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SALVATION

If you are not a believer in Jesus Christ, or aren't sure and would like to become one, then you need to believe that Jesus Christ was and is the Son of God, that he was God who became a man, that he lived a sinless and perfect life, keeping the Law of God perfect in every way, that he kept faith perfectly, and that he was crucified on that cruel cross for your sins, mine and the entire world- he died for our sins! His death on the cross paid the penalty fully, one time for all sins that we have ever committed and that we will ever commit. He died; he went down into the bowels of the earth, even into Hell, and was raised from the dead on the third day in a resurrected, eternal body. He ascended back into heaven, was seated at the right hand of God, and is now Lord over heaven and earth. He is coming again to judge the world, to raise the dead, where he will give an eternal, resurrected, glorified body to everyone that has believed on him as their Lord and Savior, and to establish his kingdom one earth.

You come become a Christian right now as you read this, by personally placing your faith and trust in Jesus Christ as your Lord and Savior; believing that he is God's only begotten Son, that he died on the cross for you and that he was raised from the dead and is now seated in heaven at the right hand of God the Father. *"Believe on the Lord Jesus, and you will be saved.."* Acts 16:31a And when you do trust Christ, and Christ alone, as your Lord and Savior, then go to God the Father in heaven in prayer and tell him so. Tell him that you have believed on his Son, thank him for his Son, and thank him for forgiving your sins and saving you! *"That if you confess with your mouth, "Jesus is Lord", and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved."* Romans 10:9,10 *"For, "Everyone who calls on the name of the Lord will be saved."* Romans 10:13 *"Therefore, being justified by faith (declared righteous), we have peace with God through our Lord Jesus Christ."* Romans 5:1

September 2018 Newsletter - Health and Healing

“For I Yahweh am the One who heals you.” Exodus 15:26b

Intro:

Even though Believer-Priests go through experiences of deserved and undeserved sufferings, God still wants his people to be healthy. We live in a day and age where the Christians in America are as unhealthy as the rest of the country. Heart disease, cancer, diabetes are rampant throughout the country, even though we have the highest standard of living. Something is wrong when we have most of the world's wealth; yet lead the world in degenerative diseases!

Thousands upon thousands of Christians are unhealthy, overweight and suffer as the result, and mistakenly think they are suffering for the Lord. They rush to their doctors for treatment spending thousands of dollars and conclude it is their “cross to bear”. Somehow they have arrived at false conclusions about health and personal suffering as a Christian, largely due in part to the religious groups they belong to. Some groups have the view that Christians must go to western doctors and their medicine for treatment, that somehow they're the only ones authorized by God to treat us. Other groups believe in the gifts of healing and if they have a problem wait until one of the healers come through town to get their malady cured.

What this study is designed to do is to look at the concepts of healing both in the OT and the NT, and from it **we will see that God does want us to be healthy!** We may have problems from time to time, sometimes due to our own bad decisions, sometimes undeserved, but all are designed to cause us to grow into the image of Christ, and that Job was not the norm, but really the exception to the rule.

First of all we want to consider some of the OT and NT words concerning the subject of health, healing, doctors and the Lord's view in all this. The subject of health is extremely complex, but we hope to set forth some principles that will give us bones or structure that we can use in our lives. **As always, the course of action that the Believer-Priest follows for his/her own personal health is a decision that they must make between them and the Lord.**

The word for **health** comes from the word to heal and is derived from the Saxon-helan, the Latin - celo and the Hebrew - *kalal*. It has as its root idea the idea of making whole; health is related to wholeness. **When one has all the parts that make up the whole of our being a human healthy, then one has health!** The word **wellness** also comes from the idea of wholeness, the same for holistic. Other words related to the idea of **health** are *hugaino* - to be healthy, to be clean, *ischuontes* - to be strong, *therapeuo* - to treat, to cure, to care for the sick, *iaomai*- to heal, physical treatment, *holoteles* - to be whole, or complete, *holokleria*- to be sound (healthy) in every part, *iatros* - a physician, *raphah*- to mend by stitching, to heal, to cure, to repair.

