

To Your Health

“Godly Life; Good Health; Good Life”

I. SCRIPTURE

1 John 1:2 – “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

II. A TOAST TO YOUR HEALTH

The focus on nutrition in our popular culture is incredibly simple-minded.

For many years, we have been a culture of making lists of “must do things” to achieve good health. These have included things such as adding oat bran to cutting fat, or... renouncing carbs... relying on superfoods... blaming everything on sugar, or some particular variety of sugar... or gluten. (Eg: Rich taking 2 scoops of 100% Oat Bran each day to reduce cholesterol, reducing carbs, particularly bad carbs, etc.) When nutrition experts are asked to comment on any given nutrition topic for popular consumption, editors and producers push us to take a stand: for example, dairy must be EITHER good OR bad? Or, is the ONE thing wrong with our diets saturated fat or sugar? Or, are ALL the products of genetic modification our salvation, or demise?

Maybe the origins of this stark duality, and the “either/or”, “good/evil” way of thinking reside in religion, coming from the bible. After all, didn’t the Apostle Paul remind us that the fifth (5th) commandment of YAHUAH ELOHAYKA [the LORD your God] is the first (1st) commandment with a promise of good health? Didn’t he remind us that as “children”, that we should “obey [our] parents [who are] *in YAHUAH [the LORD]*, for this is RIGHT”? “To ‘honor your father and mother’, which is the first (1st) commandment with promise: ‘that it may be WELL with you and you may live LONG on the earth’”? (Ephesians 6:1-3)

Notice that he says that to these parents... that the children should obey, are the parents who are “in YAHUAH [the LORD]”. So, to the parents, and grandparents who are raising children here today... let me ask you: are you “in YAHUAH [the LORD]”? Or as you... as you are raising your children today and interacting with them, in *yourselves* instead of “in YAHUAH [the LORD]”? Are you heeding your own interests and your own wisdom, instead of the interest and wisdom of YAHUAH [the LORD]? And while I have your attention parents,

grandparents and others here today who are interacting with our children: I would have you notice too what Paul reminds you of... that while there is an admonition all the children here today to “obey” you IF you are “in YAHUAH [the LORD]”, there is also an admonition for you too... and it is this: that it will be well for you too... that will be good health for you too... IF you “*do not PROVOKE your children to wrath... but instead IF you “bring them up in the NURTURE and ADMONITION of YAHUAH [the LORD]”, rather than bringing them up in your own ungodly, self-serving admonition, which comes from an ungodly relationship with ELOHIYM ELYON [The Most High God]. (Let me repeat that.)*

Let’s look now at how our Savior YAHUSHA [Jesus] handled this “honor your father and mother” thing when His mother asked Him to do something that wasn’t “in YAHUAH [the LORD], in His will at that time:

Now, it was “on the third day there was a wedding in Cana of Galilee, and the mother of YAHUSHA [Jesus] was there. Now both YAHUSHA [Jesus] and His disciples were invited to the wedding. And when they ran out of wine, the mother of YAHUSHA [Jesus] said to Him, ‘They have no wine.’” [So...] Jesus said to her, ‘**woman, what does your concern have to do with Me? My hour has not yet come.**’ [But then...] His mother said to the servants, ‘whatever He says to you, do it.’” (John 2:1-5)

“Now there were set there six (6) waterpots of stone, according to the manner of purification of the Jews, containing twenty (20) or thirty (30) gallons apiece. YAHUSHA [Jesus] said to them, ‘**fill the waterpots with water**’. And they filled them up to the brim. And He said to them, ‘**draw some out now, and take it to the master of the feast**’. And they took it. When the master of the feast had tasted the water that was made wine, and did not know where it came from (but the servants who had drawn the water knew), the master of the feast called the bridegroom. And he said to him, ‘every man at the beginning sets out the good wine, and when the guests have well drunk, then the inferior. You have kept the good wine until now!’ This beginning of signs Jesus did in Cana of Galilee, and manifested His glory...” (John 2:6-11a)

I can imagine that as part of that wedding celebration, that the attendees again raised their glasses in a toast to the bride and groom, offering a toast to their future good health. (Discussion of what is best for one’s health... wine, Kosher alcoholic wine or grape juice... vegetarianism, veganism or kosher meats... et cetera. Today’s bible health teaching has nothing to do with these topics.)

