

Health for the Bones

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This booklet was created from a message preached by Pastor Stevens.

All Scripture quotations, unless otherwise noted, are from the King James Version. Italics for emphasis are ours.

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INTRODUCTION

The Word of God has so many unusual things to say to us, and I have often wondered about how I am to receive some of them. How am I supposed to understand certain principles? If I understand them, then maybe I can understand how to experience them.

One of the areas where my understanding is limited is in the area of healing. I think all of us possess some kind of limitation in our belief system concerning health, sickness, and healing. We can see in the Scriptures just how much God wants His people to be healthy in mind, in heart, and in body. The Bible is full of promises related to this subject.

In these pages, we examine what God means when He speaks to us about how His Word makes us healthy, happy people in the plan of God.

Chapter One
GOD HEALETH THEE

“So Moses brought Israel from the Red sea, and they went out into the wilderness of Shur; and they went three days in the wilderness, and found no water.

“And when they came to Marah, they could not drink of the waters of Marah, for they were bitter: therefore the name of it was called Marah.

“And the people murmured against Moses, saying, What shall we drink?

“And he cried unto the LORD; and the LORD shewed him a tree, which when he had cast into the waters, the waters were made sweet: there he made for them a statute and an ordinance, and there he proved them,

“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the

LORD that healeth thee.

“And they came to Elim, where were twelve wells of water, and threescore and ten palm trees: and they encamped there by the waters” (Exodus 15:22-27).

“And there shall be a great cry throughout all the land of Egypt, such as there was none like it, nor shall be like it any more.

“But against any of the children of Israel shall not a dog move his tongue, against man or beast: that ye may know how that the LORD doth put a difference between the Egyptians and Israel” (Exodus 11:6-7).

God put a difference between the Egyptians and Israel, and He said that “none of these diseases”—the diseases that plagued Egypt—would be put upon Israel. Was this something that only pertained to Israel and her relationship to Egypt? I search for the answer to this question.

Doctors are great searchers. The medical community explores and researches the anatomy of the human body, looking for answers. These men and women seek answers. Where does this disease come from? How can we counteract its effects? What is the proper way of prevention? These are all legitimate questions from honest minds. Today they use tools such as Magnetic Resonance Imaging to construct a two-dimensional view of the inner workings of

the human body, searching for answers to our problems. By using new technology to look deep into the tissues, they can find causes and effects that previously were unattainable through traditional exams. In some cases, they can identify a problem and deal with it before it has a chance to worsen.

We are people built for searching. God made us fearfully, wonderfully, and curiously (Psalm 139:14-15), and we have a tendency to search out things and to wonder about things. To have questions is a good thing. Think of Solomon. He was a king whose wisdom excelled all wisdom. I believe that when he wrote the book of Ecclesiastes, though he was weary of the world, we find the writing of a man who had not lost his sense of wonder and curiosity in the things of the Creator.

Order and Trust

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.

“In all thy ways acknowledge him, and he shall direct thy paths.

“Be not wise in thine own eyes: fear the LORD, and depart from evil.

“It shall be health to thy navel, and marrow to thy bones.

“Honour the LORD with thy substance, and

with the firstfruits of all thine increase:

“So shall thy barns be filled with plenty, and thy presses shall burst out with new wine” (Proverbs 3:5-10).

In going to the Word of God, I get something very precious. Health comes to my nerves and sinews. My bones are strengthened from the marrow on out. My approach to the Bible must be as a student of faith. I am a sanctified vessel in which faith is mixed with a meek spirit. It’s a beautiful thing for the Word of God to bring health to me. The Word of God came forth, and there was the universe! That same Word of God that created all things now holds all things together. This Word of God also, as Proverbs 3 tells us, brings health to my body.

One of the keys to health is in having an understanding of true love. I must learn that I will never know true love until I really let God love me. Sure, I thank God for people and the love that they have for me. Still, true love only comes to me when I let God love me. Mercy is only true in my life when I let God be merciful to me. True grace is something I can only experience when I understand God’s authority of grace.

