

# PHYSICAL HEALTH WELLNESS WHOLENESS: PHYSICAL HEALTH STATUS

## SCRIPTURE OF THE DAY

Monday, October 18, 2021

### 3 John 2

#### STUDY & REFLECTION

I challenge you to read and reflect with an open heart and fresh mind this powerful statement of the Word of God:  
*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (KJV)*  
*Dear friend, I am praying that all is well with you and that your body is as healthy as I know your soul is. (TLB)*

Is this really a part of the sacred writ? Is this scripture, written by the last living Apostle, inspired by the Holy Spirit? If it is, most of us Christians have not embraced it, and at the very least have neglected it.

Physical health has not been a serious focus for the Body of Christ. We are and continue to be serious about our spiritual health, but many of us western, African-American Christians have traditionally placed physical health and well-being as a lower priority.

The statement by John is powerful and emphatic. **“I wish above all things....that your body is as healthy as your soul is!”** Perhaps what is true today among us was also true in the early church. The man of God was concerned that they were not physically healthy. His prayer was that they would give the proper attention to their physical bodies, just as he was confident that they were giving proper attention to their souls!

#### ACTION ITEMS

Give genuine thought and make a personal assessment of your physical health. On a scale of 1-10....where would you rate your physical health? Over the past few months, how healthy have you been? Do you feel alert, energized, vigorous? How much time and attention have you given to your physical health?

#### INVOLVING OTHERS

Share your assessment with your small group. Listen with grace but focus to their assessments. Discuss how you as a group would rate the overall physical health of our church. Begin the discussion of what health is and how we can improve it.

# PHYSICAL HEALTH WELLNESS WHOLENESS: PHYSICAL HEALTH STATUS

**SCRIPTURES OF THE DAY** Tuesday, October 19, 2021

3 John 2; John 10:10

## STUDY & REFLECTION

From our foundational scripture it 3 John, it is obvious that the Lord desires His people to be physically healthy. In our devotionals this year we have taken the time to focus on aspects of our health and well-being. Lets look at physical health in some detail.

The passage in John 10:10 is a favorite of mine. I am always challenged with these words of Jesus, in contrast to the ongoing intentions and plans of Satan. The Lord says to us, in counter-distinction to our enemy, “I have come that you might have **LIFE...LIFE IN ALL OF ITS ASPECTS!**

Physical health and well being is a critical part of our existence. Genuine health infuses us with energy, vitality, and long-life. Genuine physical health is embedded in the definition of health by the World Health Organization: **HEALTH** A relative state in which one is able to function well physically, mentally, socially, and spiritually in order to express the full range of one's unique potentialities within the environment in which one is living.

In the words of René Dubos, noted health and wellness expert, “*health is primarily a measure of each person's ability to do and become what he wants to become.*”

In our spiritual understanding, health is a measure of each person's ability to do and become what God intends for them to do and become.

Health, physical health is a crucial parameter of **LIFE AS GOD INTENDS IT!**

## ACTION ITEMS

With new and expansive understanding, now on a scale of 1-10 ...**rate your health.** Rate your physical health in particular. Remember it involves function and purpose. The ability each day to feel, think, and function in accordance to God's purpose and will for your life.

## INVOLVING OTHERS

Share your assessment with those in your small group. Together, write your own definition of health. Then do a health assessment of our church.

# PHYSICAL HEALTH WELLNESS WHOLENESS: **SCRIPTURES OF THE DAY** Wednesday, October 20, 2021

## HEALTHY AND WELL? 3 John 2; John 10:10

**STUDY & REFLECTION** Wellness is a dynamic component to genuine health!  
Health and wellness can often be used interchangeably yet contain some subtle differences.

In understanding the difference between health and wellness, in short, health is a state of being, whereas wellness is the state of **living** a healthy lifestyle.

Wellness aims to enhance well-being.

WHO defines wellness as “the optimal state of health of individuals and groups,” and wellness is expressed as “a positive approach to living.”

The primary difference between physical health and wellness is that health is the goal and wellness is the active process of achieving it. You truly cannot have health without first choosing and achieving wellness. Wellness has a direct influence on overall health, which is essential for living a robust, happy, and fulfilled life.

While you cannot choose the state of health, you can consciously choose wellness by living your life responsibly and taking proactive steps for your well-being.

Consider this:

Physical health comprises the diagnosis of a disease/illness, predisposition to a disease, and any unexpected injury.

Wellness is an active process of growth and change to reach your fullest health and level of well-being. It is associated with **actively pursuing** activities, making choices and lifestyle changes, controlling risk factors that can harm a person, focusing on nutrition, having a balanced diet, and following spiritual practices that lead to holistic health.

