

Here's to your Health

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Gray

Introduction

1. Text 3 John 1-4
2. Jesus was healing the peoples' physical illness. Matthew 4:23
3. Jesus called some peoples spiritual ills sickness. Matthew 9:10-13
4. Jesus can heal our spiritual illness as well. Luke 4:18
5. John wanted Gaius to be in as good as physical health as is soul was healthy.
6. How do we have good spiritual health and in some cases good physical health?

II Discussion

1. Diet
 - A. You are what you eat,
 - B. Gaius was truth then, 3 John 3
 - C. What does truth do for us?
 - i. It purifies the soul 1 Peter 1:22,23
 - ii. It sanctifies John 17:17
 - iii. It edifies Ephesians 4:15
 - D. Christ is our spiritual water, John 4:10,14; 7:37; 1 Corinthians 10:4; Revelation 22:1-2, 17
 - E. Christ is our bread. John 8:35; 48
 - F. We must desire this water and bread. 1 Peter 2:2; Matthew 5:6
2. Exercise
 - A. Gaius was walking in truth, this is exercise. 3 John 3:3, 5-8
 - B. Notice what Paul says. 1 Timothy 4:7-8
 - C. How do we exercise unto godliness?
 - D. Would this be reading God's Word (Studying and Bible study here) praying, worshiping and helping others
3. Rest
 - A. The Lord promised us rest. Matthew 11:28-30
 - B. We may cast our worries on the Lord. 1 Peter 5: 6-7; Psalm 55:22
 - C. God's promise of strength to His people. Isaiah 40:29-31
4. Positive Mental attitude
 - A. Your thinking affects your health Dr. Knight (Christian living and Health
 - B. Physicians estimate that 75-90% of illness originate in the mind and not in the body. Christian living and Health
 - C. Works of the flesh can produce psychometric McMillen MD None of these Diseases p 67
 - D. God's people are to think positively Philippians 4:8
 - E. As we think we are. Proverbs 23:7

III Conclusion

1. What kind of health are you enjoying? Physically? Spiritually?
2. If you are sin sick why not come to the Great Physician and be healed
3. If you are spiritually healthy then continue.
4. If you need to come to the Dr now is the time

Source: Steadfast Saints Sermon outlines from 2 John, 3 John, and Jude. By Thomas Holland.