One of the great problems in the Church today is the lack of true authority, which is given by grace, is exercised *in* grace, and loves mercy. In marriages, true love and true grace will pro-

duce true authority. As a result, there is a healthy atmosphere. Sometimes, the husband does not want God as his authority and the woman doesn't want the man for her authority. Some people love to work on the church's staff as long as there is no concrete authority. They come to work whenever they please, the quit for the day whenever they want, and then they wonder why the atmosphere in their offices is unhealthy. There is not necessarily a rebellious attitude present, but there is a misunderstanding of the authority of grace.

When order is missing, then health decays. Cancer is primarily uncontrolled growth in a cell structure. As these cells multiply outside of their proper order, they begin to suck away strength from healthy cells. The result, as many of us know all too well, can be deadly.

As I live under the authority of grace, then I am doing something that brings health and strength to my bones. My structure is very sound. My nervous system is well-guarded and responds properly to right initiations.

The Apple of God's Eye

The physical eye is so sensitive. Any harm is almost irreparable, therefore it is designed with many protective devices, and it feels any injury very intensely. In its origin, the "apple of the

eye" referred to the very center of the eye where we can see a minute reflection of ourselves when we get very, very close to someone. It almost appears that a little person is sitting on the eyeball. Zechariah 2:8 refers to Israel as the "apple" of God's eye, something cherished above all. God sees each of us this way, and this is the way it should be for every believer of God. We are precious to the Lord, and He wants to keep us and protect us. He made a clear pattern for us to follow. He has secured us in His Son. We are hid with Christ in God (Colossians 3:3).

Chapter Two

THE RIGHT KIND OF MEDICINE

“A virtuous woman is a crown to her husband: but she that maketh ashamed is as rottenness in his bones” (Proverbs 12:4).

“A sound heart is the life of the flesh: but envy the rottenness of the bones” (Proverbs 14:30).

A calm, undisturbed mind brings health to a person’s physical body. I have a provision from my nervous system. Once, when I was on a trip out West, I struggled through a nervous time. It was the first time in my life that I could ever remember this happening to me. The answer for the situation was to let my wife talk with me.

“Just talk please—I am not sure what I am feeling right now,” I told her. There was no health issue as far as I knew. There were no financial or marital difficulties. I just felt anxious at that moment.

I found that several others were experiencing this same problem. All of us were eating decently and exercising in the right ways. None of us understood the reason behind these sensations.

There was no envy or jealousy that would stir up such thoughts. It was obviously an atmospheric attack of some sort.

My wife was an amazing help at this moment, and she took the opportunity as a great privilege. I just asked her to be with me and to edify me. I would soon feel healthy again. Those things went away from me. God beautifully intervened and brought joy and peace and laughter to the room. This was a Proverbs 15:30 moment in my mind: “The light of the eyes rejoiceth the heart: and a good report maketh the bones fat.”

The Word of God strengthens me. It helps my nervous system to operate in its proper capacity. By God’s grace and by the power of the Holy Spirit, my body is going to be made healthy. I have something that is going to help my bones.

Having “fat bones,” bones filled with healthy bone marrow, is so vital to our physical bodies. New white and red blood cells, which fight off infections and bring a continual supply of life-giving substance to every cell in the body, are generated from the marrow. Good news from the Word of God does something in the very place where life is really sustained!

Pleasant Words

“Understanding is a wellspring of life unto him that hath it: but the instruction of fools is

folly.

“The heart of the wise teacheth his mouth, and addeth learning to his lips.

“Pleasant words are as an honeycomb, sweet to the soul, and health to the bones” (Proverbs 16:22-24).

“A merry heart doeth good like a medicine: but a broken spirit drieth the bones” (Proverbs 17:22).

This is the kind of medicine I need every day. I just really need to hear some pleasant words and to laugh a little bit. If these verses are true, and we know that they are, then good, godly conversation and healthy, wholesome laughter builds up my heart and my marrow.

Perhaps the best way to understand pleasant words is to recognize what they are not. All of us have felt or have seen others feel the sting of damaging comments and the hurt of foolish talking. The unexpected slight, a harsh criticism, a mean-spirited curse—these things do offend and they do wound. It is so important for us to be careful with our words. Sticks and stones do break bones, but words can ever hurt some people. Some folks are just fragile. A sharp comment can leave marks and push someone down the road to discouragement or even depression.

Happy hearts and cheerful minds—these are what each one of us wants. A humorous, happy

spirit can bring such healing to a situation, to an office, to a home. Such relaxation comes in so that the bones and marrow rejoice and function in their design.

