

# Healing and Health

## Intro

Last week we looked at Healing and Faith. I shared with you 2 articles published in Readers Digest and Time Magazine. The articles spoke about the strong relationship between healing and faith. Medical researchers have found that people who have faith live longer and have a better recovery rate than those who do not have faith. Here are some of their observations:

### Longer Life

“Research has shown that people who attend religious services more than once a week live 7 years longer than those who don’t.”

### Less Time In Hospital

“People who attended church weekly were not as likely to be hospitalized; and when they were, they did not spend as much time in the hospital as those who went to church less often.”

### Better Recovery

“Patients comforted by faith were 3 times more likely to be alive 6 months after open-heart surgery than patients who found no comfort in religion.”

### Overall Well-Being

“Older adults who considered themselves religious had fewer health problems and functioned better than the nonreligious.”

### A 2007 Survey

In 2007 the *Physicians’ Observations and Interpretations of the Influence of Religion & Spirituality on Health* surveyed 1,000 physicians and found that:

*“More than half (54%) of the doctors said that God sometimes acts to affect a person’s health, and 33% said that spirituality and religion can help prevent heart attacks, infections and other specific medical problems. Only 1% thought religion was negative, and 2% thought it was neutral.”*

## **The Greatest Treasure**

At this very moment you have the greatest treasure a person can have on the face of the earth. You have “LIFE.” You are a living, breathing soul because God granted you that life. You owe it to God to put all your trust in Him since He gave you that life.

Humanity is the crowning act of the creation of God. We are made in His image and designed to be a counterpart of Him. God wants us to reflect His image by being in good health. By keeping ourselves in the best health, we will be better able to serve Him.

## **Superstitions Regarding the Cause of Illness**

The nations surrounding Israel were deeply steeped in idolatry, and they often blamed their diseases on evil spirits. They had a variety of incantations or magical formulas for driving out these evil spirits. Epidemics brought havoc among these people and often causing them to flee lands to get away from supposed evil spirits to which they attributed disease.

## **Pagan Remedies & Medicines**

In 1862 an Egyptian Papyrus was discovered in Thebes which describes ancient remedies used by Egypt about 1552 B.C. These remedies are a compilation of unbelievable and worthless potions and treatments, especially in the light of our day.

Here are some that were used:

- Lizards’ blood, pig’s teeth, putrid meat, stinking fat,
- Moisture from pig’s ears, goose grease, animal fats from various sources,
- Excrement, waste matter discharged from the body of animals and humans.

Example: For a sick person the ancient Egyptians gave worm's blood and mule's dung, which resulted in a heavy toll of death since dung is loaded with tetanus spores. Indeed, one cannot help but wonder how these nations survived to the extent they did under such unsanitary conditions, lacking enlightened medical care.

### **Health Laws in the Old Testament**

The laws in the Pentateuch (the first 5 books of the Old Testament) were not only given to give moral and spiritual direction but also for Israel's health and well-being.

In Deuteronomy 6:2 & 24 we read, "*These are the commands, decrees and laws the LORD your God directed me to teach you to observe in the land that you are crossing the Jordan to possess,*<sup>2</sup> *so that you, your children and their children after them may fear the LORD your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life.*"

Verse 24, "*The Lord commands us to obey all these decrees and to fear the Lord our God, so that we might always prosper and be kept alive, as in the case today.*"

In light of the fact that Moses was instructed in the wisdom of the Egyptians (Acts 7:22), it is amazing that none of the fanciful remedies of that day appear in the first 5 books of the Bible.

The medical instructions were actually given to Moses by God. It is further remarkable that what Moses recorded has stood the test of time.

The Jewish people were preserved throughout their time by the sanitary measures observed in the *Levitical laws* (Leviticus 11-19). Here are some:

- Washing and the use of running water, purity of water supplies.
- Sanitary disposal of excrement.
- Isolation and quarantine for the sick.
- Dietary regulations
- Dealing with bodily discharges and infections.
- Cleansing after touching the dead.
- Sexually immorality and disease.
- Circumcision and its timing. Medical science has discovered that prothrombin is an enzyme that is crucial for blood clotting. Without it we would bleed to death. But the interesting thing about prothrombin is that on the first 7 days of the infant's life only 30% to 45% of prothrombin is present in the infant's blood. But only on the eighth day the infant has 110% of the prothrombin in its blood. After the eighth day it levels out to 100%, which is normal. That's why God instituted circumcision on the eighth day. God gave Abraham specific instruction on which day the male child should be circumcised. "*For the generations to come every male among you who is eight days old must be circumcised.*" (Genesis 17:12). This is an amazing fact!

