



family

LIFE

There's Only One Way To Win

FAMILY LIFE – Part 6 – “A wealth of health”

God desires for us to live in holistic health.

How do we live in holistic health?
(Body soul, and spirit)

8 “Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

Exodus 20:8-10

11 *For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. Exodus 20:11*

God made the Sabbath for you!

Jesus, in the Bible, said, “The Sabbath was made for man, not man for the Sabbath” (Mark 2:27).

*“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words,
Isaiah 58:13*

*then you will find your joy in the LORD,
and I will cause you to ride in triumph
on the heights of the land and to feast
on the inheritance of your father
Jacob.” For the mouth of the LORD has
spoken. Isaiah 58:13–14*

***Then you will find your joy in
the Lord***

If you call the Sabbath a delight.

***I will cause you to ride in
triumph.***

***God's secret to riding in
triumph is calling the
Sabbath a delight***

Reasons to Invest in a Weekly Sabbath:

1. I need it
(Genesis 2:2; Mark 2:27).

2. God asks me to
(Exodus 20:8).

3. God blessed the Sabbath (Genesis 2:3).

4. My life goes better when I Sabbath.

Secular sociologists have studied the benefits of church attendance.

What they've found is that those who attend church regularly...

1. Live seven and a half years longer than those who don't.
2. Are 56 percent more likely to have an optimistic life outlook.
3. Are 27 percent less likely to be depressed.
4. Are 35 percent less likely to get divorced.

5. Have higher average levels of commitment to partners, higher levels of marital satisfaction, less thinking and talking about divorce, and lower levels of negative interaction.
6. Achieve higher grades, practice better time management, and experience a better sex life.

**AND WHAT DOES GOD SAY
ABOUT HEALTH FOR YOUR
BODY?**

Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. 1 Corinthians 6:19-20

*1My son, do not forget my teaching,
but keep my commands in your heart,*

*2for they will prolong your life many
years*

and bring you peace and prosperity.

*7Do not be wise in your own eyes;
fear the LORD and shun evil.*

*8This will bring health to your body
and nourishment to your bones.*

Proverbs 3:1,2,7,8

Where does sickness come from?

The fall

Personal Sin

Bad choices

4 Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.

5 But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. Isaiah 53:4-5

**AND WHAT DOES GOD SAY
ABOUT HEALTH FOR YOUR
SOUL?**

*Beloved, I wish above all things that
you may prosper and be in health,
even as your soul prospers.*

3 John 1:2

28 Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. Matthew 11:28-29 (NLT)

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22

Broken – (Nake) Heb. – broken, stricken, wounded

Dries – (Yabesh) Heb. – withers away,

Personal application questions:

How will I honor the Sabbath in my life?

What is my intentional plan to keep my body healthy? And my soul healthy?

For what do I need to repent?



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