Chapter Three

LET THE WORD DO THE WORK

"The elder unto the well beloved Gaius, whom I love in the truth.

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

"For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth.

"I have no greater joy than to hear that my children walk in truth" (3 John 1-4).

In the Word of God, if I discover the categories of doctrine that come through the pages, then I begin to experience health in my bones. It appears, from the Scriptures, that God wants me to be healthy. He wants me to be made whole. I want to impart this reality to myself and to others.

God can remove obstacles; He can smooth the path of pain and failure. This happens when we intimately acknowledge Him in a personal way, by faith. He doesn't want to put upon us

the plagues that Egypt had to endure. The attacks that went upon that worldly society were all in direct relation to the idol gods the nation was bowing before.

We are different, and the Lord wants to exhibit that difference to the world. The world watches how a Christian faces terminal illness and then how an unsaved person faces it. God makes a difference, and it can become a very beautiful thing to witness.

Think with God

"If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

"Set your affection on things above, not on things on the earth.

"For ye are dead, and your life is hid with Christ in God.

"When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

"Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

"For which things' sake the wrath of God cometh on the children of disobedience:

"In the which ye also walked some time, when ye lived in them.

“But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.

“Lie not one to another, seeing that ye have put off the old man with his deeds;

“And have put on the new man, which is renewed in knowledge after the image of him that created him” (Colossians 3:1-10).

Thinking with God has plenty to do with how healthy we feel. Sound hearts have sound bodies. We have tremendous potential to allow faith to make us whole.

I really want to learn all of these great lessons. I think I am growing in my understanding of them, but I still have a long way to go with them. We talk about being more “practical”—and what could be more practical than caring for our health?

If my heart is right with God, then I can get my bones healthy, my skin healthy, and my nerves healthy. I can see better when I am seeing with the eyes of the Spirit. I believe this is true both physically and spiritually. The heart is so very, very precious.

God really wants us to understand this and teach us to care for it. It encompasses all the attributes of God. I believe the Lord is trying to teach us how big a role the Word of God plays in our health. It is very practical, very real, and

very valuable.

CONCLUSION

“The way of the wicked is as darkness: they know not at what they stumble.

“My son, attend to my words; incline thine ear unto my sayings.

“Let them not depart from thine eyes; keep them in the midst of thine heart.

“For they are life unto those that find them, and health to all their flesh.

“Keep thy heart with all diligence; for out of it are the issues of life.

“Put away from thee a froward mouth, and perverse lips put far from thee.

“Let thine eyes look right on, and let thine eyelids look straight before thee.

“Ponder the path of thy feet, and let all thy ways be established.

“Turn not to the right hand nor to the left: remove thy foot from evil” (Proverbs 4:19-27).

We have a great advantage over unbelievers. We know at what we stumble. We see the reason for our troubles. It is that the Word of God is not rightly applied in our lives. In choosing not to at-

tend to the words of the Lord, we miss out on the great provision of good health that it can bring .

The effect of the Word on my health is so much bigger a provision than I can even remotely imagine. God tells me that His Word helps my bones. He tells me that His Word helps my nerves. He tells me that His Word helps my heart. I know people who have been totally helped. Such testimonies are so precious and real. His promises are to be claimed. They belong to us. Let’s consider the wonderful works of God.

Expect Him to do something every day.

Expect Him to do things in His compassion.

Expect God to do mighty works in us and through us.

God Really Cares For You

Jesus loves you deeply. However, the fact that all have sinned separates us from God (*Romans 3:23; 6:23*). Still, God cares for you and He provides a way to share His love with you.

Jesus Christ's love for man was so great that He came and died on the cross for all the sins of mankind. He shed His blood for you so you can be forgiven and have eternal life.

The only thing He requires of you is to come to Him in simple faith, trusting His character and love for you and accepting Him as your Savior. "Whosoever shall call on the name of the Lord shall be saved" (*Acts 2:21*).

Simply pray, "Dear Jesus, I know I am a sinner. I receive you as my personal Savior. Thank you for loving me so much that you died for me so I can have eternal life with you. Amen."

He promises that He will never stop loving you and that He will never leave nor forsake you (*Hebrews 13:5*). Develop your relationship with Him by reading the Bible, praying, and attending a good Bible-believing church.

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