> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.
> *— 1 Corinthians 6:19-20*

Book: New Testament / 1 Corinthians
Topics: health, body, Holy Spirit, life, Spirit, worship

Interpretation:
1 Corinthians 6:19-20 is a powerful reminder for those who follow *Christ*. This statement highlights the importance of our bodies as a vital part of our faith. As believers, it is easy for us to focus on the abstract knowledge and understanding of God, losing sight of the fact that our daily decisions regarding our bodies are also an integral part of our religious practice.

1 Corinthians 6:19-20 reminds us that as believers in God, our bodies and souls belong to Him, and we are to treat them with the care and respect they deserve. In the context of this verse, *Paul* was talking about sexual immorality and how those who engage in it do not respect and honor themselves before God and themselves.

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> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.
> *— 1 Timothy 4:8*

Book: New Testament / 1 Timothy
Topics: health, body, life, obedience, promises

Interpretation:

The first letter to *Timothy*, written by the apostle *Paul*, is dedicated to instructing and guiding Timothy as a Christian leader. In *1 Timothy 4:8*, Paul discusses the importance of godliness over exercise in terms of eternal value.

Exercise is beneficial, but godliness is profitable for all things

In today's culture, exercise is important, and many people look to it as a means to keep fit and healthy. However, the apostle Paul tells us that while exercise is beneficial, it is not as valuable as godliness. The word godliness refers to devotion to God, obedience to His commands, and worship of His person. Godliness affects not only our life on earth, but also our eternal life.

The promise of the life now and the life to come

Godliness not only leads to eternal life in heaven, but it also benefits us here on earth. This life is an opportunity to develop our relationship with God and experience His love and guidance in our lives. Godliness helps us to define the purpose of our lives, which is important for effective living. Moreover, it can bring peace and emotional stability in an unstable world.

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> Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
> *— 3 John 1:2*

Book: New Testament / 3 John
Topics: health, blessing, Prayer, sickness, soul

Interpretation:
The *book of 3 John* is a letter written by the *apostle John* to a friend named *Gaius*. John was grateful for Gaius' service to the church and encouraged him to continue serving the Lord. In verse 2, John expresses his desire for Gaius to prosper in all things, just as his soul prospers.

The word *"prosper"* comes from the Greek word *"euodó?,"* which means *"to prosper, to flourish."* John wanted his friend to prosper in all aspects of life, including physical health and financial well-being. However, he was most concerned with Gaius' spiritual prosperity, for he knew that without it, other blessings had no lasting value.

John knew that prosperity *in Christ* was more important than material wealth. *Jesus* Himself said in *Matthew 6:33, “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”* Our success in life is not measured by our material possessions, but by our relationship with God.

Spiritual prosperity means that we grow in our faith, learning to trust God more and more, and living by His commandments. When we have a close relationship with God, we can look at life’s challenges from a different perspective.

Moreover, spiritual prosperity is contagious. When we are at peace with God, we are more likely to spread His love and peace to those around us. Likewise, when we diligently serve God and honor Him with our lives, He blesses us with prosperity that goes beyond the material.

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> So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless.
> — *Ecclesiastes 11:10*

Book: Old Testament / Ecclesiastes
Topics: health, body, heart, sadness, worrying

Interpretation:
In the book of Ecclesiastes, the author shares his wisdom and reflections on life and the nature of the world. In *Ecclesiastes 11:10*, we are counseled to remove anger from our hearts and evil from our flesh. The author warns us that youth and youth are vanity and that we must live with a clear mind and heart, free from anger and wrath.

Meaning of the verse

Anger and wrath can be powerful emotions that can harm our mental and physical health. Anger often clouds our judgment and prompts us to act impulsively, which can have serious consequences. By removing these emotions from our daily lives, we can live with greater clarity of mind and be more loving and compassionate towards others.

The phrase *"youth and vigor are meaningless"* can be interpreted in various ways. It can mean that young and inexperienced people tend to be selfish and live without much regard for others. On the other hand, it could also imply that youth is a fleeting and transitory time. In any case, the author calls us to live our lives wisely and responsibly.

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> Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you.
> — *Exodus 23:25*

Book: Old Testament / Exodus
Topics: health, blessing, sickness, worship

Interpretation:
Exodus 23:25 is an example of God's promise to those who choose to serve the Lord their God. This will manifest God's blessing in many areas of our lives. In this particular instance, we are promised a blessing on our food: "His blessing will be on your food and water." Bread and water are essential elements of life, and God will ensure we have everything we need to survive.

