

## Health in the Bible

### **God is the Health of My Countenance**

Psalms 42:11 “Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.”

Psalms 43:5 “Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.”

### **God’s Law Brings Health**

Prov 3:1-2 “My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee.”

Prov 3:7-8 “Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.”

Prov 4:20 “My son, attend to my words; incline thine ear unto my sayings.”

Proverbs 4:22 “For they are life unto those that find them, and health to all their flesh.”

### **Wisdom and Understanding Prolongs and Imparts Life**

Prov 3:13 “Happy is the man that findeth wisdom, and the man that getteth understanding.”

Prov 3:16 “Length of days is in her right hand; and in her left hand riches and honour.”

Prov 3:18 “She (wisdom, understanding) is a tree of life to them that lay hold upon her: and happy is every one that retaineth her.”

Prov 3:21-22 “My son, let not them depart from thine eyes: keep sound wisdom and discretion: So shall they be life unto thy soul, and grace to thy neck.”

### **God’s Way is Saving Health**

Psalms 67:2 “That thy way may be known upon earth, thy saving health among all nations.”

### **Health a Concern in Times of Old**

Genesis 43:28 “And they answered, Thy servant our father is in good health, he is yet alive. And they bowed down their heads, and made obeisance.”

2 Samuel 20:9 “And Joab said to Amasa, Art thou in health, my brother? And Joab took Amasa by the beard with the right hand to kiss him.”

3 John 2 “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

### **Tongue of Wise is Health**

Proverbs 12:18 “There is that speaketh like the piercings of a sword: but the tongue of the wise is health.”

Proverbs 16:24 “Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.”

### **Faithful Ambassador is Health**

Proverbs 13:17 “A wicked messenger falleth into mischief: but a faithful ambassador is health.”

### **The True Fast Brings Health**

Isa 58:6-8 “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.”

### **Meat (Food) is for our Health**

Acts 27:34 “Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.”

### **Lack of Health Due to Disobedience of God’s People (see Jer. 7:23-24)**

Jeremiah 8:15 “We looked for peace, but no good came; and for a time of health, and behold trouble!”

Jeremiah 8:22 “Is there no balm in Gilead; is there no physician there? why then is not the health of the daughter of my people recovered?”

### **Lord Restores Health to His Chosen People**

Jeremiah 30:17 “For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after.”

Jeremiah 33:6 “Behold, I will bring it health and cure, and I will **cure** them, and will reveal unto them the abundance of peace and truth.”