***MAY YOU ENJOY GOOD HEALTH!***

**Dr. Don Ott, Christian Psychological Resources • August 28, 2020**

 ***“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well”*** (3 John 1:3). The last phrase of John the Apostle’s prayer, “even as your SOUL is getting along well,” implies that physical health depends upon psychological health! When your “psyche” or soul suffers (your mind, will, and mood), your body also suffers.

 Scripture presents a ten-point theology of health and wholeness. This brief article mentions some aspects brought into sharp focus as SARS-CoV-2 spread from Wuhan, China to the rest of the world. Decay, disease, and death were the results of Adam’s sin: ***“Sin entered the world through one man, and death through sin . . . by the trespass of the one man, death reigned through that one man”*** (Romans 5:12, 17). Enoch, Elijah, and Christians alive when Christ comes for his church are the only ones who will escape. Many forgot the certainty of death in their preoccupation with the possibility of illness.

 Doctors and medicine are not a “cure-all.” A woman who ***“suffered a great deal under the care of doctors and had spent all she had, yet instead of getting better . . . grew worse”*** (Mark 5:26) was healed when she touched the cloak of Jesus. There is no vaccine for AIDS/HIV nor for the common cold (also a coronavirus). After 17 years, there is still no vaccine for severe acute respiratory syndrome (SARS). Amid nonstop talk about the immunity produced by vaccines, little is said about natural resistance to illness.

 Vigorous physical activity is one of the most important safeguards. Over a century ago, Oswald Chambers wrote: “If people knew that the circulation of the blood and quickening of the heart life would remove distempers [infectious diseases] from the body, there would be a great deal less medicine taken and a great deal more walking done.” Closing gyms and fitness centers was irrational and counterproductive, as was hospitals not providing routine surgeries. Churches that did not meet face-to-face for months were shortsighted with very confused priorities. Social isolation is cruel and inhumane.

 Healing our natural, mortal body is always temporary. Even after Jesus miraculously raised Lazarus from the dead, religious leaders made plans to kill him (John 12:9-11). Hundreds of infectious diseases are caused by bacteria, germs, parasites, and viruses. Some are almost always fatal. COVID-19 may kill as few as one-tenth of one percent of those who contract the virus. School children are far more at risk from accidents, and football players need to be more concerned about head injuries.

 Our attention as Christians should be focused on our eternal spiritual body, and on daily inward renewal. ***“Just as we have borne the likeness of the earthly man, so shall we bear the likeness of the man from heaven”*** (1 Corinthians 15:49). ***“Though outwardly we are wasting away, yet inwardly we are being renewed day by day. . . . So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal”*** (2 Corinthians 5:16, 18).

 Aging, injury, illness, and death will eventually cease to exist. Satan wants to intimidate, manipulate, and enslave you with the threat of death. Some are so afraid to die they are willing to give up living! Christ freed us from that slavery when he destroyed the devil (Hebrews 2:14-15). He destroyed death and brought life and immortality to light through the gospel (2 Timothy 1:10). Ultimately, only our spiritual health and our relationships with God and other people matter. Mental clarity, volitional resolve, and emotional focus are all essential to your psychological health. Is it well with your soul?

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***A Ten-Point Theology of Health and Wholeness***

**INTRODUCTION:** James 5:14-16.

➀ ***CREATION WAS CURSED BECAUSE OF ADAM’S SIN***

 Genesis 3:17-18; Romans 8:20-21.

➁ ***MANKIND WAS EXPOSED TO DECAY, DISEASE, AND DEATH***

 Genesis 2:17; 3:22; Romans 5:12, 17.

➂ ***DISEASE AND DEATH ARE POWERS OF THE DEVIL***

 1 John 5:19; Acts 10:38; Hebrews 2:14.

➃ ***SICKNESS IS NOT ALWAYS CAUSED BY PERSONAL SIN***

 John 9:2-3; 1 John 5:16-17; 1 Corinthians 11:29-30.

➄ ***DOCTORS AND MEDICINE ARE NOT A “CURE-ALL”***

 Luke 4:23; 5:31; Mark 5:25-26.

➅ ***HEALING THE NATURAL BODY IS TEMPORARY***

 John 5:6, 14; 12:9-11.

➆ ***CHRIST DESTROYED DISEASE, DEATH, AND THE DEVIL***

 1 John 3:8; Matthew 8:16-17; Isaiah 53:4-5; 1 Peter 2:24;

 2 Timothy 1:10; Hebrews 2:14-15.

➇ ***NEW JERUSALEM HAS NO PAIN, DEATH, OR CURSE***

 Revelation 21:4; 22:2-3.

➈ ***VISUALIZE YOUR ETERNAL SPIRITUAL BODY***

 Philippians 3:20-21; 1 Corinthians 15:44, 49.

➉ ***FOCUS ON DAILY INWARD RENEWAL***

 Romans 8:10-11; 2 Corinthians 4:16, 18.

**CONCLUSION:** 3 John 1:2.

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