kind comes out only by prayer and fasting.”

Though God isn't against you when you don't eat as you should or exercise enough, the law of sowing and reaping will work against you. If you sow to the flesh, you will reap corruption (Galatians 6:8).

God is always for you and with you, even when you don't eat right. He will even heal you if you get sick because of not eating right or neglecting to care for your body. But He may deal with you about your health habits.

*“Don't be deceived, God isn't mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.”*

*Galatians 6:7-8 (NASB)*

But He won't take away the law of sowing and reaping for you. You will reap the consequences of your actions. You will experience the results of negative aspects of your thinking and of your health habits.

## More Scriptures on Diet

*“So don't be attracted by strange, new ideas. Your strength comes from God's grace, not from rules about food, which don't help those who follow them.”*

*Hebrews 13:9 (NLT)*

There are more ideas and rules about food and nutrition now than ever before. People who believe in a certain way of eating think they need to get everyone else to follow them. There are constantly new ideas and fads on diet and health. This scripture implies that the newest fads about diet don't even help those who follow them.

Each person is free to decide what they want to eat. The problem is when they try to make everyone else eat what they have decided is good and not eat what they think is bad.

*“For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who doesn't eat and let not him who doesn't eat judge him who eats; for God has received him.”*

*Romans 14:2-3 (NKJV)*

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The phrase “He who is weak eats only vegetables” is interesting. God doesn’t promote a vegetarian diet. He listed many meats in the dietary lists He gave Israel. I think our bodies need some nutrients we can only get from meat—that are hard to replace with only vegetables.

So do not follow the vegetarian/vegan fads if you do not know what you are doing. You can become malnourished and open the door for sickness through this too. God is also not against a vegetarian diet.

But the point of this verse is to not despise or look down on how others eat. You eat what you think is right and let others eat what they want without condemning them.

*“So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths ...if you died with Christ from the basic principles of the world, why, as though living in the world, do you subject yourselves to regulations—”Don’t touch, don’t taste, don’t handle,” which all concern things which perish with the using—according to the commandments and doctrines of men? These things indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh.*

*Colossians 2:16, 20-23 (NKJV)*

What does this verse say? Let no one judge you on food or drink. Don’t subject yourselves to rules such as, don’t taste, don’t touch, according to the commandments of men. These things appear to be wisdom but are of no value against the indulgence of the flesh.

Romans Chapter 14 ends with some added instruction concerning what you eat.

*“Don’t tear down the work of God for the sake of food. All things indeed are clean, but they are evil for the man who eats and gives offense. It is good not to eat meat or to drink wine, or to do anything by which your brother stumbles. The faith which you have, have as your own conviction before God. Happy is he who doesn’t condemn himself in what he approves. But he who doubts is condemned if he eats, because his eating isn’t from faith; and whatever isn’t from faith is sin.”*

*Romans 14:20-23 (NASB)*

Being led by God and letting the Holy Spirit influence you about your diet is most important in making dietary choices.

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Another important thing is to attach faith to what you eat. What you eat or don't eat must be from faith—your own faith—not another's faith.

## Conclusion

Walking in health involves not only knowing healing scriptures and dealing with the spiritual part of our being. It also considers caring for our physical bodies through proper rest, exercise, and nutrition.

While the Bible doesn't provide many specific guidelines for these aspects of health, it emphasizes the importance of a balanced and healthy lifestyle. By incorporating these principles into our lives, we can experience the fullness of health and well-being that God desires for us.

## Activations

- Spend time with the Lord. Ask Him if there are any changes you need to make in your diet or exercise routines.
- Listen to Him for yourself and make your own decisions. Don't follow the ideas and fads of others.
- Make a plan that is realistic. Take small steps forward.
- Don't allow self-condemnation when you fall short. You are not BAD when you eat too much or neglect to exercise.
- But though God isn't displeased with you for what you eat or don't eat, you will reap the results in your body.
- Be kind to yourself. Give yourself much grace. "Yourself" won't respond to meanness.

Do these things consistently, and you will find success and live in more divine health, spirit, soul, and body.

If you continue these habits even after you complete this book, you can grow to a place where health is more normal to you than sickness, weakness, and disease.