

Episodes of Appreciation: Good Health

“Bless the Lord, O my soul, and forget not all His benefits.” (Psalm 103:2, New King James Version).

This is the key Bible verse for the **“Come and See”** devotional today.

We cannot ignore the need to be thankful at all times for the immense benefits the Almighty God has given us. So, let us consider the exceptional place of good health on the list of benefits stated in Psalms 103. Good health is needed to achieve our life’s goals and for us to be strong when running the race of life. We need to be hale and hearty to achieve our God-given assignments. By good health, we include aspects such as a sound mind, a sense of sight and the ability to breathe unassisted, as well as our spiritual well-being. *“He heals the broken-hearted and binds up their wounds.”* - Psalm 147:3

It is good to be rich and wealthy, but it takes good health to enjoy these possessions. This fact aligns completely with the will of God: *“beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”* (3 John 1:2, New King James Version). It also confirms the saying that: *“health is real wealth and not pieces of gold and silver.”* One of the key missions of Jesus Christ during his earthly ministry was to restore people's health and this was evident in most of the miracles He performed, as recorded in the Bible. In one instance, He said: *“it is not the healthy who need a doctor, but the sick. But go and learn what this means: ‘I desire mercy, not sacrifice.’”* (Matthew 9:12-13a, New International Version). It is only through His mercy that our well-being is sustained.

Good health is often defined in terms of our physical well-being. We do focus our attention on what is not working but always fail to thank God for what is working in our lives. For instance, if you suffer from headache then ask yourself if it makes sense to thank God that it is not your heart that is aching. For every infirmity you suffer from, there is always something to be thankful about. If you have medical insurance to allow you to seek medical help then this in itself is worthy of appreciation. Light is far better than darkness and to be partially blind is undoubtedly better than total blindness.

We must never take for granted the gift of health, bearing in mind that the devil is never on holiday from his mission to steal, kill and destroy. We have a strong reason to be filled with thanks to the Lord who Heals and keeps us healthy. As mentioned in our key Bible verse, King David noted good health as one of the benefits of God that must never be taken for granted and he said: *“praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases.”* (Psalm 103:2-3, New International Version). The gap between ill health and good health is vast so give thanks for good health at all times! Without any doubt, Health is Wealth.

Let us pray: *“Father, I thank you for the free Gift of health. I am thankful for keeping me healthy by your infinite Grace and Mercy ”* in Jesus’ Mighty Name, Amen.

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