### Examples

The Bible says we are to eat green plants and herbs of the field. The benefits of the herb hyssop as a purifier is revealed- "*Purge me with hyssop and I shall be clean*" (Psalm 51:7).

Hyssop was also used to purify the uncleanness from touching a dead body (Num. 19:17-18), and cleansing of a leper (Lev. 14:4-7). Hyssop has long been used to expel mucus from all parts of the body and as a blood purifier.

In reference to figs as a health aid the Bible states:

***"Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover"*** (Isaiah 38:21). Fresh figs have been found to act as a poultice to draw out inflammation and were commonly employed as such until the use of antibiotics.

## Fasting

Fasting was a common practice in Biblical times. In a fast one was to go without food, letting the bodily filter systems (such as the liver, lungs, kidneys, skin, and colon) rest and be cleansed from impurities.

### **Health principles found in the Bible:**

- Eat your meals at regular intervals (Ecclesiastes.10:17).
- Don't overeat (Proverbs 23:20-21).
- Make mealtime a happy time (Eccl. 3:12-13).
- Maintain a cheerful, happy disposition (Prov. 17:22).
- Balance work and exercise with sleep and rest (Ex. 20:9-10; Eccl. 5:12, Psalm 127:2).
- Keep your body clean (Lev. 15:13).
- Be temperate in all things, exercise moderation (Titus 2:2).
- Avoid all harmful stimulants (Rom. 13:13; Eph. 5:18).
- Bury body waste to avoid disease (Deut. 23:12-13). [Note: This is obviously for health reasons, because history and medical science has shown that if this is not done, diseases can spread].
- Avoid eating animals that were strangled (Acts 15:20; 21:25).
- Avoid eating animals that die by themselves (Lev. 17:15; 22:8; Deut. 14:21, Ez. 4:14).
- Do not eat animal blood or fat (Gen. 9:4; Lev. 3:17; 7:23-27; 17:10-14, Deut. 12:16). [Note: Medical studies have confirmed that most heart attacks result from a high cholesterol level in the blood and that the use of "fats" is largely responsible for this high level.]
- Put full trust in the Lord – it will bring health to your body (Prov. 3:5-8).

### **Spirit and Body**

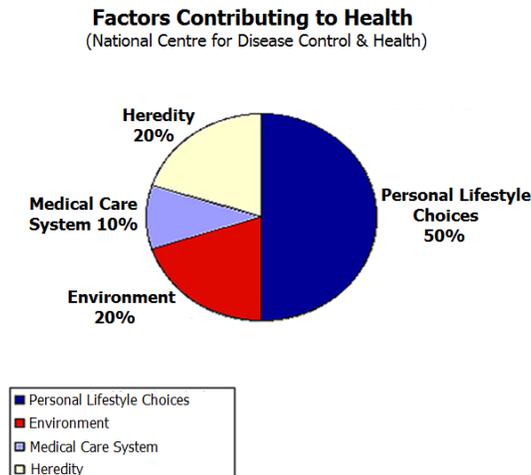
There is a strong connection between spirit and body. Dr. Reghan Foley says, “Religion and medicine are inextricably related. We’re seeing it time and again. Everyone has spirituality. It’s basically what gives your life meaning.”

The Scriptures have excellent advice and prescriptions for a healthy and long life. God wants us to be healthy and to live long. Therefore we must take care of our bodies!

### **Contributors to Health**

People often shift responsibility from themselves to the medical system for their health care, when in fact their health is affected more by the result of lifestyle choices.

*Show chart below*



Our lifestyles choices have a huge influence on our health than any other factor. For instance:

- Physical Activity and exercise
- Healthy Eating
- Sun Safety
- Quit smoking
- Alcohol abuse
- Drug use

### **Conclusion**

These are all factors that have a tremendous effect on our health. It's up to you to take care of yourself. Take care of the temple of the Holy Spirit.

1 Corinthians 6:19-20 says, "*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honour God with your bodies.*"

3 John 2 "*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*"