

Are You Healthy?



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In this bible lesson, I want to address the subject of **personal health**. There's an old cliché that says, "If you don't have your health, you don't have anything." That statement is so true. If you are not healthy, you really can't enjoy anything else life has to offer.

Often times, when the topic of health is brought up, people immediately start to think about the physical side. Emotional health is a serious issue for many of us and should not be overlooked. If one's emotional health isn't good, the effects can be far-reaching.

Let us try to improve our overall health.

Assessing Your Health

- Are you depressed?
- Do you feel anxious?
- Is your weight under control?
- Are you getting enough rest?
- Do you feel good?
- Do you have energy?
- Are you battling a disease or illness?
- Are you seeing your doctor as recommended?
- Are you taking good care of yourself?

On a scale of 1 to 10, how would you rate
your *physical health*?

On a scale of 1 to 10 how would
you rate your *emotional health*?

What would you like to see change about your health?

Making the necessary changes to improve your health will, in turn, improve your life...

The Lord wants us to be healthy...

- When Jesus began his ministry on Earth, he focused his efforts on improving the spiritual and physical health of His people.
 - [Matthew 4: 23-25](#)
- The Lord wants His people to be healed. He wants His people to be well. Yes, there is sickness. Yes, there is depression...But as we see in scripture, people found their healing when they connected with Jesus. Our healing is also in our connection with Him.
- Our bodies and our minds were not created to be infallible. At times, they fail on us...they deteriorate over time. So, we must actively do what we can to keep them in the best condition possible.

Taking Time for Yourself

Life can be busy. Life can be extremely busy. Somehow, you must still find some time for yourself. In the Book of Mark, we find that Jesus has been bombarded by people who are seeking a healing. Graciously, He attends to their needs, but He also realizes that in order for Him to stay healthy that He needs some time alone...He needs some time to spend with His Heavenly Father. Jesus knows that in order to continue to be of help to others that He must take care of Himself. He withdraws from the crowd and seeks God.

– Mark 1: 29-33, 35

– Life Lesson: You must take care of your own health so that you can be effective in helping others. If you aren't healthy, it limits what you can do for family and friends.

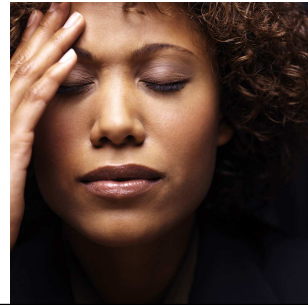
Exhibit Self-Control

- Galatians 5: 23 tells us the important qualities we should possess. Self-control is identified as one of those key qualities.
- Much of our health is related to our ability to exhibit self-control. Eat right. Exercise. Drink more water. Get adequate rest. Sounds easy—but you must be committed to it. It seems like every Monday I decide that I am going to have more self-control...and by Wednesday...well you know...back to the old routine.
- Improving our health by having discipline is possible. We must commit and be willing to do the hard work that it will take to accomplish our health goals.

Do Not Worry

We negatively impact our health when we worry. The Bible tells us that we accomplish nothing when we worry. Jesus emphasizes the fact that we need not worry because God will take care of our needs.

- Matthew 6: 25-34
- Life Lesson: You might as well stop worrying because worrying about it will do you or your health no good.



Take a Step

There is something that you can do to improve your health. Whether you are in good health now or are facing a terminal illness, your health can be better. Choose to take a step that will make you more healthy. Make the commitment to yourself to have better health.

