

Physical Health is Never Promised in the Bible

Our society has taught us that we should never feel bad. The bible doesn't teach this. When we begin to feel bad, we seek an instant solution or a quick fix. The truth is, you can't be happy and healthy every day in a world filled with sickness and pain and sadness and disappointments and setbacks.

- The world wants you to medicate your problems. The problems are still there; you just don't feel it.
- God wants you to deal with your problems; and He gives you the tools to do it.

What makes perfect physical health impossible?

Philippians 3:20 We have a vile body. The only hope for our body is for Christ to come and change it.

2 Corinthians 4:16 Our body is perishing.

Romans 8:21-23 We live in a corruptible physical body that experiences pain and travail.

Luke 5:31 Jesus indicated that those with physical bodies would have times of sickness and have need of a physician.

What the bible says about mental health

2 Timothy 1:7 When God saved you, He gave you the Holy Spirit. Through Him, it is possible, in time, for you to have a sound mind.

- In the process of time and with spiritual growth, the Holy Spirit can produce in us the fruit of the Spirit (Galatians 5:22-23). It takes time to produce fruit.

2 Corinthians 10:3-5 In this body of flesh, we are in a battle of thoughts. God commands us to captivate our thoughts and bring them into obedience. We must line up our thoughts with the word of God.

- God never commands us to order our physical bodies to be healthy.
- God does command us to get control of our thoughts and lock them up.
 - We are told to wage war against all thinking that is not correct.
 - Thoughts of anger, harm of yourself or others, depression, despair, etc.
- Any disadvantages you may have physically, financially, or socially, you need to stop blaming your parents and start allowing God to have some control in your life so you can get the victory.

Excuses: People commit crimes today and blame poverty, racism, lack of education, or difficult life experiences.

- This doesn't agree with the historical record. People of past ages lived through much more difficult times than people do today, and they didn't resort to the craziness that we are seeing today.
- The truth is that the majority of people today have rejected God. That is what is causing them brain damage. They have no control over their thinking. They are emotional, chaotic and unstable.

Got guilt? Jesus Christ can take your guilt away.

Got shame? Jesus Christ can teach you how to live a life that is not shameful.

Got sorrow? Go to the man of sorrows and acquainted with grief (Isaiah 53:3).