



# TRUTH APPLICATIONS

Articles

## How's Your Health?

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How are we doing? If our week has been typical of what most who read this experience, we have to say we're doing okay. We've eaten well, some of us too well. We may have some aches and pains, perhaps some conditions that are more severe. Even so, we're blessed with access to doctors with excellent training and skills who administer tests to diagnose and treatments to help us with most of what afflicts us. They also write prescriptions for the medications we need and can conveniently obtain to manage our ills. Generally, we're blessed and should be grateful. Things could perhaps be better, but they could also be worse.

And when things are not so good, well, we also have the blessing of prayers, not just our own, but those offered by caring brothers and sisters. Intercessory prayer for the good health of others has biblical precedent and a long history. John began his brief letter to Gaius with words that express our sentiments in such prayers: "Beloved I pray that all may go well with you and that you may be in good health, . . ." (3 John 2 ESV). Had Gaius been ill, or was John just wishing him well? As the text stands, we can't answer. But that's okay because Gaius's physical health was not John's main concern.

The rest of the verse explains what was. Read again: "Beloved, I pray that all may go well with you and that you may be in good health, *as it goes well with your soul.*" Think about that. John's prayer request was not mainly about Gaius's physical health, but *that his physical health would be as good as his spiritual health!*

So, let's start over. How are we doing? I'm not talking about whether we ate plenty and well last week. I'm not asking if we're relatively free from sickness, aches, and pains. I'm not wondering whether we remember how blessed we are to have superior medical facilities and well-trained doctors, or even whether we have taken stock of our "ample goods [that could last us] for many years" (Luke 12.19).

No, my hope is that we will pause to ask the question John's prayer for Gaius should prompt: how would we be doing if our physical health was doing as well as the health of our souls?

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