Weakness and strength are also factors in health for **weakness** opens the door to injury, sickness and disease, while **strength** (health) helps prevent injury, sickness and disease, such as a weakened immune system versus a strong immune system. Or how many times have we heard about someone who has a strong constitution?

1. *Arukah* - the healing of a wound, health, healing. Also a long bandage applied by a physician to heal a wound.

2. *Chibash* - was the binding of a wound, from the idea of binding a turban, the binding up of a fracture and other injuries. Since the purpose was always toward the idea of healing something it took on the general term of a healer or a physician; it was part of the duties of a shepherd over his flock.

3. *Kahah* - meant to be weak, feeble, failing in strength, to be cast down in the mind, to be timid, to become pale, to have spots on the skin, to grow weak or tired, also to lose courage and faint, of the eyes becoming dim through age or grief. The starting point is to grow weak and from there we have four meanings: 1) to grow dim, 2) dimly glowing, 3) to become blind, 4) to lose courage. It has the idea of physical weakness, or weakness of the immune system, which can manifest itself in many areas. It also has the idea of psychological weakness, which can manifest itself in faintheartedness, losing courage, despair, depression, etc.

Healing in this area would reconstitute the believer's strength, immune system and the soul. It doesn't deal with injuries or wounds, although if they were there they would have to be treated, but deals with the treatment or healing of the individual so that he will go from a position of weakness to one of strength. Spiritual healing would come from faith in the promises of God. Psychological healing would come from the love, encouragement and support of others. Physical healing would come from herbs and nutrition from food.

4. *Yeshuah* - Basically, this word means deliverance from a situation that threatens a believer. It was used frequently for danger and things that threaten the life, but is also used for healing believers from sickness, injury or disease. To ask God to heal, or to make you healthy, was to ask God to deliver you out of sickness, disease or injury. *Yeshuah* was the contracted form of *Yehoshua*, which in English would be Yah's Healer, Yah's salvation, or Yah's deliverance. This looks to *Yahweh* and recognizes him as our Healer, as the One who gives us health. **He may do this himself directly, or he may employ someone else as his agent of healing.**

Yeshua comes from *Yah* and *Shua*, which meant Yah's salvation, or Yah's deliverance, or Yah's healing. *Yeshua* brought up into the Greek was rendered as *Iesous*, and *Iesous* brought up into the English was rendered *Jesus*. So *Jesus* meant Yah's Salvation, or it could mean Yah's Deliverance, or it could mean Yah's Healer. **Also the word *shua* didn't always imply to rescue believers out of their trouble, (health or otherwise), but to bring help to them while they were in their trouble.**

5. *Marppa* - was the healing of a disease, deliverance from a calamity, a refreshing of the body and mind.

6. *Rapha* - was to sew together, to mend, to heal a wounded person by sewing up the wound, to repair, to restore, to cure to use medicine; its fundamental meaning was to restore or make whole. Martin Luther jokingly called physicians the Lord's cobblers. The idea of healing dealt with maladies that needs to be healed and defective conditions that needed to be made whole. In reference to a broken clay jar, it needed to be repaired, a fractured limb needed to be treated, a bodily injury healed.

Israel's false prophets were likened to worthless physicians who only treated the symptoms of the problem, not the underlying cause saying, "Peace, peace, when there is no peace." Jeremiah 6:14; 8:11

Rapha was **definitely holistic for it looked at the whole man and not just a physiological problem that had surfaced**. It went beyond the wound, injury, sickness, disease, defect, or weakness to how the whole man was doing spiritually, emotionally as well as physically. It must be interjected here that physicians did not give health, they only set bones, sew up wounds and recommend herbs for healing. **Health was and is our responsibility!**

In sharp contrast to our compartmentalized canon of thinking approach to physicians and health the Bible's approach, both OT and NT, was and is **holistic!** Our thought life, our emotions and our spiritual life are all just as much a part of health as is the food we eat, which should be regarded as medicine. Let food be our medicine and medicine our food. *"Their fruit will be for food and their leaves for healing."* Ezekiel 47:12b. **The metabolization and application of Bible Doctrine brings health and healing to the whole body.** Proverbs 4:20,22.

