

PHYSICAL HEALTH WELLNESS WHOLENESS: YOUR ENTIRE BEING

SCRIPTURE OF THE DAY

Monday, October 25, 2021

1 Thessalonians 5:23

STUDY & REFLECTION

1 Thessalonians 5:23:

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. (KJV)

May the God who gives us peace make you holy in every way and keep your whole being-- spirit, soul, and body-- free from every fault at the coming of our Lord Jesus Christ. (TEV)

In our prior teachings, we have moved deeper, into fresh understandings regarding our being. We see that an aspect of our health has to include Wellness. As we continue to move forward, let's add another aspect, i.e. Wholeness! Have you considered what the apostle Paul was getting at as he addressed and then ends his letter to the church at Thessalonica? He closes with a prayer to the God who gives Peace, Shalom!

Paul prays that they will receive and enjoy **All** that God intends for them. He in fact prays that they possess Everything God intends, so that they will continue to triumph and have dominion over the adversary. He therefore prays for them to be **WHOLE!**

Shalom is a Hebrew term that is inclusive, leaving nothing out. Paul prays that we be endowed with Spiritual Wholeness from the God of Peace, and that this wonderful wholeness be sustained until the Lord is through with us...**At His Coming.**

ACTION ITEMS

Take the challenge.

Do you believe in your heart that God's will for us in this life is to be Whole?

Does that belief equally encompass our physical frames as well as our soul and spirit?

If so, what commitments are you ready to make to become Whole in your body?

INVOLVING OTHERS

Discuss with your small group this teaching. Discuss where you are personally.

Discuss your corporate assessment of our local church and evaluate our degree of physical Wholeness.

PHYSICAL HEALTH WELLNESS WHOLENESS: HEALING JESUS & THE CHURCH

SCRIPTURES OF THE DAY Tuesday, October 26, 2021

Exodus 15:22-26; Matthew 9:35

STUDY & REFLECTION

We noted that because of the curse of the fall, and despite the redemption that we have in Christ, until the Rapture and the end of all times, these natural bodies will ultimately fail us. However, because of His goodness, we do not and should not live passively and idly as if we cannot positively effect change and health in our physical bodies.

He is still *Jehovah-Rophe!* He is the God that heals us. (Ex 15:22-26) Embedded in this declaration is the place of wisdom to defeat the course of disease innate in the human condition. If we listen to and obey principles and practices that God has revealed to man, we can change and often eradicate the course of disease.

Responding to those who were sick was integral to the life and ministry of Jesus and has been a central aspect of the Church's mission throughout its history. Almost every hospital started in antiquity, can be traced to the church and spiritual institutions. **Health care and healing are concrete manifestations of God's ongoing care for and redemption of all creation.**

Healing can occur with a touch supernaturally, but often is initiated and applied as we become God's healing agents as doctors, nurses, pharmacists and other health care professionals, called and trained to bring healing and wellness to God's people.

- Who heals us?
- How are we brought from a condition of disease, toward and to a greater degree of physical health?
- What means do we have from God to 'get healed'?
- When and to what degree is it instantaneous?
- To what degree does knowledge and choice come into play?
- What about medicine? What about doctors?

Do your best to think about these questions and come to a personal understanding of them.

ACTION ITEMS

The personal action item questions are critically important to make us honest about our physical health.

Share this with your small group and formulate a group understanding.

INVOLVING OTHERS



PHYSICAL HEALTH WELLNESS WHOLENESS: **SCRIPTURES OF THE DAY** Wednesday, October 27, 2021

NAME IT AND 'UNCLAIM' IT! Exodus 15:26; Joel 2:25

STUDY & REFLECTION

Knowledge is power. The word of God declares that *...My people are destroyed for lack of knowledge*. It can be depressing, but knowing and facing the truth, even uncomfortable truth is the only road to genuine deliverance. Note: the Lord reminded Israel, His people of the diseases and plagues that were really intended for the Egyptians. Even as they came out of the bondage of Egypt, they were prone to fall prey of the conditions and the effects of the years of bondage.

