
INSPIRE HEALTH

In this first Health Ministries *Inspire Health* newsletter we will begin to look at the many facets of our health and how God has supplied us with knowledge about our bodies and how to care for them.

How do we as Seventh-day Adventist Christians, in light of the world in which we find ourselves today, take proactive steps to help ourselves, our families, and our fellowman to be and stay healthy. What steps do we take to keep our physical and emotional health in the face of the diseases and stressors we face day-in and day-out.

We shouldn't be surprised at what's happening with Covid-19 or any other new disease/pandemic that may come along in the future. We have been warned what the time of the end would look like; what types of things to expect. And though we are being made to face things that have taken us by surprise we have an arsenal that God has given to us that, if used, will help us to make it through the present upheaval and any upheavals to come.

What does that arsenal look like? What's in it? Well, there are two important groups of information that God has given to His church. The first we find in the Bible and the second is in the Spirit of Prophecy. When these two important things are studied and applied we will find ourselves better able to cope with the stressors of everyday life like sudden changes and disease.

In the Bible:

The full armor of God that Christians are called to put on comprises the Belt of **Truth**, the Breastplate of **Righteousness**, the Gospel of **Peace**, the Shield of **Faith**, the Helmet of **Salvation**, and the **Sword of the Spirit**.

And though this is in the spiritual sense it still applies to our lives as a whole.

Truth

We must always seek out truth. Just because someone says it doesn't make it true. God has given us brains to use in all aspects of our lives be it spiritual, physical, mental, or emotional. Knowing the truth will set us free.

Righteousness/right doing

Do we do right by others? Do we take the lives and needs of others into account as we make choices? According to Christ and the example He left, that is exactly what we must do. When we make a conscious decision to live like this we will be helping others and ourselves. Christ's righteousness will shine through our lives. Our stress levels will plummet.

Peace

All of us want peace. Peace is, well, peace! Peace comes when we are content with how the day went. Peace comes when we connect in a positive way with someone we may have been at odds with. Peace comes when God becomes the reason for life and the center of everything we do.

Faith

Skepticism is pretty regular in our world. We have learned to not trust most of what we see and hear. The problem comes when it spills over into our spiritual lives. When that happens our health becomes part of the collateral damage. Faith in God and His resolve and endless pursuit of each one of us will help grow our faith. With increased faith comes peace.

Salvation

Salvation for most people is something down the line. It's in the future. And if we look at it as only a future reality after the Second Coming we lose something so important. Jesus said that the Kingdom of Heaven is within us. It's now. It's in the present. When Jesus is our constant Friend; when He is Who we turn to in all things, then Salvation is ours now. Moment by moment. When that happens we have peace.

The Sword of the Spirit

The Word of God. The Bible is the word of God. Jesus is the Word of God. We find the Word in the word. The Bible is our lifeline. It's a treasure, buried but not hidden. We know where to look and we've even been given a map of sorts. The Holy Spirit has been promised to be our guide/our map. When we truly discover the Sword of the Spirit we find peace.

There's a theme that runs through the armor of God. That theme is peace. Following God brings peace.

Peace helps one stay healthy.

In The Spirit of Prophecy:

"Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit is health to the body and strength to the soul." MH 241.3

The following natural remedies are lauded by Ellen White:

"Pure air, sunlight, abstemiousness (moderation), rest, exercise, proper diet, the use of water, trust in Divine power - these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them." MH 127.2

There is a wealth of knowledge concerning health and healing in the Spirit of Prophecy. It's a gold mine waiting to be tapped.

More to come...