What is interesting is the connection of one's physical well being to one's spiritual and emotional life. The mistake that all to many make today is treating the body as if it were separate and removed from the inner life. The physician/healer would treat the body, but he would also probe past that to treat the soul. And he would use herbs and diet correction as well.

8. *Shalom* - is a word that most people are familiar with as the word for **peace**, but it actually has the idea of wholeness. It comes from *tamim*, to complete, to be finished and **gives us the idea of the completing of every part of the whole until the whole is complete. Once that occurs there is a state of wholeness; once there is wholeness there is health. Therefore wholeness, wellness and health all speak of the same thing, with health resulting from all parts of the whole being sound and healthy.** An athlete can have every organ and muscle in his/her body in excellent condition, but if they have cancer in just one thing, then they are not healthy! All the parts of the whole have to be healthy, if we are to be healthy.

9. *Tealah* - a channel or water course, a plaster or bandage to put on a wound.

10. *Hugies, hugaino* - referred to mental health and the faculty of rational thought. It spoke of **health which is the goal of healing**. That which is healthy is balanced according to the order of the whole for health rests upon a **balanced mixture of qualities**: dry/moist, hot/cold, bitter/sweet, alkaline/acidic. A predominance of one has a ruinous effect on the body. **All excesses are damaging to one's health.**

Health is a mixture of different qualities and a balance of extremes. You will find that healthy people are quiet and reflective in their souls, not turbulent. **Sin results in poor health, but not all sickness is due to sin.**

In philosophical teachings health was the epitome of life and meant that one had chosen the right path in life. The way of health is the path of life. The art of healing held an important place in society and the health of the individual was the goal of the healer. The healer instructed the sick on what manner of life would make him well, not what drugs to take, **for health= wellness= wholeness.**

The rules for health are laws for the body. There is sickness for the soul as well as for the body. *Sophrosune* refers to a healthy soul, mental health, that is, to be in one's right mind. Physical health and mental health belong together, so much so, that one cannot have the one without the other.

Health comes from wholeness, not just the body, but the soul also. Gnosticism separated the two many centuries ago considering the body and the soul separate, with the body of little consequence or importance. Western medicine and present day Christian thought have adopted the Gnostic's view on the issue treating the body as if it was a separate entity than the soul. The Gnostic school of thought influenced western school of thought on these and many other issues, while the eastern school of thought, which actually is the more biblical position, saw the interconnectedness of the body and the soul and treated both in the matter of healing!

Jesus shows himself as the Healer, which would only be natural because as our creator it would only follow **if he created us, then he can heal us!** And he can do this simply by speaking the word. The authority and power to heal was granted by Christ to the Apostles. And finally, **the sound doctrine of Timothy the Pastor-Teacher** meant that it was not only correct doctrinal teaching that imparted the whole counsel of God, **but that its by-product was a healthy soul and a healthy body.**

11. *Therapeuo* - to heal, to care for the sick, to cure, to treat, to restore to health, to be an attendant for someone who is ill.

12. *Iaomai* - was used of physical treatment for the sick, but the word of choice for acts of divine healing.

13. *Sozo* - was used frequently in the matter of salvation, but was also used for delivering someone out of sickness and disease.

14. *Diasozo* - the word *dia* intensifies it so it becomes to save or to heal thoroughly, as the centurion wanted his servant totally healed. Luke 7:3 Also it meant to bring safely through a dangerous situation to the other side.

15. *Therapeia* - denoted health care.

16. *Iama* - was a means of healing; used also of divinely imparted gifts given to the Church in the times of the Apostles.

17. *Iasis* - stressed the process of healing reaching the goal of completion.

18. *Holokleros* - brings out the idea of every part being healthy with the result that the whole person is healthy.

A. Principles Concerning Health.

1. **God wants us to be healthy.** “Dear friends, 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 2 Or that we may prosper and be in good health even as our souls are prospering.

2. **God is the one who heals us.** “For I, Yahweh, am the One who heals you.” Exodus 15:26b

3. **All sin results is sickness, or injury, or weakness, or death, but not all sickness, disease, injury,**

weakness, or death is due to sin! There is suffering that is deserved and there is suffering that is undeserved.

