

(continued from the front)

Listening to wise parents promotes a long, healthy life. Solomon said, “My son, 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). “‘Honor your father and mother,’ which is the first commandment with promise: ‘that it may be well with you and you may live long on the earth’” (Ephesians 6:2–3).

Health is a gift from God. It is the Lord who blesses people with good health and well-being. As mentioned earlier, we can certainly do things to promote our health, and the Scriptures indicate that doctors and pharmaceuticals also have roles to play in keeping us healthy (cf. Matthew 9:12; 1 Timothy 5:23; Luke 10:34; Jeremiah 51:8). But ultimately, it is God who blesses us with health and healing. Let us not forget that. “Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases” (Psalms 103:2–3). We may have all the money in the world, but the health and strength to enjoy it are gifts from God. Solomon observes, “As for every man to whom God has given riches and wealth, and given him power to eat of it, to receive his heritage and rejoice in his labor—this is the gift of God” (Ecclesiastes 5:19).

No health care program can prevent death. We sometimes speak of health care as if it can, but it cannot. You can take all the pills you want, exercise, eat right, and avoid risky behavior, and you will still die. In the end, it will not matter which health care program our nation adopts. “No one has power over the spirit to retain the spirit, and no one has power in the day of death. There is no release from that war, and wickedness will not deliver those who are given to it” (Ecclesiastes 8:8).

If our thinking is right, we will be far more concerned about what happens after death than about how to prolong life—for “it is appointed for men to die once, but after this the judgment” (Hebrews 9:27).

Steve Klein



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A Health Care Reality Check

It is easy to get caught up in the political and social issues of our time. Today, one can hardly turn on the TV or radio, or pick up a newspaper, without being bombarded with news about the health care debate in Washington. Most of us likely have opinions about the issues involved. Some may favor greater government control and financing of health care, while others may prefer less. Some may believe that health insurance should be mandatory for all, while others may prefer having a choice in the matter. Regardless of our views on these and related issues, Christians must remember to allow their thinking to be guided by their faith in God and the truths found in His Word. Whatever Washington decides about healthcare, certain things will remain true.

Clean living leads to good health. The best health care plan in the world is to live as God instructs. He created us and surely knows what is best for us. “Do not be wise in your own eyes; fear the Lord and depart from evil. It will be health to your flesh, and strength to your bones” (Proverbs 3:7–8).

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