III. **“WOMAN, WHAT DOES YOUR CONCERN HAVE TO DO WITH ME?”**

A. **“THEY RAN OUT OF WINE”**

“They ran out of wine”: this was a major social faux pas. **“To fail in providing adequately for the guests would involve social disgrace. In the closely knit communities of YAHUSHA [Jesus]’ day such an error would never be forgotten, and would haunt the newly married couple all their lives.”**

(Tenney) Additionally, wine was a rabbinical symbol of joy. Therefore “to run out of wine would almost have been the equivalent of admitting that neither the guests nor the bride and groom were happy.” (Boice)

B. **“THEY HAVE NO WINE”**

Why did Mary ask YAHUSHA [Jesus] to do something? Mary was no doubt earnestly anticipating YAHUSHA [Jesus]’ day of demonstration, for it would be a day of vindication for her. Yet she would not force the issue, leaving the matter with YAHUSHA [Jesus].

Courson: Some have suggested Mary's concern over the shortage of wine indicates she may have been a hostess at this wedding. The role of hostess at a Jewish wedding is usually filled by an aunt of the groom, this marriage celebration could very well have been that of Mary's nephew... Mary turned to her Son for help. However, based on YAHUSHA [Jesus]’ response, it may very well have been that Mary was interested in more than simply the provision of wine. Might she have been seeking a restoration of her reputation? You see, as a young woman of perhaps fourteen (14) or fifteen (15) years of age, Mary had become miraculously pregnant by the RUACH [Spirit] of YAHUAH [God]. Yes, she was highly favored by YAHUAH [God] and blessed among women. But... she was also the subject of speculation and slander... raised eyebrows and wagging tongues. John records the details... Defending their own righteousness, the Pharisees smugly declared to YAHUSHA [Jesus], “we were not born of fornication” (John 8:41), implying that He was.

For thirty (30) years, Mary had lived with the knowledge that her character had been unjustly maligned. Is it not possible that at this point, she looked to her Son not only for wine, but for vindication, thinking that if people could only see Who He really was, perhaps they would at last see the truth about her as well? YAHUSHA [Jesus] *politely* replies to His mother’s request...

C. **“WOMAN, WHAT DOES YOUR CONCERN HAVE TO DO WITH ME?”**

“Woman, what does your concern have to do with Me? YAHUSHA [Jesus] refers to His mother with a term of respect, but He does not call her “mother”. YAHUSHA [Jesus] wanted to emphasize that there was a different relationship with her now:

1. **“‘Gune’ is the Greek word translated ‘woman’. It is a term of respect, but not of warmth. Thus, YAHUSHA [Jesus] responds to Mary with a gentle rebuke. This sounds like a cold response on YAHUSHA [Jesus]’ part to His longsuffering and gentle mother. Yet, as is seen in the remainder of the verse, it is as much for His mother's good as for His Father's glory.”
(Courson)**
2. **Courson: What does this say to us? Oftentimes, I think we ask YAHUAH [the LORD] to do something which will get us off the hook, or make us look a little better; smooth our road, or lighten our load. Like Mary's, our requests might sound very noble, very generous, very altruistic... but in reality, they are self-centered... And in such instances, YAHUSHA [Jesus] might whisper in our hearts, as He did to Mary, **“what does your concern have to do with Me?”** “This is not the hour.” “This is not the time.” “This is not the place.” “The problem will be solved. Your reputation will be salvaged. The provision will be made. The healing will be enjoyed.” **“BUT NOT NOW.** For although you may feel that this hour is yours... Mine hour is not yet come.”**

IV. **AVOIDING DISEASE BY OBEDIENCE TO YAHUAH [God]; AVOIDING WEAKNESS, SICKNESS, & EARLY DEATH THROUGH THE BLOOD OF YAHUSHA [Jesus]**

We learned a few weeks ago about the story of the first Passover, recorded in the book of Exodus, that it came on the heels of a series of plagues carried out by YAHUAH [God] against the Egyptians. The tenth and final plague presented a particular danger to the Israelites. According to the story, YAHUAH [God] had decreed the death of every first-born male child in Egypt.