4. **Weakness** makes one vulnerable to sickness, injury, or disease.

5. **The concept of health applies to our minds, our emotions and our spiritual side as well as to our bodies.**

6. Health is to be a goal of life.

7. There is a path, a way of living that results in health. This is the path that we must follow.

8. If one has arrived at physical, mental and spiritual health, then they have chosen the right path!

9. One could say that Jesus' Hebrew name meant, "*Jesus the Healer*", or "*Yahweh the Healer*", for this is what he did here on earth.

10. One of the aspects of health is strength.

11. Healing can come through God directly, through immediate agents, such as therapists, etc., in the early church through the Apostles, or through self-healing which we'll get into later.

12. Healing covers such areas as: physical wounds, fractures, surgery, skeletal, diseases, sickness and weakness; emotional - scars on the heart, hurtful feelings, grief, a broken heart; mental - wrong thinking, irrationality, negative thinking, non-doctrinal thought life, etc: spiritual - through the filling of the Holy Spirit and metabolized doctrine.

13. Physicians equaled healers and vice versa. Although they sutured wounds and set fractures, they were not into the drugging the problem culture of today. Herbs were taken internally, poultices applied externally, but they also utilized spinal adjustment, magnets and instructed their patients on what foods to eat for health. They were also very adept at diagnosing what the problem was.

14. **Healers were definitely holistic treating the entire man, spirit, soul as well as the body, and not just the affected organ.**

15. It must be strongly noted that even though they are called healers, neither physicians nor healers can heal. They may sew wounds, set fractures, prescribe herbs, **but it is the body that heals itself, or the Lord who heals the body and the soul.**

16. **There is no spiritual gift of healing in the Church today, but God still performs healing all the time.** The grammar of the NT shows that there was no permanence of the gift of healing; it was an only "at that time" phenomenon.

17. Physical healing can and often does come about as the result of mental and emotional healing. The releasing of negative feelings and their negative energy often brings about physical healing in that affected area.

18. That is why the rest of the world practiced holistic healing treating the soul as well as the body, instead of restricting the therapy to just the affected part of the body.
19. The leaves of plants, trees, etc., are the herbs given to us by God for the purpose of healing.
20. The priorities for health are: 1) spiritual, 2) mental, 3) emotional and 4) physical. All four areas must be addressed for health.
21. **Health**= wholeness= wellness= soundness, to be healthy all the parts of the whole must be healthy.
22. The healer understood the connectedness of the body to the soul, so he treated the body and the soul together. Oftentimes the healing of both took place, not just the body.
23. **The goal was to get on the path of health, let the healing process take place, with the end result of health.** When the healing of all the parts of the whole took place, then there was completion and wholeness, or the state of health.
24. **The body heals itself.** The physician may clean the wound and sew the two sides together, but it is the body that causes the two sides to grow together. The physician may set a fracture by bringing the two pieces together, but it is the body that causes the two bones to knit together. Today they use antibiotics to kill bacteria, but the body has an immune system that can kill bacteria, especially if it's strong. Even nature helps the body out with dead flesh by maggots who eat only decaying flesh then drop off.
25. **The key is health. When one is healthy he has a strong immune system then the body can take care of itself. If you can believe in the concept of health, then you can believe that you will get better!**
26. Healers were there to bind up what God had injured through corrective discipline, what we had brought upon ourselves due to our own foolishness and bad decisions, and to also instruct us in the ways of health.
27. **Health rests upon a balanced lifestyle and a balanced mixture of qualities:** dry- moist, bitter-sweet, alkaline-acidic (PH level).
28. Oftentimes medicine was bitter, (bitter medicine), because it had to be taken to offset the affects of their **acidic diet**.
29. **Balance and moderation are the key**, too much of one thing has a ruinous affect on the health, on the wholeness of the individual.
30. The art of healing held a high position in a community and was considered very important. The health of the patient was the goal and result of the Healer.
31. The ideal was to bring the individual to the place where he or she was physically and mentally healthy, for them to have healthy finances, a healthy family and hopefully a healthy community.

