

***GOD'S Rx FOR GOOD HEALTH***  
**Proverbs 17:20-22**

**Woodland Park Church of Christ**

17 February 2019

## PRELIMINARY THOUGHTS

- Life is fraught with challenge and disappointment.
- Issues abound.
- Loved ones pass on.
- Family members become mere shells of what they once were.
- While enduring the grind of life, it becomes easier to lose your joy and enthusiasm.

- Joy or grief of the mind – those passions of the soul – greatly influence the body, either for its good or to its detriment.
- Medical science confirms that a broken spirit and unresolved emotional upheaval can lead to physical illness and disease.
- A burdened and stressed heart can result in chemical shifts and imbalances, causing deep emotional issues.

*A merry heart does good like a medicine . . .*

- Raises spirits
- Invigorates the body
- Fits the body and mind for service and business

*The spirit of a man will sustain him in sickness, but who can bear a broken spirit?* **Proverbs 18:14**

*A calm and peaceful and tranquil heart is life and health to the body . . .* **Proverbs 14:30a AMP**

## 1. Trust God Completely

*Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of honor in His service] at the appropriate time, casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you carefully].*

**I Peter 5:6-7 AMP**

*Trust in the LORD with all your heart, and lean not on your own understanding; in your ways acknowledge Him, and he shall direct your paths. **Proverbs 3:5-6***

## 2. Surround Yourself with Positive, Uplifting People

*Therefore encourage one another and build one another up, just as you are doing. 1 Thess. 5:11 ESV*

- People who are sincerely interested in your well-being;
- People who leave you in a better state emotionally than when they arrived;
- People who inspire and invigorate!!

### 3. Put a Smile in Your Heart

**GOD LOVES YOU!**

*Sing praise to the LORD, you saints of His, and give thanks at the remembrance of His holy name. For His anger is but for a moment, His favor is for life; **weeping may endure for a night, but joy comes in the morning.** Psalm 30:4-5*



## Lord's Invitation Extended to All

- **Be added to the Lord's body**

**Hear** the gospel (**Acts 15:7; Romans 10:17**)

**Believe** the gospel (**Acts 8:37,15:7; Hebrews 11:6**)

**Repent** of sins (**Acts 2:38**)

**Confess** Christ (**Acts 8:37; Romans 10:10**)

**Be baptized** for the remission of sin (**Acts 2:38**).

## Lord's Invitation (cont'd)

- Be reconciled unto the Lord (**I John 1:8-9**); or
- Desire prayer. (**James 5:16**).