Promise of health

Besides the blessing on food, we are also given the assurance that God will "I will take away sickness from among you." This means that those who serve God can look forward to a healthy, disease-free life. However, this promise should not be taken as a guarantee that we will never become sick, but rather as a promise that God will always be with us, even during illness.

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> Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.

> — *Matthew 10:8*

Book: New Testament / Matthew
Topics: health, giving, healing, receiving, sickness

Interpretation:
Matthew 10:8 is a verse found in the context of Jesus calling His disciples to go and preach and perform miracles in His name. In this verse, Jesus gives them specific instructions on what they are to do during their mission. He tells them to heal the sick, cleanse the lepers, raise the dead, and cast out demons. Furthermore, it reminds them that they have received the gift of God's grace and are to give it generously.

Healing and miracles are central themes in the Gospels. Through them, Jesus demonstrated his power and divinity to those who followed him, as well as proclaimed the Kingdom of God. The fact that Jesus asks his disciples to do the same indicates that the mission he has given them is as important as his own.

Exorcism is a recurring theme in the Bible. Several times in the New Testament, people are described as being possessed by demons or evil spirits, who are cast out by Jesus or his disciples. In the context of Matthew 10:8, Jesus tells his disciples that they also have the power to cast out demons. This suggests that while evil is real, God's power is much greater and can overcome it.

Another thing that stands out in this verse is the **importance of giving grace** to what we have received from God. God's love and grace are free and should not be commercialized. This is often forgotten in the modern church, where sometimes more emphasis is placed on the monetary aspects than the spiritual ones.

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> On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick."
> — *Matthew 9:12*

Book: New Testament / Matthew
Topics: health, Forgiveness, healing

Interpretation:
When *Jesus* said, *“It is not the healthy who need a doctor, but the sick,”* He was speaking to the Pharisees who questioned His presence among the sinners and the poor. With this statement, Jesus was affirming that His mission was not to bring salvation to those who thought they did not need help, but to those who recognized their need.

Why do we need Jesus?

The metaphor of the doctor and the sick is powerful because we all recognize our need for a physician. When we feel sick or in pain, we seek help and care. We do not expect to heal ourselves or to remain ignorant of the situation. Likewise, we cannot expect our soul or spirit to heal itself, and that is where Jesus comes in.

We are imperfect and sinful. There are areas in our lives where we suffer. We struggle with worries and fears, and sometimes we do not know how to respond to the difficulties that befall us. Jesus is the spiritual physician who comes to heal our wounds. He offers us forgiveness of sins and an intimate relationship with God.

Who are the “healthy” in this metaphor?

To better understand what *Jesus* means in this verse, it is important to understand who the *“healthy”* people are in this metaphor. In this context, Jesus is speaking to the Pharisees, who were considered *“holy”* by the Jews. They were very careful to observe the religious law and were very strict in their worship of God.

However, Jesus accuses them of hypocrisy and misunderstanding the essence of God’s will. He is saying that it is not necessarily the most vigilant guardians of the law who know the truth about God. He is saying that those who think they are “holy” and do not need help are actually suffering more than those who understand their dependence on God and their need for healing.

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> Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.
> *— Proverbs 13:12*

Book: Old Testament / Proverbs

Topics: health, heart, hope, life, sickness

Interpretation:
The Bible is a rich source of wisdom and comfort, offering practical advice and divine consolation to those who will listen. Proverbs, in particular, provides practical wisdom for everyday life and helps people face challenges with strength and confidence.

Proverbs 13:12 is very relevant to those who have experienced both hope and disappointment, and provides guidance on how to cope with expectation and achieve life satisfaction.

Hope and its connection to the heart

The book of Proverbs describes hope as a strong emotion that can cause a person to experience either anguish or joy. Hope is a longing for something desired but not yet achieved, whether it be a goal, a relationship, or a change in life.

When hope is frustrated or delayed, it can create longing, heaviness, and sadness in the heart. In this context, the heart refers to the essence of a person, the seat of their emotions, thoughts, motivations, and decisions. Therefore, unfulfilled hope can deeply affect a person and rob them of their ability to enjoy life.

The tree of life and contentment

Unlike unfulfilled hope, a fulfilled wish is like the tree of life, bearing nourishing and renewing fruit. The tree of life is mentioned in the Bible as a symbol of divine blessing and eternal life.

So when a hope is fulfilled, it is as if a person has found an oasis in the middle of the desert, a source of life that makes everything else more bearable. The fulfillment of a wish can create gratitude, joy, and connection with God and others.

Patience and trust

Easier said than done, patience and trust are two approaches that can help people cope with waiting and uncertainty. Patience involves accepting that everything happens over time and that we cannot completely control what happens.

