



# Health and Healing in the Bible

Part 2



# Longevity

◆ **Gen. 6:3**

And the LORD said, My spirit shall not always strive with man, for that he also is flesh: yet his days shall be an hundred and twenty years.

**Message** - from now on they can expect a life span of 120 years."

**NLT** - their normal lifespan will be no more than 120 years.



# Healthy Longevity

◆ **Deut. 34:7**

And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.

**NLT** - his eyesight was clear, and he was as strong as ever.

**GWT** – his eyesight never became poor, and he never lost his physical strength.

# Chicago Woman Celebrates 118th Birthday



Note: The GRG has made contact with relatives of Mrs. Roberta Weston, but we have not yet received documents to corroborate nor deny her claim, so we cannot validate the story below. She was born in Mississippi at a time when Birth Certificates were not issued and the entry in her family bible was destroyed in a home fire.

**August 9, 2005; Chicago, IL** -- A local woman on Tuesday celebrated a day most people will never see -- her 118th birthday! **Mrs. Roberta Weston** was recognized by Mayor Richard Daley as the oldest living person in the United States, and she may be the world record holder as well, *NBC5-TV* reported. *The Guinness Book of World Records* lists the oldest age ever reached by anyone as 122 years.

[ **Editor's Note:** Curiously, the family has denied receiving any acknowledgement from the Mayor's office. We will attempt to resolve this matter and post an update as soon as we can.]

# "Brazilian Said to Be 125 May Be the Oldest Woman:

*Guinness World Records Is Currently Researching Maria Olivia da Silva's Longevity Claim"*



**Maria Olivia da Silva** of São Paulo, BRAZIL, as the oldest person who ever lived, we are showing two pictures of her, even though we do not have sufficient evidence at this time to place her on our list of Living Supercentenarians... Here is her story, so far, from *The Associated Press*...



May 25, 2002; We have just learned from Mr. John McCormack of Australia that **Mr. John Henry "Jack" Lockett** born January 22, 1891 (the oldest Australian man at the time) died today at the **age of 111 years, 123 days**. This picture was taken in March of 2001.



**Mrs. Jessie (Stubbs) Hurley** born on June 15, 1890. **She is now 111 years old.** The photo is from the *Central Coast Sun* Newspaper published on Friday, June 15, 2001. This case was verified by Manuela Costa of the NECS.

**August 7, 2002;** We have just learned from Mr. Gregory Bech, her Great Grandson, that Mrs. Hurley died at 12:30 AM on Tuesday, August 6, 2002 at age **112 years 52 days.** She was the oldest-known person in Australia at the time of her death.

