

God's Healthcare Plan

I read an article recently, titled, "God's Healthcare Plan." It should have been titled, "God's Divine Diet," or "God's Nutrition Plan." The writer started off by saying that it wasn't God's will for you to be sick and Satan is the one that wants you incapacitated or taken out early. I thought that was great! But then he spent the next 90 percent of the article describing the right food to eat and the consequences of not eating properly.

I'm not against proper nutrition. We could all benefit from a better daily diet. But the article didn't describe God's plan for health. Instead it pointed to proper eating habits as the source. I couldn't help but start thinking about God's real Healthcare Plan. What is it? How do we live healthy every day?

In Exodus 15:26 God said, "I am the LORD that heals you." We can do things, including diet and exercise, but our health comes from the Lord. Ephesians 2:8-9 say that we are healed by grace through faith. It isn't by our efforts. The word used in v.8 is "saved," that word is also translated "healed" in Mark 5:23. Salvation is a gift from God, it is available to all, and includes divine health. God gave us health when Jesus died at the cross. It is not something we have to strive to obtain; it has been given to us by Jesus as an act of His incredible love for us (grace). Health already belongs to us. So why are so many people sick? And why are so many "believers" still trying to get healthy?

This may sound overly simplified, but simply put, they don't believe it. For some it's a case of not knowing. For others it's more on the line of, "Yeah, but..." Many people have never had the complete plan of salvation described to them. They still don't know that Jesus died for their sin and sickness (Isaiah 53). His death on the cross paid the price for all the sins we have or will commit. It also removed our debt for that sin. Any debt balance was erased and replaced with His quality of life. Since sickness and disease is a direct result of man's sin, it was removed from our ledger. If a person chooses to receive Christ's punishment on the cross as payment for their debt, they can be guilt free for all sin and walk in health.

Can believers have divine health as part of their daily lives? Absolutely! But it is definitely a matter of faith. What you believe is the only thing stopping it. Many Christians believe what they see more than the Bible. If you show them what the Bible says, they will answer, "Yeah, but..." Faith will never come from trusting your experiences. Faith comes from revelation of God's Word. Until the "light comes on," it's just ink on the page or sound in the air. First, you have to want to believe. Second, you have to agree it's true even if you aren't experiencing it right now. Thirdly, you have to stick with it until it becomes a reality, even if everything around you says otherwise.

God's Healthcare Plan is simple. Jesus took your place of punishment and made you righteous. In doing so He absolved you of any consequences of sin. You are no longer required to pay for your sins. Since sickness is one of the results of sin, you no longer have to be sick (1 Peter 2:24). Is that true for all? Yes, to all who believe. Is it a good idea to listen to the Holy Spirit in regards to diet and exercise? You bet! He will guide you daily so that you can look and feel your best. But when it comes to health, put your confidence in the finished work of Jesus Christ.