

What the Bible Really Says About Your Health

The title of this blog is not a trick or mysterious question. The answer should be obvious.

It's intended to make one think: does God really want us to walk in health? Let's examine the Word of God in regard to this question. We will begin in the book of Mark.

"These signs will accompany those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; if they drink any deadly thing, it will not hurt them; they will lay hands on the sick, and they will recover" (Mark 16:17-18).

Notice the last concept of laying hands on the sick. Does it say they might recover? Does it say they may recover? And does it say their disease will be managed?

Quite the contrary. This is a positive, affirmative, and sure statement—they will recover. So let's say it in a different way, in terms we understand: the sick will be healed and not simply be managed.

Let's examine one more scripture in 3 John:

"Beloved, I pray that all may go well with you and that you may be in good health, even as your soul is well" (3 John 2).

It should become obvious at this point that walking in health is indeed God's intention for His children. Further, it is also His intent that His children (disciples) play an active role in bringing about health to the world through the healing power of the Holy Spirit within us.

With that being established, it is very curious that the following statistics exist in the United States:

- Heart disease is still the number one killer and has been for the last 40 years.
- Cancer is still killing the same number of persons per 100,000 as it was 40 years ago.
- Someone dies every 34 seconds of heart disease in the U.S.
- Every 40 seconds, someone has a heart attack.
- 2,200 people die each day in the U.S. of heart disease, and at least 250,000 people die of this disease process every year before reaching the hospital.

Though the statistics are , these disturbing trends are ongoing worldwide, indicating that the Western lifestyle as we know it is riddled with disease prediction. It is very clear we have a problem.

Future predictions do not bode well. Our disease trends are predicted to rise faster than population growth. With life expectancy continuing to increase, it appears rather than living longer, we may be dying and being sicker longer.

Please note the following additional disease predictions:

- One in three children are predicted to be type 2 diabetic by 40 years of age.
- Type 2 diabetes will affect 1 in 2 persons within 15 years.
- Autism, which affects 1 in 40,000 40 years ago, affects 1 in 40 today, and some have predicted the rate to rise as high as 1 in 2 in coming years.

Our world and the next generation is being affected severely. We are losing a generation and must understand why so that we can quickly do something about it. How many of you think that we must do something instead of pretending this does not exist? Perhaps we have been deceived into believing that simply managing disease is the best God has for us.

Could we be missing something, and could there be a better

way?

This article is intended to get your wheels turning within your spirit. {eoa}

Mark Sherwood, *naturopathic doctor (ND)*, is on a mission to help you achieve wellness in every area of your life. Dr. Mark and his wife, Michele L. Neil-Sherwood, DO, have a successful medical practice, the Functional Medical Institute; have a television and radio program; and provide resources, including their Amazon bestseller, *The Quest for Wellness*, nutrition plans, fitness instructional videos, and helpful mental and emotional steps to provide relief from stress and to help people form better habits so they can live well.