

What the Bible Says About Healthy Living

Dr. John Jackson | April 3, 2022

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” **John 10:10 NLT**

“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

Hebrews 4:12 NLT

- And Mary said: *“My soul exalts the Lord. And my spirit has rejoiced in God my savior.”* **Luke 1:46-47 NLT**

Physical Health (BODY, SOMA)

KEY: Following Jesus has physical effects!

“A cheerful look brings joy to the heart, and good news gives health to the bones.” **Proverbs 15:30 NLT**

“Trust in the Lord with all your heart and lean not on your own understanding; in all ways acknowledge him, and He will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.” **Proverbs 3:5-8 NLT**

“Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.” **1 Corinthians 6:18 NLT**

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received God? You are not your own; you were bought at a price. Therefore honor God with your body.” **1 Corinthians 6:19-20 NLT**

Emotional Health (SOUL, PSYCHE)

KEY: A surrendered heart and mind is key to health.

“My guilt has overwhelmed me like a burden too heavy to bear. I am feeble and utterly crushed; I groan in anguish of heart.”
Psalms 38:4,8 NLT

“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” **John 16:33 NLT**

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”
Philippians 4:8-9 NLT

Spiritual Health (SPIRIT, PNEUMA)

KEY: Keep spiritual life first for health’s sake.

“My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you prosperity.”
Proverbs 3:1-2 NLT

“Seek the Kingdom of God and His righteousness, and all these things will be added unto you.”
Matthew 6:33 NLT

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Romans 12:1-2 NLT

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.”

1 Thessalonians 5:23 NLT

“Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.” **1 John 2:15-17 NLT**

- We live in a world system that wants to take us down. Living a Christ-honoring life is “swimming upstream” to the world system. What is “natural” is oppositional to the supernatural.

Now what?

Walk in the power of the Holy Spirit.

“You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.”

Romans 8:9-11 NLT

Renew your mind.

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