 **CHRIST COMPANION BIBLE CHURCH**

**Weekly Bible Study**

**Study Location: Date: 19/01/2021**

**LIVING WELL & HEALTHY (Part 2)**

**Wisdom in A Balanced Healthy Life**

**Texts**: 1 Thessalonians 4:23; Mark 8:36; 1Corinthians 6:19,20.

**Memory Verse:** *Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2*

The human body, soul and spirit are all very important to God. God planned, designed, and created all on purpose. The physical body housed the spirit and the soul. It gives essence and physical expression to these two invisible parts. When the body got mismanaged, used or abused without regard to health and hygiene, the result could be unpleasant! Note that you cannot exist here on earth to fulfil any dream without your body. Proverbs 11:10; Isaiah 3:10.

 It is a great folly as well to concentrate solely on body care by gluttony, worldly adornment, lustful pleasures and satisfaction at the negligence of our spiritual life. To live well and healthy is to balance every aspect of one life without being one sided to the jeopardy of our earthly best and eternal destiny! Mark 8:36.

 **The Wisdom in A Balanced Healthy Living.**

 ***Proverb*** ***4:5-10, Philippians 4:11-13; 3John 1:2.***

In the third world or developing world today, it takes a lot of effort to survive and make ends meet. Economic factors, insecurity, climatic unfriendliness, urban stressful living conditions, unemployment, and lack of basic life enhancing infrastructures to mention few, put so much pressure on many lives. As a result, health, personal welfare and peace of mind are at great risk! Romans 8:20-23. Despite all these, God’s purpose for all his children is good comfort and healthy living, (soul, spirit and body). Psalm 35:27; Job 36:11.

 Every child of God therefore must live in wisdom so as to make most of every opportunity that God’s providence brings our way without allowing the trend of the time in which we live to cremate our glorious destiny. Colossians 4:5; Proverb 2:7.

***1. Health is wealth.*** Next to the gift of life is your health! Genesis 43:28. Without health, every other life aspirations will be grounded. Jeremiah 8:15. Health therefore must be valued and considered in whatever we choose to do: where to live, work to do, lifestyle to adopt, eating and drinking habit etc. All these must all be decided with our health and wellbeing as priority. Acts 27:37.

2. ***God's will is for you to prosper and be in good health.*** 3John 1:2. This point is evident in that Christ devoted much of His time and earthly ministry to heal the sick and restored peace to the troubled. Mark 2:17; Acts 10:38. Satan on the other hand wants to steal your good health, kill and destroy you as early as possible to prevent the manifestation of God glory in your life! John 10:10; Psalm 143:3,4. Ignorance, negligence, poverty, indulgence, afflictions etc. are good tools Satan can employ to rob believers’ good health. Beware! Hosea 4:6.

***3. To enjoy good health, live happy and fulfilling life this year, you have roles to play***. Deuteronomy. 4:40. Such roles include:

*(a) Avoidance of unnecessary cares and anxieties about life.* Isaiah 26:3; Philippians 4:6-8.

(b) *Work gainfully and feed well*. 2Thessalonians 3:10-12; Acts 27:34.
(c) *Maintain good sleep, manage stress and take time to rest.* Mark 4:38-39; Mark 6:31.

(d)*Keep good environmental and body hygiene.*

(e) *Exercise your body and pray with earnest zeal. Luke 22:44.*

(f) *Visit medical doctor and take medication when required, this is wisdom.* Matthew 9:12. Also know that Jesus is a great Physician, who can do what man cannot do. Mark 5:26-29.

(g) *Love and give to the needy.* Proverb 19:17.

**4. *Good relationship with God and men is wisdom to good health****.* Proverb 17:17. Abraham lived long because he was called the friend of God! Isaiah 41:8. Good relationship brings comfort, sharing, good admonitions, helps etc. It also brings support and good relief at difficult times. Like Naomi and Ruth, husband and wife, siblings and Christian group where brotherly love thrives have a lot to gain . Ruth 1:16-18; 3:1-5.

5. ***Your spiritual health must not be taken for granted!*** It is the root and the foundation upon which every other aspect of your life and endeavours rest. Proverbs 4:23.

 Three important aspects to maintain are:

*(a) Personal fellowship with God* in worship, scriptural study and prayer. John 4:23-24.

*(b) Personal fellowship with other believers* to share and dine together in God’s presence. Colossians 3:16; Act 6:46,47.

*(c) Personal obedience and practice of whatever God commands.* Romans 8:14; Job 36:11. E.g daily holy living, soul winning and faithful services etc.

***6. Be a river that flows!*** Stagnation breeds stink and diseases! Deuteronomy 2:1-3. Forty years of stagnation in the wilderness gave nothing of good value but death to the children of Israel. Progress is wired into nature as a sign of good health. Every living and healthy organism must grow. 2 Peter 3:18. You need therefore to mark out different areas of your life where noticeable growth must occur this year.

7***. However healthy and prosperous you may live here on earth, heaven has better things to offer!*** Mark 8:36. Yet, Abraham, not Lazarus should be our model: He was earthly blessed and eternally glorified! Isaiah 51:1-3, Luke 16:23-31. Earthly pursuit without God, its cares and pressures, must be strictly guided against misdemeanours. Matthew 13:22. Whatever be the state of things in your life, let God’s peace keep your heart and mind in Christ Jesus. John 14:27. Amen.

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**CONGREGATIONAL HYMN**

**OUT OF MY BONDAGE**

1. Out of my bondage, sorrow, and night,

Jesus, I come, Jesus, I come;

Into Thy freedom, gladness, and light,

Jesus, I come to Thee;

Out of my sickness, into Thy health,

Out of my want and into Thy wealth,

Out of my sin and into Thyself,

Jesus, I come to Thee.

2. Out of my shameful failure and loss,

Jesus, I come, Jesus, I come;

Into the glorious gain of Thy cross,

Jesus, I come to Thee.

Out of earth’s sorrows into Thy balm,

Out of life’s storms and into Thy calm,

Out of distress to jubilant psalm,

Jesus, I come to Thee.

3. Out of unrest and arrogant pride,

Jesus, I come, Jesus, I come;

Into Thy blessèd will to abide,

Jesus, I come to Thee.

Out of myself to dwell in Thy love,

Out of despair into raptures above,

Upward for aye on wings like a dove,

Jesus, I come to Thee.

4. Out of the fear and dread of the tomb,

Jesus, I come, Jesus, I come;

Into the joy and light of Thy throne,

Jesus, I come to Thee.

Out of the depths of ruin untold,

Into the peace of Thy sheltering fold,

Ever Thy glorious face to behold,

Jesus, I come to Thee.