

# HEALTH TO THE WHOLE BODY

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Proverbs 4:22

Being healthy is important as breathing. If you are not healthy you cannot be effective. If you cannot be effective you cannot bring value. If you cannot bring value you are useless.

It all starts with your health. Many people, if not all understand how important their health is. However, how many people allow their health to fail? Many. How many people jeopardize their health for the pursuit of prosperity? Many.

There are many ways to care for your health. However, there is one **GUARANTEED** way for you to ensure that your **ENTIRE BODY IS HEALTHY**. If you do not forget the words of King Jesus His words will bring life to your body.

Proverbs 4:20- 22 says, "My child, pay attention to my words; listen closely to what I say. Don't ever forget my words; keep them always in mind. They are the key to life for those who find them; they bring health to the whole body."

Bringing health to your body is not building muscle, mass or girth. Health is **SOUNDNESS**. Soundness is being free from injury, damage, defect and disease. It is the ability of being mentally competent and sensible.

The words of King Jesus do not make you physically stronger. They protect you from being immobilized. They empower you to function and operate at a high level. Picture this.

A classic car that is in good shape may be old and outdated. However, just because it is not a modern model it does not mean it cannot function at a high level. This same concept applies to your health.

You may not be the biggest, strongest or most chiseled but it does not mean you cannot be the most **EFFECTIVE!** People who are physically fit are **NOT** always the most effective. The people who are healthy are always the most effective.

## THE DIFFERENCE BETWEEN BEING PHYSICALLY FIT AND HEALTHY

Goliath was physically fit. David was healthy. Goliath was about nine feet four inches tall. He was a specimen of great physical stature. David was a short, skinny boy who was not physically fit but very healthy.

Goliath was not healthy because he had defects. Looking at Goliath you wouldn't think so. However, externally he had no defects but internally he had the biggest defect. Goliath lacked the support of God and the wisdom to seize up his opponent.

This is how a skinny short boy can defeat a giant. A boy whose mind is whole with wisdom and whose body is mobile will be more effective than a giant whose physically fit.

## CONNECTED TO GOD

When you are connected to God your entire body will be healthy. You will be free from disease, defect, injury and damage. Being connected to God means attaching yourself to His words. **HIS WORDS IS HIS WISDOM!**

This was the difference between David and Goliath. David was connected to God. Goliath wasn't. The Lord's words will teach you how to think, how to eat, how to move, how to strategize, how to preserve your energy, how to work smart and not hard, how to avoid stress, how to handle pressure, etc.

When you are disconnected from the Lord you will not have access to His wisdom. You cannot judge a book by

its cover. Do not look at a person's physical physique and assume they are healthy. Observe their **EFFECTIVENESS!** That is the proof a person is healthy.

- People who are **FRUITFUL** are effective (healthy).
- People who are **ACCOMPLISHED** are effective (healthy).
- People who **PRODUCE** are effective (healthy).
- People who are **EFFICIENT** are effective (healthy).

**THE EVIDENCE OF HEALTH IS IN WHAT  
YOU CAN DO, NOT HOW YOU LOOK.**

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