Because the plague was meant to be punishment for the Egyptians (and not His people), YAHUAH [God] had commanded that the Israelites, His people, mark their houses with a sign and to be sure not to step outside until morning. Moses explains to the Israelites that this is so that “when YAHUAH [the LORD] goes through to strike down the Egyptians, He will see the blood

[of the lamb, which represented His coming Son YAHUSHA [Jesus]) on the lintel and two doorposts and YAHUAH [the LORD] will pass over the door and not let the destroyer enter and strike down their home” (Exodus 12:23).

And so YAHUAH [God] promises us as His people, in strict obedience to Him, that... “then it will come to pass, because you listen to [His] judgments, and keep and do them, that YAHUAH ELOHAYKA [the LORD your God] will keep with you the covenant and the mercy which He swore to your fathers. And He will love you and bless you and multiply you; He will also bless the fruit of your womb and the fruit of your land, your grain and your new wine and your oil, the increase of your cattle and the offspring of your flock, in the land of which He swore to your fathers to give you. [And] you will be blessed above all peoples; there will not be a male or female barren among you or among your livestock. And YAHUAH [the LORD] will take away from you all sickness, and will afflict you with none of the terrible diseases of Egypt which you have known, but will lay them on all those who hate you.” (Deuteronomy 7:12-15)

You may say that YAHUAH [God]’s promises from the old are no longer applicable to you, but you would be wrong, because our new covenant promises us the exact same benefit, if not even more benefit for us:

For of the new Passover, of which we now call “The Lord’s Supper”, YAHUSHA [Jesus] “in the same manner ... also took the cup after supper, saying, ‘**This cup is the new covenant in My blood. This [you] do, as often as you drink it, in remembrance of Me**’” (1 Corinthians 11:25) of which Paul after quoting these “red-letter” words of MESSIAH [Christ] says just a few verses later that after “a [person] examine them self, [then] so let them eat of the bread and drink of the cup. For they who eat and drink in an unworthy manner eats and drinks judgment to them self, not discerning YAHUAH [the Lord]’s body. [And] *for this reason, many are weak and sick among us, and many [die prematurely]*. For IF we would judge ourselves, we would NOT be judged. But when we are judged, we are chastened by YAH [the Lord], that we may not be condemned with the world” (1 Corinthians 11:27-32 NKJV) even as Egypt was condemned, as well as His own people... His own people who disobeyed His command to place the blood of the Lamb, representing His Son, on the “lintel and two doorposts”, thereby protecting themselves and their household.

V. TWO (2) STORIES: PRIDE HINDERS OUR HEALING & OUR SALVATION

1. NAAMAN – PRIDE OVER OBEDIENCE TO YAHUAH [God]

“Now Naaman, commander of the army of the king of Syria, was a great and honorable man in the eyes of his master, because by him YAHUAH [the LORD] had given victory to Syria. He was also a mighty man of valor, but a leper. And the Syrians had gone out on raids, and had brought back captive a young girl from the land of Israel. She waited on Naaman’s wife. Then she said to her mistress, ‘If only my master were with the prophet who is in Samaria! For he would heal him of his leprosy.’ And Naaman went in and told his master, saying, ‘Thus and thus said the girl who is from the land of Israel.’” (2 Kings 5:1-4) And as the bible account goes...

“Then Naaman went with his horses and chariot, and he stood at the door of Elisha’s house. And Elisha sent a messenger to him, saying, ‘Go and wash in the Jordan seven times, and your flesh shall be restored to you, and you shall be clean.’ But Naaman became *furios*, and went away and said, ‘Indeed, I said to myself, “He will surely come out to me, and stand and call on the name of YAHUAH ELOHAYU [the LORD his God], and wave his hand over the place, and heal the leprosy.” Are not the Abanah and the Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?’ So, he turned and went away in a [angry] rage. (2 Kings 5:9-12)

“And his servants came near and spoke to him, and said, ‘My father, if the prophet had told you to do something great, would you not have done it? How much more then, when he says to you, “Wash, and be clean”?’ So, he went down and dipped seven times in the Jordan, according to the saying of the man of ELOHIYM [God]; and his flesh was restored like the flesh of a little child, and he was clean.” (2 Kings 5:13-14)

Dear brothers and sister, as you see... Naaman’s disease was healed after got over his anger, he humbled himself, and followed YAHUAH [God]’s explicit instructions... despite how humanly illogical them seemed to him. So you, too, can find healing for your sickness and disease, by putting away your anger, your pride and rebellion, and humbling yourself, and doing exactly (to the letter) what YAHUAH [God] tells you to do.