Instead of resisting and getting upset, we can learn to go with the flow, be grateful for what we already have, and develop patience in the process. Trust, on the other hand, means believing that God has a plan for each person's life and that everything that happens is for the common good. Trusting God can bring comfort and hope even in the most difficult times.

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> Gracious words are a honeycomb, sweet to the soul and healing to the bones.
> — *Proverbs 16:24*

Book: Old Testament / Proverbs
Topics: health, body, food, gentleness, soul, speaking

Interpretation:
Proverbs 16:24 teaches us the importance of the words we speak and how they can impact our lives. The honeycomb analogy suggests that our words should be sweet and gentle, so that they are a balm to the soul and a healing to the bones.

What does it mean to have soft words?

Smooth speech means speaking pleasant and kind words instead of hurtful or unpleasant ones. Harsh and offensive words can be compared to a sword: they cut and wound. Soft words, on the other hand, can be compared to honey, which is good for both the body and the soul.

Benefits of soft speech

Kind words not only benefit others, but also ourselves. When we speak kind words, we bring peace and happiness to our hearts. Moreover, our body relaxes and calms down. On the other hand, when we speak hurtful words, we create tension and suffering in our body.

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> A cheerful heart is good medicine, but a crushed spirit dries up the bones.
> — *Proverbs 17:22*

Book: Old Testament / Proverbs
Topics: health, healing, heart, joy, sickness, weakness

Interpretation:
Proverbs 17:22 talks about the importance of joy in our lives. The verse says that a merry heart is good medicine, meaning that joy is like medicine that helps us stay healthy and strong. On the other hand, it says that a broken spirit dries up the bones, indicating that sadness can weaken us and affect our physical and emotional health.

How joy can help us

Joy plays a vital role in our lives in many ways. A positive and joyful attitude helps us cope with life's challenges more effectively. It also allows us to enjoy good moments and experience happiness. Joy also helps us communicate better with others, creating an atmosphere of harmony and love around us.

Why is sadness harmful?

In the verse from Proverbs, we read that a broken spirit dries up the bones. This means that sadness can affect our physical and emotional health. When we are sad, our bodies produce stress hormones that can weaken our immune system and increase our risk of illness. Moreover, sadness can lead to negative thoughts and isolate us from people who are important to us, which can affect our social and emotional life.

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> Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.
> — *Proverbs 3:7-8*

Book: Old Testament / Proverbs
Topics: health, awe, blessing, body, evil

Interpretation:
The book of Proverbs is full of wisdom and practical advice that can help us live more fulfilling and happy lives. *Proverbs 3:7-8* reminds us of the importance of not relying on our own wisdom, but to fear the Lord and turn away from evil.

Don't trust your own intelligence

The society we live in often encourages us to rely on our own intelligence and ability to solve problems. However, the Bible shows us that this is a mistake. Our wisdom is limited and can often lead us astray. In order to live a fulfilling and happy life, it is important to trust God in all aspects of our lives.

Fear of the Lord

Fear of the Lord is something we should have in our daily lives. This does not mean that we should be afraid of God, but rather that we should have great respect and deep love for Him. Knowing that God is the Creator of the universe and that He governs all things helps us maintain a humble and open attitude toward Him.

Turn from evil

These verses tell us to turn away from evil. We are often tempted to do things that we know are wrong and to break God's commandments. However, by turning away from evil, we show that we trust God and are willing to obey His word.

Brings health to the body and strengthens bones

These verses indicate that obedience to God and righteous living have beneficial effects that affect not only the soul but also the body.

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> He heals the brokenhearted and binds up their wounds.
> *— Psalm 147:3*

Book: Old Testament / Psalms
Topics: health, healing, heart, sickness

Interpretation:
One of the most comforting verses in the Bible for those who feel overwhelmed by the emotional stress they often experience is Psalm 147:3. This verse reminds them that God not only loves them, but He can also ease their pain and heal their emotional wounds. The image established in this verse is that of a divine physician who is present to heal and mend the broken heart of anyone who needs it.

This verse has special meaning in a world where life can be difficult and desperate at times. Many people suffer from anxiety, depression, and other emotional disorders that make them feel helpless and broken. Sometimes these feelings can be so deep that people feel that there is no hope for a cure. In these times of pain and suffering, the words of Psalm 147:3 are a reminder that God is on our side, ready to heal us and help us overcome any emotion or conflict.

God’s desire to heal our emotional wounds is a common theme in the Bible. Because God created us in His own image, His love for us is immeasurable, and He is actively involved in our healing and redemption. In fact, emotional healing is an integral part of the redemption offered to us in the New Testament.

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