

Rick Warren: Trusting God Is Good For Your Health

"I said to myself, 'Relax, because the LORD takes care of you.'" (Psalm 116:7 NCV)

God has given you the gift of your body, and it comes with an owner's manual – the Bible. In it are all the instructions you need to take care of yourself and live a long life.

You already know the basics: proper nutrition, exercise, a good night's rest. Today I want to look at the first of four health factors you may not have thought of for living long and well.

Trusting God is good for your health. *"Trust in the LORD with all your heart and lean not on your own understanding"* (Proverbs 3:5 NIV). Why is trusting in God good for your health? Because when you trust him, you don't worry.

Psalm 116:7 says, "I said to myself, 'Relax, because the LORD is going to take care of you'" (NCV). If you really trust in God, you're going to be less stressed.

The Bible says in Proverbs 14:30, "A heart at peace gives life to the body, but envy rots the bones" (NIV). It's not just what you eat that matters, it's what eats you. You can have all the right macrobiotics and organic food, but if your body is filled with resentment, worry, fear, lust, guilt, anger, bitterness, or any other emotional disease, it's going to shorten your life.

You have a choice:

- You can either worry or worship.
- You can either pray or panic.

The more you pray, the less you'll panic. Relax, because God

will take care of you!

Talk About It

- In what difficult situation or circumstance do you need to trust God today?
- What does it mean to “lean on your own understanding”?

Rick Warren is the founding pastor of Saddleback Church in Lake Forest, Calif., one of America’s largest and most influential churches. Rick is author of the New York Times bestseller *The Purpose Driven Life*. His book, *The Purpose Driven Church*, was named one of the 100 Christian books that changed the 20th century. He is also the founder of , a global Internet community for pastors.

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