32. **The way of health is the path we are to take in life; all excesses are damaging to one's health.**
33. **The rules of health are the laws for the body.**
34. **Health is our responsibility**, no one else's. No one can force us to be healthy, that is the choice that we have to make.
35. There is sickness and health for the soul as well as the body. The health of the soul is called *sophrosune* and it means to be in one's right mind. Sickness of the soul would be mental illness all the way to being demonized.
36. Physical health and spiritual health belong together, so that one can't have physical health without spiritual health. An example was look at how healthy the Apostles were. Look at the tremendous hardships they went through.
37. The Gnostics were one of the groups that separated the body from the soul; they considered that the body was of little importance at all. Physical health was not a priority to them. What a contrast that was to the Israelites where everything God wanted them to do was for the purpose of their health!
38. **Health is better than riches, material possessions, power, prestige and position in society.**
39. Physicians/Healers set bones, sewed up wounds, applied topical ointments for wounds and skin conditions, treated internal organs all using natural herbs; prescribed for them the right diet, foods and lifestyles and also sought to bring the soul into a balanced condition of health.
40. Philo of Alexandria put higher importance on the health of the soul over the body, but did not minimize the importance of physical health.
41. **The priorities of health are: Spiritual> (Christ and the Word)> Mental> Emotional> Physical> Family> Financial> Community.**
42. The parts of the whole of society are its families; the parts of the whole of the family unit are its individual members; the parts of the whole of the individual are the many things that make us up.
43. **One's diet is the foundation of health, any imbalance will result in sickness and/or disease.**
44. Healing herbs and treatments basically re-supply what the body is lacking to bring it back into balance resulting in health or wholeness.
45. **One must have healthy food to have an healthy body.** You can't get something out of it, health out of food, if it's not there in the first place.
46. **To have healthy food you must have healthy stock and healthy nutritious soil that has all the minerals needed in it.**
47. All plants vary in their mineral, chemical and light composition. One needs a variety of plants,

fruits and grains to provide the various chemical, mineral and enzymes that the body needs.

48. Herbs have concentrations of these things.

49. **Pure water with minerals is vital to health, as also is sunlight.**

50. **Light**, electrical energy, minerals, enzymes and natural chemicals must be present in the food molecule, (thus making it living food), for that energy to be transmitted to the body. It is these things that bring health to the body.

51. “Food” without these things is dead, lifeless food unable to make the body healthy. It may taste good, but it doesn't promote a healthy body.

52. A continued diet of dead, lifeless food results in the body becoming weakened, then sick and diseased.

53. So the foundation for health is having a diet solely of fresh, natural, organic plants, vegetables, fruits, meats and grains that are exploding with energy. Even then one will have to probably be making continual adjustments all throughout their life in their diet and implementing herbs, etc., under the guidance of a professional healer to compensate for the aging process and even to deal with stress in the life.

54. Spiritual health is the most important of all, but one cannot have spiritual health without spiritual food and for the believer in Christ it's **the doctrinal teaching of the Word of God.**

55. Which means that the words that are spoken must have spiritual life in them. If there is no spiritual life or nutrition in the words, then they cannot impart spiritual health. The “*empty words*”, *kenos logos*, of Scripture are teachings void of spiritual substance. Because of that there is nothing in them that can impart spiritual health to the believer.

56. Therefore, to have **spiritual health** one's diet must consist of spiritually nutritious teachings. To have physical health one's diet must consist of sound, wholesome, living nutritional food.

57. To have **mental health** one must learn to develop the habit of only thinking good, positive, wholesome and biblical thoughts. One must learn to reject thinking the thoughts that are not positive and uplifting, just as one must learn to reject foods that are not nutritional. If it doesn't profit your body, why eat it?

58. To have **emotional health** one must avoid giving way to negative feelings, having a strong spiritual and emotional dynamic going on inside, and if necessary, the removal of scar tissue from the soul. Positive thinking results in positive feelings, while negative thinking results in negative emotions.

59. There is a lie that people believe that they can't get better, that there is no hope for them. The truth is that they can't have a perfect body, with perfect health, but their health can improve by anywhere, say, from 5% to 100%. Whatever the percentage of improvement, **the truth is one's health can improve!**