



# **Finding *The Bible Health Plan*** *the* **Truth**

## ***Truth about the healthcare***

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The current debate over healthcare reform in the United States is a needless argument of partisan politics. Americans would not need universal coverage if Bible believers simply followed the Scriptures in regards to health and charity. The followers of the Savior should be a shining example of fitness and generosity to the needy. The Bible has much to say in regards to physical, emotional, and spiritual well being. “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body,” 1 Corinthians 6:19-20.

Each person has been “fearfully and wonderfully made” to enjoy the best of life. Laziness and disease stop people from experiencing true abundance. This is not the Almighty’s will! The Bible clearly indicates that the Lord wants His children to be healthy in spirit and in body. 3 John 1:2 “Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.”

Sadly, the church is just as obese and just as sick as the rest of the world. Physical and spiritual corruption has continued to fester since perfection was lost in the Garden of Eden. Adam and Eve were given a diet from the best of the earth which included fresh fruits, vegetables and no meat. The couple was tempted to eat the forbidden as the original sin came in the form of food. The wrong diet was chosen and the result of their disobedience brought sickness, pain, and death into the world. In Genesis 7, Noah is permitted to eat the meat of certain animals that were designated as “clean.” Later in Leviticus 11, Moses reviews which animals are to be considered “food” and are fit for human consumption. And though mankind is allowed a lifespan of 120 years in Genesis 6:3, this potential for a long vibrant life is seldom experienced. Unhealthy personal choices and dangerous habits rob people of the physical fullness the Bible offers. “Do not join those who drink too

much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags,” Proverbs 23:20-21. Most sickness can be attributed to overeating, consuming unhealthy items, and not having enough physical activity. “One who is lazy in his work is a brother to one who destroys,” says Proverbs 18:9.

The Bible indicates that the assembly of believers were to be an example to the world in all areas of life. From their abundance, believers should be caring for the needy and unfortunate. There would be no need for Government welfare or healthcare if the Church cared for the poor and regularly taught personal responsibility. “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world,” James 1:27

President Ronald Reagan was right when he said, "government is not the solution to our problem; government is the problem." The answer to the current healthcare dilemma isn't more government involvement, but religious involvement by those who profess to follow the Savior. For if the people of God would rise up in holiness to cleanse their bodies and commit themselves to providing for the needy, the government handout lines would soon turn to places of faith that can offer more than a meal or a prescription.