**ACTION ITEMS** Take some time and see **what are the aspects or status of physical health in your life**, and how deliberately have you chosen or not chosen and applied choices of healthy living that lead to genuine wellness?

**INVOLVING OTHERS** Having done the work in the action item, share with your group and hammer out a definition and understanding that helps you as a group to see measures of health and wellness in your lives.

## PHYSICAL HEALTH WELLNESS WHOLENESS: FROM HEALTH AND WELLNESS TO DISEASE AND DEATH

**SCRIPTURES OF THE DAY** Thursday, October 21, 2021

3 John 2; John 10:10; Genesis 1:26-28;  
Genesis 2:7; Genesis 2:17

### STUDY & REFLECTION

We see where God wants us to prosper, in our physical being as well as in our souls. This in fact follows from how we were designed and made. We were made in the Image and Likeness of our Creator. In some way that is almost incomprehensible, we were designed and made to resemble God.

In Genesis 1:26-28 every aspect of what God pronounces over us speaks clearly and boldly that we were made to have 'dominion,' rule over all of creation. Our form gave us power over all that God created and demonstrates His desire that we control and thrive in the environment that He created. Furthermore, we were given the innate ability to reproduce and fill the earth. Nowhere is it suggested that we could or would become physically sick or incapacitated. Life in God gave us full health and wellness.

Consider how much has changed ..... since the beginning. In Genesis 2:17, we see the Divine warning of the loss of this physical dominance and well-being of humankind. "...*the day that you eat of the tree of the knowledge of good and evil you shall surely die!*"

The Hebrew translation clearly points to loss of physical vitality, disease and death. It is translated...dying you shall die! It is in this warning that disobedience to God would result in the planting of the seeds of disease and death.

**Reflect on God's promises and gift to us**, from the beginning of a life of total health. This is clear because health as we see, is not simply the absence of disease. Health in God from the beginning gave us genuine vitality and pleasure, the ability to enjoy and thrive in the world we lived in.

### ACTION ITEMS

The choice of Adam and Eve resulted in loss. This loss was most pointedly disconnection from intimate fellowship with God. However, God in His grace has given us the knowledge and ability to make choices today, that will help us to delay and enjoy a level of physical health and wellness. Focus on how even today, walking in obedience and choosing wisely can help us to be physically healthy and well.

### INVOLVING OTHERS

Again, sharing opening and transparently with a small group will bless you and them to identify and become more accountable to the things that will help us to be healthy and well.

**Do it!!**

STUDY & REFLECTION

*The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. (KJV)*

*The thief 's purpose is to steal, kill and destroy. My purpose is to give life in all its fullness. (TLB)*

Satan, through mankind's disobedience brought about disease. The word itself gives us a clear hint of its purpose... dis....ease. The loss of ease or stability. The loss of peace and harmony, in the physical tabernacle called our bodies. Disease is a disruption of what God intended. Disease, pain, suffering, in all its forms reminds us of the fight we have with Satan every day.

**Satan is a thief!!** Wherever you see disease, pain, suffering, and death, it is a reminder and clear manifestation of the work, intent, and purpose of our enemy. Satan is out to thwart and impede the purpose of the God who loves us. He is a jealous demon, and has demonstrated this from the beginning. He knows that you and I are the height of God's creation. He knows we were made to give glory and honor to God. He is committed to do all he can to delay and stop this from happening.

The scope and extent of disease, is universal and ubiquitous to mankind. If you live long enough, no matter who you are and how well you take care of yourself, these bodies will betray us and break down.

This must not cause us paralyzing fear and depression. God in His grace has given us principles of health, which if we follow them, we can combat the plan of Satan, live long and healthy lives that bring glory and honor to God, and be effective in defeating the intent of our enemy for a long time.

**ACTION ITEMS** Multiple studies have clearly shown that 70% of all disease can be stopped or drastically curtailed with 'life-style,' changes. That simply means **we can clearly prevent and if present, minimize disease by making better choices.**

Make a list of diseases that have affected or presently affect you and your family.

Begin to consider what choices you may have made in the past to allow them to the extent they are present.

INVOLVING OTHERS

As you share with your small group, you will see how common our conditions are, and how with combined and community understanding and accountability, how we can combat and often eradicate them.

**STUDY &  
REFLECTION**

**Study and summarize the scriptures and learnings from this past week.**

Trace the issue of physical health from the creation to our present situation. See how Satan motivated our first parents to disobey God and bring disease and death to the human race.

See how the Lord has provided grace and mercy, giving us knowledge and understanding, empowering us and think about healthy principles and the role of the church to bring renewed Health and Wellness to all, especially the redeemed.

Has the study changed or modified how you see Physical Health Wellness and Wholeness?

What must the Body of Christ do to change the present state of our physical health and well-being?