

What If Something Happens To My Health?

1. All true healing begins with worship (Psalm 103:1-2).
2. Spiritual healing comes when we experience God's forgiveness (Psalm 103:3).
3. Physical healing is something God brings about in His timing and in His way (Psalm 103:3-4).
4. Emotional healing enters our lives when God soothes the depths of our soul (Psalm 103:4-5).

Action point:

Do you have health issues that are worrying you? Then the first step to take is to worship God. Take a list of favorite worship songs on your mp3 player and sing along with it. Stop singing at times and as the music continues pray about what you are singing. For the next step, confess any sin that may be impacting your health. Write out a plan for overcoming that sin. Next, look to God to sustain you during your sickness. You may need medical attention, but remember that the Lord is the one who ultimately heals. And finally seek to identify the good thing that he is satisfying your life with. Write them down. That good thing may be salvation, or wisdom or other good things that God is teaching you. God cares about all of your health the physical, the spiritual and the emotional. Take this moment to experience His care.