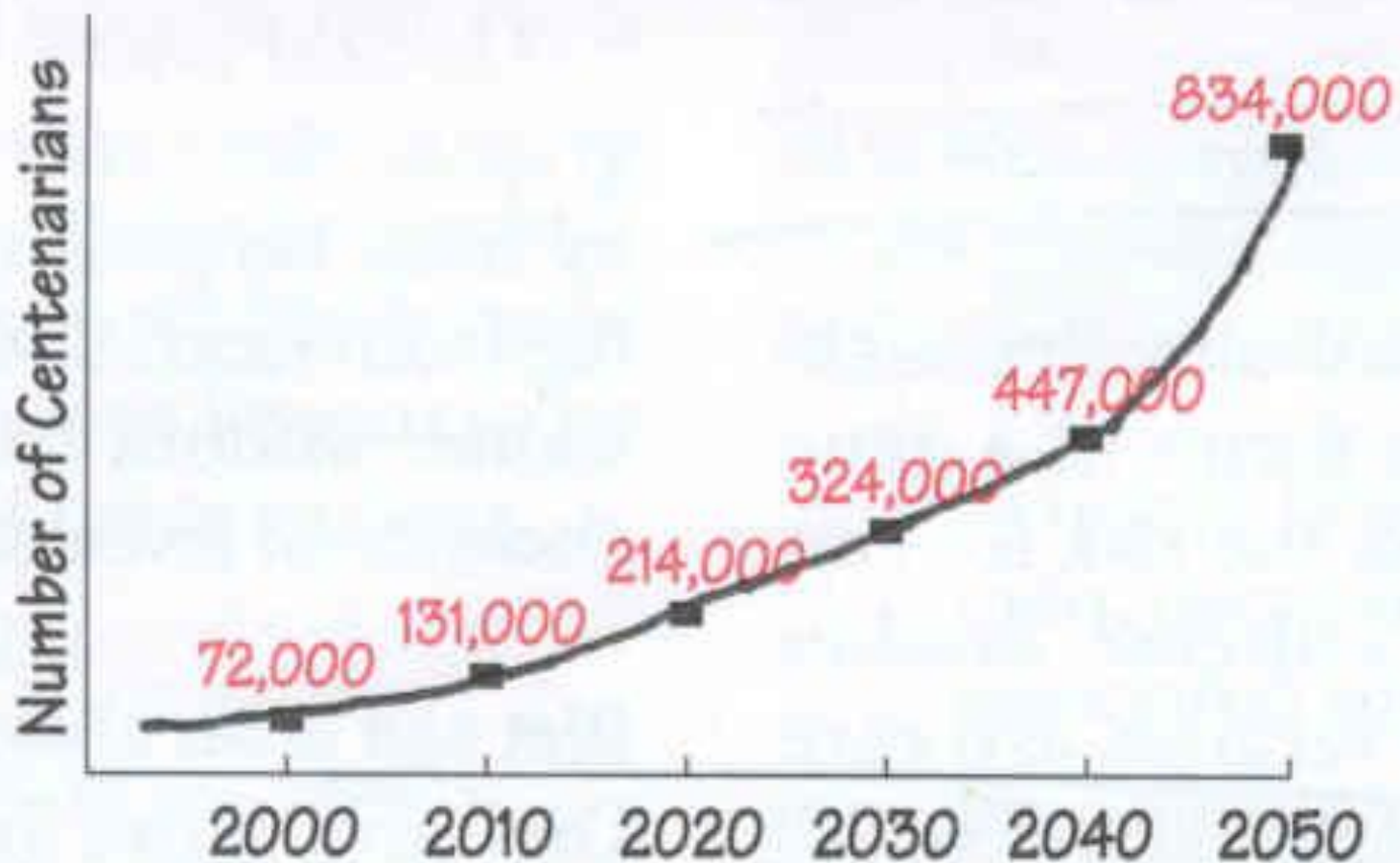


**The mantle now  
passes to Madam  
Marie Marthe  
Augustine  
Lemaître Brémont-  
Mésange.**

**This photo, taken  
on her 114th  
birthday, is from *Le  
Pays* (The Country)  
newspaper of  
Alsace, FRANCE  
(April 26, 2000).**



## Projected Number of U.S. Centenarians



Source: Midrange estimate from *Centenarians in the United States*, U.S. Census Bureau, 1999.



# Bible Facts About Your Body

## ◆ 1 Cor. 6:19

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

**Message** - your body is a sacred place

**AMP** - your body is the temple (the very sanctuary) of the Holy Spirit

**NLV** - your body is a house of God



# Bible Facts About Your Body

◆ **1 Cor. 6:13 (NLT)**

They were made for the Lord, and the Lord cares about our bodies.

**Message** - it may be true that the body is only a temporary thing, but that's no excuse for stuffing your body with food



# Bible Facts About Your Body

## ◆ **I Cor. 6:20**

For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

**NIRV** - Christ has paid the price for you. So use your bodies in a way that honors God.

## ◆ **Rom. 12:1**

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, **holy**, acceptable unto God, which is your reasonable service.



# Bible Facts About Your Body

- ◆ **1 Cor. 6:15**

Know ye not that your bodies are the members of Christ?

**NLV** - your bodies are a part of Christ Himself

- ◆ **Eph. 5:28**

So ought men to love their wives as their own bodies.



# Bible Facts About Your Body

## ◆ Summary

- Your body is God's temple.
- Your body is not your own.
- The Lord cares about your body.
- We are commanded to honor and glorify God with our body.
- Your body is holy.
- We are supposed to love our body.



# Practical Wisdom (what goes in our mouth)

## 1. Herbs

### ◆ Ps. 104:14 (KJ21)

He causeth the grass to grow for the cattle and herbs for the service of man,

## 2. Food

- Old Testament Dietary Laws (**Leviticus chapter 11**)

- Daniel's Diet (**Daniel chapter 1:12-15**)(AMP)

Please, test your servants for ten days, and let us be given some vegetables to eat and water to drink. Then let our appearance and the appearance of the young men who eat the king's finest food be observed *and* compared by you, and deal with your servants in accordance with what you see." So the man listened to them in this matter and tested them for ten days. At the end of ten days it seemed that they were looking better and healthier than all the young men who ate the king's finest food.



# Practical Wisdom (what goes in our mouth)

## 3. Wine

**1 Tim. 5:23 (NKJV)**

No longer drink only water, but use a little wine for your stomach's sake and your frequent infirmities.

## 4. Honey

**Proverbs 25:27 (KJV)**

It is not good to eat much honey:





# Practical Wisdom (Exercise)

- ◆ **1 Tim. 4:8**

For bodily exercise profiteth little: but godliness is profitable unto all things,

- ◆ **NLT** - “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

- ◆ **Message** - Workouts in the gymnasium are useful



## Practical Wisdom (Rest)

- ◆ God created a day specifically for rest.
- ◆ Even Jesus understood the necessity of rest.
- ◆ **Mk. 6:31(NKJV)**

And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat.



# Practical Wisdom (Natural Remedies)

◆ **Pr. 18:9 (AMP)**

he who does not use his endeavors to heal himself is brother to him who commits suicide.

**Footnotes:**

This verse so reads in The Septuagint (Greek translation of the Old Testament). Its statement squarely addresses the problem of whether one has a moral right to neglect his body by "letting nature take its unhindered course" in illness.



# Practical Wisdom

## ◆ Summary

- What Goes In Your Mouth
- Physical Exercise
- Rest
- Natural Remedies



# 3 Kinds Of Health & Healing

## 1. Supernatural

Not attributable to natural forces

## 2. Natural

Things that God made

## 3. Unnatural

Man-made, altered nature

- May be good
- May be harmful