

THE LORD – MY HEALER
EXODUS 15:26

Ex. 15:26 [ESV]. saying, "If you will diligently listen to the voice of the LORD your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer."

This is the only body you will have to serve God with, so take care of the body.

1. Illustration of Christ and His body (**Heb. 10:5; Lk. 2:52**)
 2. Compassion of Christ on other's health (**Mt. 15:30**)
There is an inseparable connection for the health of the spirit, soul, and body (**3 Jn. 1:2; 1 Th. 5:23**).
Getting healthy, physically or spiritually, is the result of *long obedience in the same direction*.
- I. There is a biblical guide to health (**Prov. 4:22**)
 - A. Rest (**Mk. 6:31**)
 - B. Exercise (**1 Tim. 4:7b**)
 - Elijah ran (**1 Kg. 18:46**)
 - Emmaus disciples ran (**Lk. 24:13, 33**)
 - C. Diet (**Prov. 23:2, 25:27; Dan. 1:12-15**)
 - D. Discipline (**1 Cor. 9:27**)
 - II. There is a benefit gained in holy-living (**Ps. 103:3**)
 - A. Not to worry (**Prov. 12:25; Ecc. 2:22-23; Mt. 6:27; Phil. 4:6-7; 1 Pet. 5:7**)
 - B. Not to become enslaved (**1 Cor. 6:12-14**)
 1. The body is not for sinful gratification.
 2. The body is not for sexual fornication (**1 Th. 4:3-4**).
 - C. Not to be given to anger (**Jas. 1:19-20; Prov. 16:32**)
 - D. Not to be overcome by grief (**Job 3:25; Prov. 17:22**)
 - E. Not to stay in dark depression, fear, or negativity (**Ps. 42:11**)
 - F. Not to live in isolation or separation from the body of Christ (**Acts 2:1**)
 - III. There is a building for God's habitation (**1 Cor. 6:19-20**)
 - A. Christ is living in the physical body (**Eph. 3:17; 1 Cor. 3:16**)
 - B. Christ is Lord over the physical body (**Rom. 6:13, 12:1, 14:8**)
 - IV. There will be a body glorified in heaven (**Rev. 22:2**)

If the Lord tarries, there will be a day appointed for the loss of physical health and the death of the body (**Heb. 9:27; Dt. 33:25b; Ecc. 9:11**).

Believers will receive resurrection bodies at the second coming of Christ like the resurrection body of Jesus (**Phil. 3:21; 1 Jn. 3:2; 1 Cor. 15:53**).

Jesus laid down His body on the cross that all who believe might be saved (**1 Pet. 2:24**).