

God's Health Care Plan

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10/15

Insurance companies design and provided different insurance policies which have varying benefits. A good Health Care Plan is supposed to help people stay healthy. Well, God has designed an excellent and perfect Health Care Plan. It provides us with many benefits to keep us healthy.

In the beginning, God created the heavens and the earth in such a way that earth's environment was perfect for sustaining life. Then He created living things to thrive in this perfect environment. First, He created plants, full of micronutrients which are needed for animals and mankind to survive and thrive. Next, came the many kinds of animals, then the climax of God's creation – mankind. Mankind was created perfectly healthy (*physically, mentally, emotionally and spiritually*), but over time mankind's health has drastically deteriorated. To live as healthy a life as possible we must get back to God's Health Care Plan.

Let's look at what perfect health was like in the beginning, before the fall of mankind. Then we will see what has challenged our health since the fall. Lastly, we will look at God's Health Care Plan today – how we can get healthy and stay healthy by God's design.

Pre-Fall Health – God provided for mankind's health needs in the following ways:

Physically: Man was put in the Garden of Eden and told to tend and keep it (Gen. 2:15). This required physical activity. God also provided them with all the nutrients they needed to live forever by giving them herbs and fruit for food (Gen. 1:29, 30).

Mentally: Adam was very intelligent (as well as Eve I'm sure). This was demonstrated by Adam's ability to name every beast of the field and every bird of the air soon after he was created (Gen. 2:18-20).

Emotionally: Adam had a perfect relationship with his wife, Eve, and God provided them with perfect peace in the garden and with the animals.

Spiritually: Adam & Eve had a perfect relationship with God. God even talked to them and walked with them (Gen. 3:8).

Post-Fall Health – Sin caused their health to start deteriorating:

Physically: Tending the fields was now to be a difficult task (Gen. 3:17-19). Also they could no longer eat from the tree of life which would have allowed them to live forever (Gen. 3:22-24).

Mentally: They now had to learn how to live off the land without God's provision or supervision.

Emotionally: Their disobedience to God caused strain in Adam & Eve's relationship to each other and to the animals (Gen. 3:12-16).

Spiritually: Apparently they were separated from God and He no longer walked among them or talked directly to them.

Today's Health – So what is God's Health Care Plan for us today? I believe that God's design for good health is still proper Diet (Nutrition) & Exercise. Diet is what we take in & Exercise is what we do outwardly. The less healthy you are, the more changes you will need to make. Some disorders in our body can only be cured by God and only to the extent that He wills. Make the following Diet & Exercise plans part of your Health Care Plan.

The Diet Plan:

Physically: Daily eat a wide variety of fresh fruits and vegetables free from artificial ingredients.

Mentally: Take in God's Word – read & study the Bible to increase your knowledge and understanding of God's revelation.

Emotionally: Learn to trust God and forgive, have compassion and listen to others.

Spiritually: Read & study the Bible to grow in your relationship with God.

The Exercise Plan:

Physically: Daily exercise your muscles and quicken your blood flow.

Mentally: Teach God's word (a good teacher studies the material well before sharing with others).

Emotionally: Obey God's commandments and practice the "Golden Rule" – treat others as you would want to be treated.

Spiritually: Talk to God (pray) daily and share God's word with others.

Staying as healthy as possible is your best Health Care Plan & insurance policy against disorders in your life. Talk to God every day, study His Word, trust and obey His commands, eat His food given to us –fruits & vegetables – and exercise. Visit www.BiblicalReliability.com to see how to live a healthy lifestyle (physically, mentally, emotionally and spiritually). Under the "Wellness" tab read the articles "Nutrition, Health & God's Design" and "Help Your Body and Help Your Medicine Work Better." Under the "Articles" tab see how to grow as a Christian (in knowledge, understanding and love).