And now let's look at another bible story about obtaining wellness through obedience to YAHUAH [God].

2. CAIN – ANGER OVER ODEIENCE TO YAHUAH [God]

“Now Adam knew Eve his wife, and she conceived and bore Cain, and said, ‘I have acquired a man from YAHUAH [the LORD]’. Then, she bore again, this time his brother Abel. Now Abel was a keeper of sheep, but Cain was a tiller of the ground. And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to YAHUAH [the LORD]. Abel also brought of the firstborn of his flock and of their fat. And YAHUAH [the LORD] respected Abel and his offering, but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. (Genesis 4:1-5) (Insert: comment on vegetarianism and veganism, as an offering to YAHUAH [God].)

So YAHUAH [the LORD] said to Cain, ‘**Why are you angry? And why has your countenance fallen? If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire [sin’s desire] is for you, but you should rule over it.**’ (Genesis 4:6-7)

“Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.” (Genesis 4:8)

Didn't YAHUAH [God] Himself warned Cain in advance of his sin, promising him that if he “*did well*”, that he would be “*accepted*” by YAHUAH [God]? But, that if Cain did “*not do well*, [that] *sin lies at the door*”? So, you too are promised that if you “*do well*”, “*ruling over your sin*” as it lies crouching at your door – a door that needs to be covered by the saving blood of The Lamb, YAHUSHA [Jesus]... Yes, you are promised that you, too, will “*do well*” if you only obey.

VI. FINDING HEALTH & DIRECTION THROUGH OUR FATHER'S WORDS

Today, our Father YAHUAH [God] is beckoning us...

“Let us listen now My son [and daughter], give attention to My words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are *life* to those who find them, and *health* to all their flesh.” (Proverbs 4:20-22)

So, “keep your heart with all diligence, for out of it spring the issues of life. Put away from you a deceitful mouth, and put perverse lips far from you. Let your eyes look straight ahead, and your eyelids look right before you. Ponder the path of your feet, and let all your ways be established. Do not turn to the right or the left; remove your foot from evil.” (Proverbs 4:23-27)

Today, while it is still called today... let us hear His words of warning... let us repent of our *self*, repent of our *pride*...

Let us turn humbly to our Savior now, giving Him no less than 100% of ourselves: all of our diseases, our filthiness, our sin and our mortality...

For if we do this with a contrite heart, just as even Cain would have received salvation and “do well”... we would be “deliver[ed] from the guilt of bloodshed” (Psalm 51:14a)... “O ELOHIYM [God], the ELOHAI [God] of my salvation, and my tongue shall sing aloud of Your righteousness. O ADONAI [Lord], open my lips, and my mouth shall show forth Your praise. For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. [For Your] sacrifices [O] ELOHIYM [God] are a broken spirit, a broken and a contrite heart— these, O ELOHIYM [God], You will not despise.” (Psalm 51:14b-17)

And so, it is that... “for this cause everyone who is godly will pray to You in a time when You may be found; [and] surely in a flood of great waters they shall not come near him. [For] You are my hiding place; You shall preserve me from trouble; [and] You shall surround me with songs of deliverance” (Psalm 32:6-7), and then it will truly be well with both my body and my soul.

Thank you dear Father YAHUAH [God], thank you dear Brother and Savior YAHUSHA [Jesus], and thank you dear RUACH HA’QODESH [Holy Spirit].

For “when I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer. [But when] I acknowledged my sin to You, and my iniquity I [did] not [hide. When] I said, ‘I will confess my transgressions to [You.’ Then] You forgave the iniquity of my sin.” (Psalm 32:3-5) Thank you! Amen.

References & Credits:

- 1 “A Toast to Your Health”, David L. Katz, M.D., M.P.H., Contributor, Founder: True Health Initiative, Huffington Post; https://www.huffpost.com/entry/a-toast-to-your-health_b_5a05bb46e4b0cc46c52e69ba
- 2 “Jesus: The Way, The Life, and The Truth”, Systematic and Practical Theology, Feb 19, 2016; <http://jesusisgod316.blogspot.com/2016/02/john-21-12-jesus-first-miracle-jesus.html>