

EDGEMONT BIBLE CHURCH
WEDNESDAY NIGHT BIBLE STUDIES
APRIL 21, 2021
A MINI SERIES ON HEALTH, HEALING AND
WHOLENESS
“IN THE BEGINNING: GOD’S WILL”

KEY VERSE: *“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”*

1Th 5:23

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (NKJV)

3Jo 1:2

I. “AND GOD SAW...IT WAS VERY GOOD.”

CREATED ENVIRONMENT MADE FOR HARMONY

- A.** *God created all things with diversity that is a unified, interdependent, interrelated, mutually completing, fully connected, interactive system of relationships that keep life thriving abundantly. It abundantly pleases God to see all these complementary systems functioning so perfectly. It is good health; it is harmony; it is wholeness; it is righteousness; it is peace.*
- B.** *In the diversity of form and function is a complete system that keeps all things living and thriving.*
- C.** *One cannot remove or alter any part of the system without affecting all of it. Even the smallest of interruptions can create many other interrupting events that may be an increasing threat to the well-being of the whole. God has made the earth and its life forms resilient and they will adapt to the environmental changes but it may not produce something desirable for man. This is true evolution*
- D.** *This state of being, in which all things are functioning in harmony as they were created to be is called wholeness, completion or righteousness. It is moral, ecological, chemical, electrical, optical, geological, biological and spiritual wholeness or health. This is the expected environment for all things to live. God so loved this cosmic*

system that He would send His Son to redeem people and restore the earth to its original, intended form. That is our blessed hope!

MAN'S RESPONSIBILITY AND CONDITION

- E. Living as a human being, the appointed steward and caretaker of it all, when one operates within the knowledge of this unity in diversity and wholeness of the system by faith in God, he is said to be in balance, harmony or, using the biblical term, living righteously at peace with God and His creation. He is well, whole, righteous and healthy. He is working with the systems God created as the steward who is imaging God on earth with the proper relationships to all that God has created. This is the life of subduing and having dominion. He is ruling as God would, in God's place.*
- F. This knowledge and practice does not restore the earth to its original beauty, harmony and wonder. Sin is still with us in this world. We will still suffer, have pain and finally die. But these actions are a part of seeking first the kingdom of God and His righteousness, one of the richest blessings of God to us.*
- G. In this environment there is no mention of disease or sickness. Though it is an argument from silence, in my opinion, the reason is because there was none to mention. Sickness was not to be considered a normal part of living. There was only good health as long as all things were in harmony and balance with one another.*
- H. That health was maintained from a good relationship with God, each other, ingesting vegetation given for food and health, using water, air, sunlight and, of course, the tree of life.*

THE TREE OF LIFE

- I. If the Tree of Life in the garden is the same one that is found in the book of Revelation, it served as some sort of health-giving plant. The leaves, says the angel in Revelation 22, are for the healing of the nations. It is a tree more peculiar than any we have known in this current age, for it has multiple fruits on it, one for each month. From the description given in Revelation 22 it is difficult to tell if it is a single tree or more like a forest of trees of life. We are not told if the fruit has any healing virtues or even if anyone eats from it. Since it is the tree of life, one may assume that it plays some import in providing life or it would be called by some other name. But there was a plan in the Garden that people prior to the Fall were going to eat from it. Man was protected from eating it after the fall, lest he should eat and live forever in his new twisted, rebellious*

personhood. So it must have some anti-aging, DNA renewal to it to halt the aging process permitting one to live additional years.

THE ORIGINAL DIET FOR GOOD HEALTH

J. *In the world before the fall all living things were vegetarian eating the plants that were God's provision for us all. This dietary plan kept them alive and, from what we can deduce from God's view of His creation, in optimal health. Vegetation was God's plan for all land creatures for health and wholeness. The plants were what kept all land and air creatures moving from one place to another (exercise we know is a part of good health) to find more food. The plants captured the energy of light (the sun) and stored it as sugars and nutrients that would be eaten by the animals. By design of the Gardener, this animal pruning caused the plants to increase their efforts to produce fruit. The animals captured the energy stored in the plants as their source of good and continued health. The animals then composted the digested plant energy and placed in on the soil where it was devoured by multiple insects, microbes, bacteria, fungi, etc., who turned it into more rich soil. The air borne, animal carried, bird delivered seeds fell onto the soil and through the miracle of germination, more vegetation came into being.*

