

God's 5-Part Prescription for Your Total Health

"Let your heart keep my commandments; for length of days and long life and peace will they add to you" (Prov. 3:1b-2).

If there were a pill that promised to add years to your life, you'd probably pay a lot of money for it. But what if I told you that, as a Christian, you already have the key to a long life and it's free?

God has given all of the principles for health management in His Word, the Bible. The Bible is the owner's manual for your body. As David says, "Your hands have made me and fashioned me; give me understanding, that I may learn Your commandments" (Ps. 119:73). And Deuteronomy 32:47 says, "For it is no idle word for you, because it is your life, and by this word you will prolong your days in the land." God says, "If you do what I tell you to do with your health, you will enjoy a long life."

Our key verse today says, "Let your heart keep my commandments; for length of days and long life and peace will they add to you" (Prov. 3:1b-2).

What are some of those commands? "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your paths. Do not be wise in your own eyes; fear the Lord and depart from evil. It will be health to your body, and strength to your bones. Honor the Lord with your substance, and with the first fruits of all your increase; so your barns will be filled with plenty" (Prov. 3:5-10a).

These verses highlight some factors you probably don't think about but that will keep you healthy: tranquility, trust in God, integrity, humility and generosity. These things will

cause your health to be better because your physical health is influenced by your spiritual health.

Talk It Over

- What does it mean to honor the Lord “with the best part of everything you produce”?
- How might you need to adjust your priorities, schedule or way of thinking so that you can better manage your spiritual health?
- What other areas of life are influenced by your spiritual health? {eo}

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