

WORDS OF HEALTH

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Ps.107:20

He sent his word, and healed them, and delivered them from their destructions.

There is healing in words.

We cannot underestimate the power of our and other's words.

God framed the world and all that's in it with words.

Life and death is in it's power. Prov. 18:21

We have the ability to take control of our lives through words.

James 3:2 *For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.*

Mk. 11:23

Therefore words are important relative to us walking in health.

I. Finding Them.

Pr.4:22 *For they are life unto those that find them, and health to all their flesh.*

A. Study equals searching.

2Tim. 2:15 *Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*

1. In the Word, in prayer in church.

a. Requires consistency.

John 8:31-32 *Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; :32 And ye shall know the truth, and the truth shall make you free.*

II. Speaking Them.

Pr.12:18 *There is that speaketh like the piercings of a sword: but the tongue of the wise is health.*

Pr.16:24 *Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.*

Heb.10:23 *Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)*

A. Considered wise. Pr. 12:18

1. Speaking sickness and disease would be considered stupid.

2. James 3:13 *Who is a wise man and endued with knowledge among you? let him show out of a good conversation his works with meekness of wisdom.*

- B. Jesus spoke words of health.
Mark 2:9 Whether is it easier to say to the sick of the palsy, Thy sins be forgiven thee; or to say, Arise, and take up thy bed, and walk?
 - 1. He said it was easy to say.
- C. Talk health.
*Talk health. That dreary never-ending tale
Of mortal maladies is worn and stale;
You cannot charm or interest or please
By harping on that minor chord disease.
So, say that you are well and all is well with you,
and God shall hear your words and make them true.*

III. Acting On Them.

- A. Faith without works is dead. Jas. 2:15-26
 - 1. Faith always does something.
 - a. Neither faith nor fear have creative power unless spoken and/or acted upon.
- B. In faith;
Ps 91:10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.
Pr.13:17 A wicked messenger falleth into mischief: but a faithful ambassador is health.
Pr.3:8 It shall be health to thy navel, and marrow to thy bones.

APPENDIX I

Spirituality Linked to Better Health, Longer Life

NEW YORK, Jun 10 (Reuters Health) -- Spirituality, defined as a belief in a higher power that gives life meaning, improves overall health and may prolong life, according to two recently published studies.

Exactly how religion lengthens lifespans is not fully understood, but some research suggests that people who attend religious services are healthier than those who do not and are less likely to smoke and/or drink excessive amounts of alcohol. Strong social bonds such as those formed among congregation members may help boost immune system function, thus improving overall health.

One study, published in the May issue of the journal *Demography*, found that, in general, people who attend worship services one or more times each week live about 8 years longer than those who never attend religious services.

This report showed that people who never attend church live to about 75, while those who attend services one or more times a week live to an average age of 83.

The study, which analyzed data from the National Health Interview Survey, also found that those people who never attended religious services had an 87% higher risk of dying from all causes during a 9-year follow-up period than those who attended services one or more times per week.

The protective effects of attending religious services were strongest among females and blacks, the study showed.

The researchers note that health can play a role in the ability to attend services, but suggest that "religious attendance also works through increased social ties and behavioral factors to decrease the risks of death."

"There is still a sense among much of the scientific community that religious effects are minor at best or are even irrelevant. Our findings help to dispel such a notion," conclude Robert A. Hummer, of the Population Research Center at the University of Texas at Austin, and colleagues. In a second study of 442 patients at a family practice clinic in Georgia, those who said that they were highly or moderately spiritual reported better overall health and less physical pain than their counterparts who reported low levels of spirituality.

"This preliminary study is important because it reveals the existence of significant differences in patients' health and pain for those with high, moderate and low levels of internalized spirituality," the researchers commented in a recent issue of the journal *Family Medicine*.

The research team led by Dr. J. LeBron McBride of the Georgia Baptist Family Practice Residency Program in Morrow, Georgia, suggest that doctors begin to ask patients about their spirituality. Sample questions may include "What does your spirituality mean to you?" and "How close do you feel to a good or a higher power?" they suggest.

APPENDIX II

WHY PRAYER COULD BE GOOD FOR MEDICINE

Excerpts from Parade Magazine, 3/23/03

Medical acceptance has grown along with solid scientific data on prayer's impact, says Dr. Dale Matthews of Georgetown University, author of *The Faith Factor*. He estimates that about 75% of studies of spirituality have confirmed health benefits. "If prayer were available in pill form, no pharmacy could stock enough of it," he says.

Dozens of studies have shown that individuals who pray regularly and attend religious services stay healthier and live longer than those who rarely or never do, even when age, health, habits, demographics and other factors are considered. A six year Duke University study of 4000 men and women of various faiths, all over 64, found that the relative risk of dying was 46% lower for those who frequently attended religious services.

A Duke University study of a group of 4000 people over 64, found that those who prayed regularly had significantly lower blood pressure than the less religious. A third study showed that those who attended religious services had healthier immune systems than those who did not.

In a study at Dartmouth Medical Center, one of the predictors of survival among 232 heart surgery patients was the degree to which they drew comfort and strength from religious faith and prayer.

According to University of Miami research, AIDS patients who became long-term survivors were more likely to be those involved in religious practices and engaged in volunteer work.

In studies at several medical centers, prayer and faith have been shown to speed recovery from depression, alcoholism, hip surgery, drug addiction, stroke, rheumatoid arthritis, heart attacks and bypass surgery.

Intercessory prayer:

In two studies in San Francisco and Kansas City, MO., patients in coronary care units who were prayed for by strangers had lower complication rates. A review of 23 studies of intercessory prayer involving 2774 patients, published in the *Annals of Internal Medicine*, found a positive effect in 57% and concluded that, "the evidence thus far merits further study."

In various polls, 90% say they pray; 80% believe prayers can heal.

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