SIN BRINGS DEATH; DEATH ENDS WHOLENESS

- K. *There is no mention of death prior to the fall of man. It is another argument from silence, but one may see that death did not come into the world except by the sin of Adam and Eve. Death, the separation of the living portion of a being from the frame in which it dwells, was only mentioned regarding Adam and Eve as a result of their disobedience. No animals died before the fall. One might also surmise there were no predators to take the life of another and to eat its flesh. All animals were commanded by God's blessing to eat plants. Genesis 1:29-30*
- L. *The death of the separation of the living portion from the frame it is in was not seen immediately after their violent disobedience. But an even worse separation was seen: the separation of the man and woman from the presence of God in the Garden. There is even a hint of the separation of their unity as husband and wife. Strife would be present in their relationship because their oneness was threatened by a power struggle between them. Additionally we see that this separation from God was accompanied with pain, sorrow and suffering for the woman as it relates to conception and birth. She was also given a prophetic statement that she would desire to*

control her husband and strife would follow. For the man, his suffering would increase as they would be living in the wilderness and that ground was going to be very hard to work and the effort would be met with resistance from the ground. The final statement is that he would physically die and return to dust; something would cause his death. Health and wholeness are in jeopardy and would not return.

M. Man's health was now jeopardized by his moral failure of distrusting God. He was sent away from the Tree of Life and the trees of the Garden that would have promoted his life for eternity. His children would have had access to the healthy environment of the Garden. In our English translations, when God told them they would surely die if they ate from the tree of the knowledge of good and evil, the Hebrew emphasis comes to something more like in dying you will die. The concept here means that when we die to God that death is multiplied into each area of our lives. Consequently, there would be an alienation from God (spiritual death) then an alienation from spouse (marital death) followed by alienation from their children (familial death), to alienation from other people (social death) and finally physical death. The body's hormone levels would reinforce this process. A human living under this kind of reinforced hormonal stress is sick and unhealthy.

GOD'S PLAN FOR COSMIC REDEMPTION AND RESTORATION

- N. One would have to consciously come to faith in God in order to calm and refresh his spirit with the Spirit of God (peace OF God). The alienation would have to be broken by humble, repentant, faith-filled reconciliation and the acceptable norm seems to be a blood-sacrifice done in full faith that God would accept the offering in one's place (peace WITH God). This would be the only way the harmony could be regained personally, in the family and in one's community.
- O. Perhaps from the example God used in covering Adam and Eve (atonement) from their nakedness by killing an animal for them (the first physical death in history) men came to realize that God would accept an innocent substitute as a sacrifice to cover their sin. We are not told how this concept of offering a sacrifice came into practice. We do not see or hear of Adam and Eve practicing it but somehow two of their sons knew to make an offering. This substitutionary atonement would serve those who believed God, to help them understand God's plan for the sacrifice of His own innocent Son in their place to take away their sin.

CONCLUDING REMARKS: The normal, created condition of man is wholeness, good health, long life and continuous blessing in the three parts the Bible identifies as body, soul and spirit! This is ours when we live in conscious humble awareness that we are God's creatures not lone owner/operators of the earth. We do not approach our Creator as equals at a bargaining table. Instead, we approach Him in broken humility and adoration of His goodness to us in spite of our rebellion to Him. We bow before Him as our Lord, Master, King, and Sovereign. We are well or whole when we trust God and what He has said to be true. God, our creator has ordained that the only approach to Him, the only way we can be healed and remain healthy is through faith in His beloved Son, the Lord Jesus Christ. We are obedient when we are operating within the commands God has given and operating within the systems God has provided for the proper function of creation. A trusting relationship with God (Proverbs 3:1-12), proper stewardship of the earth, using God's gifts of food as God has given it (1 Tim 4:3-4), walking in the light both physically and spiritually (1 John 1:7) as He is in the light, caring for His creation as He does and destroying the alienation with other people through loving our neighbor as ourselves. We are comprised of body, soul and spirit. Those 2 or 3 are not independent, segregated parts operating independently of one another but an integrated, unified whole in a body. Body, soul and spirit relate and respond to each other in such a way that when one is sick in any part, he is sick in the whole. So, wholeness, completeness, maturity, or righteousness is a proper, biblical spiritual relationship with our Creator, walking in the Spirit, not the flesh, living in harmony and appreciation (gratitude) with the gifts of God in creation, eating foods God has made to be enjoyed with gratitude the way God made them. While in that condition, it is walking in the light both physical and spiritual and receiving the energy it was intended to give. Good health is in getting proper rest as well as sleep. It is hydrating ourselves to maintain the balance of water in us as is it is in Creation as He made it. It is in breathing with body, soul and spirit. Good health and wholeness is God's will for our lives. That's the way it was from the beginning and that's what it will be in the Restoration of all things. Sickness, disease, brokenness, alienation, disobedience, poor health, blown out relationships and a host of spiritual, mental and emotional illnesses are reminders to us of our need for humility and faith in the Living God.