Present manifestations and rates of disease and unhealthy conditions are almost always a result of past conditions of living, often placed on a marginalized community or group. They result in what is called in medicine health disparities. Comparative analysis of the health status of African-Americans, even in the spiritual community reflect these negative effects. They are most pronounced in these categories:

- Cardiovascular Disease
- Hypertension
- Coronary Artery Disease
- Stroke
- Diabetes
- Cancer
- Obesity
- Nutritional Health

The good news is that each and every one of these conditions can be reduced and in many cases nullified, by using the knowledge and resources that the Lord has given us access to, and **with discipline and courage, defeating the purposes and plan of our adversary.**

ACTION ITEMS

The action items are repetitive, but effective as we embrace the knowledge and power God has given us. Identify any of the above conditions that you have seen or see in yourself or your family. What can you do to reverse them?

INVOLVING OTHERS

Share what you determined about yourself and your family. Do it with your small group or as an effective first step with your family. Come up with a few practical ways you can stop the degree and direction of disease and see God Restore what has been lost.

PHYSICAL HEALTH WELLNESS WHOLENESS: CHOOSING TO 'UNDO' IT: HEALTHY LIFE-STYLE CHANGES

SCRIPTURES OF THE DAY Thursday, October 28, 2021
Exodus 15:22-26; Joel 2:25; Romans 12:1-2

STUDY & REFLECTION

As a people of the Word, we have loved and embraced this scripture in Romans, but always with a solely 'spiritual' application. You may want to note that Paul directs us to 'present our bodies!' What he is commanding is that we present our 'entire selves,' soul, spirit, and body. The mind is the target, since unhealthy practices are learned, often over generations. **Since they are learned, they can be unlearned!**

What are the major health factors that allow for the high rate of disease and loss of life in our communities?

- Old traditions that influence the foods we choose and the way they are prepared
- Destructive lifestyle practices-smoking, alcohol, drugs
- Sedentary Lifestyles: Lack of regular exercise/fitness regimen
- Lack of adequate sleep
- Black stress: a steady, subdued rage
- Genetic factors
- Poverty

ACTION ITEMS

We must have the courage to face the truths that affect our lives. We must rid ourselves of the fear that we are doomed to be what we have been. This does not mean we have to absolutely give up our favorite dish or past-time. Often it means we must moderate and control what we allow.

Choose one of the factors listed above and devise a plan to defeat it.

INVOLVING OTHERS

Share your plan with your small group.

You are sure to gain insights from them, especially in areas where you felt clueless.

**STUDY &
REFLECTION**

Is the transformation promised to us in the Word of God, supposed to only be applied to our spiritual nature? Can we actually change, choose new, become physically healthier, transformed? The answer is a resounding YES!

ALL OF IT TAKES FAITH AND SPIRITUAL DISCIPLINE!

What tremendous advances we have made in the last 50 years as it comes to health and disease. Many of the diseases and scourges of the past have become for many, just that...The Past! Consider that the average life-span for most Americans has increased from 47 years a few decades ago to over 80 years today! Almost every chronic disease and major thief of our physical health can be minimized and in some cases eradicated through healthy choices and life-style changes.

We are not doomed to our past! We can by the power and grace of God choose LIFE! Consider the list of negative factors that have contributed to our poor physical health:

- Old traditions that influence the foods we choose and the way they are prepared
- Destructive lifestyle practices-smoking, alcohol, drugs
- Sedentary Lifestyles: Lack of regular exercise/fitness regimen
- Lack of adequate sleep
- Black stress: a steady, subdued rage
- Genetic factors
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Each and every one to some degree can be reversed and defeated! Even our genetic markers and dispositions can be altered over time (epigenetics) and we can overcome the toxic tendencies we have inherited from former generations.

ACTION ITEMS Look at the list of negative markers and tendencies that we have received. Most of these are considered *social determinates* of health. In the next week, we will focus on a few of them and see how easy it is, by the grace of God to reverse them! Choose one that inhibits your health in a major way and ask the Lord to give you the courage and energy to defeat it.

INVOLVING OTHERS Share the results of your action item with others in your group. I'm sure the discussion will be challenging and lively, but almost for sure rewarding.

**STUDY &
REFLECTION**

Today give some focused time to considering what you have learned this week.

DON'T OVERDUE IT OR STRESS OUT.

It took time for you to have your present level of physical health and fitness.

Breathe, and give yourself time (but with determination) to see yourself and your family in a fresh new light.

Let's walk this road together!

The best is yet to come!!!

SHALOM!