



THE CHURCH AT ELLERSLIE
SUNDAY SERMON NOTES

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THE SECRETS OF BODILY HEALTH



But He said unto them, I have food to eat that you know not of.

John 4:32

There are a lot of opinions today regarding the secrets to health

- **Diet** (Take your pick. And if you don't like the current fad diet, just hold on 'til next week, because a new one is sure to be released and be better than all the other duds before it)
- **Physical Exercise** (CrossFit or In-The-Core?)
- **Attitude** (the power of positive thinking)
- **Environment** (no molds, no allergens, no radiation, no noise, no nothing)

Are These Things Good or Bad?

That depends. Are they in the position of Savior? Or are they in the position of servant?

Diet, Physical Exercise, Attitude, and Environment are lowercase solutions to an Upper Case problem

The Difference Between Capital “H” Healthy and lowercase “h” healthy

What is our Upper Case Problem?

The spirit of the man is dead

For thus says the LORD: Your affliction is incurable, your wound is severe. There is no one to plead your cause, that you may be bound up; you have no healing medicines.

Jeremiah 30:12-13

But she who lives in pleasure is dead while she lives.

1 Timothy 5:6

The New Creature

The Superimposed Life . . . IN Christ

Therefore He says: Awake, you who sleep, arise from the dead, and Christ will give you light.

Ephesians 5:14

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

2 Corinthians 5:17

Knowing the Difference Between “New Man” and “Old Body”

The “spirit of man” Revived

The pipeline of Life

Seven Systems of the Spiritual Man

- The Head (skeletal, frame, structure, command)
- 1. The Breath System (respiratory)
- 2. The Strength System (muscular)
- 3. The Growth System (endocrine)
- 4. The Defense System (immune/purifying)
- 5. The Use System (digestive)
- 6. The Life System (circulatory)
- 7. The Blessing System (reproductive)

Faith in Christ Revives the Heart Health of a Man

The Three Secrets of Capital “H” Health

- 1. Deliberate Joy**
- 2. Keeping the Enemy Out of the Living Room**
- 3. Turning Outward and Sharing Your Strength**

A Deeper Look at the Three Secrets

1. Deliberate Joy

A merry heart does good, like medicine, but a broken spirit dries the bones.

Proverbs 17:22

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

Proverbs 17:22 (ESV)

A joyful heart is good medicine,
But a broken spirit dries up the bones.

Proverbs 17:22 (NASB)

Don't forget the verb Yatab (yā·tav') meaning “to work good; to make beautiful; to do right; to thoroughly accomplish”

A Merry Heart

works like a medicine, does good like a healing balm, works amazingly as a remedy; and is thoroughly effective at making things that are wrong, right again

Anxiety in the heart of man causes depression, But a good word makes it glad.

Proverbs 12:25

A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.

Proverbs 15:13

2. Keeping the Enemy out of the Living Room

My son, do not forget my law, but let your heart keep my commands; for length of days and long life and peace they will add to you . . . Do not be wise in your own eyes; fear the LORD and depart from evil. It will be health to your flesh, And strength to your bones.

Proverbs 3:1-2, 7-8

- 1. Let your heart keep His commands**
- 2. Allow humility to reign**
- 3. Fear the Lord**
- 4. Depart from Evil**

It will be healing to your flesh
and refreshment to your bones

Proverbs 3:8 (ESV)

It will be healing to your body
And refreshment to your bones.

Proverbs 3:8 (NASB)

3. Turn Outward and Share Your Strength

The Isaiah 58 Promise

Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh? Then your light shall break forth like the morning, **your healing shall spring forth speedily**, and your righteousness shall go before you; the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry, and He will say, *Here I am*. If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday. The LORD will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail. Those from among you shall build the old waste places; you shall raise up the foundations of many generations; and you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.

Isaiah 58:6-12

The Widow Principle

Then the word of the Lord came to him, saying, Arise, go to Zarephath, which belongs to Sidon, and dwell there. See, I have commanded a widow woman there to sustain thee.

1 Kings 17:9

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

2 Corinthians 12:9-10

When You Bring Health to the Inner Man it Lays a Foundation in the Physical Man for the Development of Real Capital “H” Health

Foundational “H” Health vs. Endless Frontier “H” Health

The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Proverbs 18:14

The spirit of a man will sustain him in sickness,
But who can bear a broken spirit?

Proverbs 18:14 (NKJV)

A man’s spirit will endure sickness,
but a crushed spirit who can bear?

Proverbs 18:14 (ESV)

The spirit of a man can endure his sickness,
But *as for* a broken spirit who can bear it?

Proverbs 18:14 (NASB)

Kuwl - Kül

A Man’s spirit . . . *will provide for Him in sickness; will supply endurance for Him in disease, will sustain Him through infirmity, will support Him throughout any weakness*

The Spirit of the Man is the secret inlet for health, provision for health, and support in health.

If the spirit of a man is dead, then he is blocked from true Health and vulnerable to everything else darkness may wield.

If the spirit of a man is alive, then he is able to receive of the provision for true Health and can be built up as invulnerable.

My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh. Keep your heart with all diligence, For out of it spring the issues of life.

Proverbs 4:20-23

Pleasant words are like a honeycomb, Sweetness to the soul and health to the bones.

Proverbs 16:24

He Delights to Heal

I have seen his ways, and will heal him; I will also lead him, and restore comforts to him and to his mourners (Isaiah 57:18) . . . Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth (Jeremiah 33:6) . . . I will heal their backsliding, I will love them freely, For My anger has turned away from him (Hosea 14:4) . . . After two days He will revive us; On the third day He will raise us up, That we may live in His sight (Hosea 6:2).

Go Tell John!

When the men had come to Him, they said, John the Baptist has sent us to You, saying, Are You the Coming One, or do we look for another? And that very hour He cured many of infirmities, afflictions, and evil spirits; and to many blind He gave sight. Jesus answered and said to them, Go and tell John the things you have seen and heard: that the blind see, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, the poor have the gospel preached to them. And blessed is he who is not offended because of Me.

Luke 7:20-23