

Today's Promise (#71) — KJV

Exodus 15:26 "And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

Apply the Promise!

God is our ultimate Healer! He promises that if we will carefully listen to His voice and completely obey His rules, He will protect us and give us healthy, thriving lives.

Bible Story (Exodus 15)

The Israelites had just experienced an incredible miracle by safely crossing the Red Sea. However, after marching through the scorching desert for three long days, they were exhausted and thirsty. They finally found a pool of water at a place called Marah, but the water was bitter and undrinkable. Instead of trusting God, the people angrily complained.

Moses immediately cried out to the Lord for help. God graciously answered his prayer and showed Moses a specific tree. When Moses threw the heavy wood into the pool, a wonderful miracle happened. The poisonous water was instantly transformed into sweet, refreshing drinking water!

After they happily drank their fill, God made them a beautiful, life-changing promise. He promised that if they would carefully listen to His voice and obey His holy commandments, He would protect them from the terrible diseases of Egypt.

To understand how amazing this promise is, we have to look at history! Scientists have examined ancient Egyptian mummies and discovered something shocking. The wealthy Egyptians suffered from the exact same "modern" diseases that people struggle with today, like severe heart disease!

God knew that the rich, unhealthy Egyptian diet and lifestyle caused terrible sickness. He wanted His people to live thriving, vibrant lives. He was offering them a new, healthy way to live.

God promised that if they trusted His rules and lived His way, they would not suffer like the Egyptians did. When we choose clean, temperate habits, we are not earning God's love—we are accepting His loving instruction for happier, stronger lives.

True Story

Dr. Ellsworth Wareham was a heart surgeon in California. For many years, he opened people's chests and operated on hearts that had been damaged by disease. Day after day, he saw how much suffering poor health could bring.

As he worked with patients, Dr. Wareham became more convinced that many health problems were connected to daily choices. Food, exercise, rest, and attitude mattered. When Dr. Wareham was in his middle age, he made a powerful decision. He realized that God gave us the ultimate "recipe" for health right in the Bible.

He stopped eating heavy, unhealthy foods and switched to a simple, plant-based diet full of the fresh fruits, vegetables, and grains that God originally designed for us to eat in the Garden of Eden. He also made sure to exercise, drink plenty of water, and rest faithfully one day every single week.

He explained to everyone that a healthy diet actually keeps your blood vessels clear and prevents the very heart blockages he spent his life fixing. His incredible lifestyle even became a famous medical study on how to live longer!

His mind and body stayed so incredibly sharp and strong that he continued helping perform open-heart surgeries all the way until he was ninety-five years old, and he lived a vibrant, joyful life until he passed away in 2018 at the age of 104!

Dr. Wareham knew that healthy choices cannot make anyone live forever. But he also knew that God's ways are wise. The same God who told Israel, "I am the LORD that healeth thee," still teaches us to care for our bodies with self-control.

Discussion Questions:

- What specific object did God tell Moses to throw into the bitter pool of water at Marah?
- How old was Dr. Wareham when he was still helping perform open-heart surgeries?
- What is your absolute favorite fruit or vegetable that God created for us to enjoy?

Activity:

Learn exactly why God wants us to drink plenty of water! Grab a 12-ounce can of soda (or juice) and look at the nutrition label to find the "grams of sugar." Since 4 grams of sugar equals 1 teaspoon, have the kids do the math and scoop that exact amount of real sugar into an empty glass. Seeing a massive pile of sugar in a glass is a great, shocking health lesson about what goes into our bodies!



Today's Promise (#72) — KJV

Proverbs 17:22 "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."

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

Apply the Promise!

A joyful heart and kind words can be like medicine to our bodies and souls. When we choose gratitude, cheerfulness, and gentle speech, God can use them to bring comfort, healing, and strength to us and to others.

Bible Story (1 Samuel 16)

King Saul of Israel was suffering from a terrible, heavy sadness. Because he had repeatedly disobeyed God, the Spirit of the Lord departed from him, and a distressing, evil spirit began to torment his mind.

Saul felt miserable, angry, and overwhelmed by a dark, broken spirit that drained all the joy and energy right out of his bones.

Saul's servants knew the king needed help. They understood that beautiful, peaceful music could act like medicine for a troubled mind. They suggested finding someone who could play the harp to calm his raging emotions.

The servants immediately recommended a young shepherd boy named David, who was known for being skillful at playing stringed instruments and writing beautiful songs about God. King Saul sent messengers to David's father, asking him to send the young shepherd to the royal palace.

When David arrived, he didn't bring magical potions or physical medicines to cure the king. Instead, he brought his simple wooden harp and a joyful heart that was fully tuned to the Lord. Whenever the terrifying, dark spirit came upon King Saul, David would quietly sit down and begin to play his harp.

The sweet, pleasant music filled the room like honey. David's harp could not fix Saul's disobedient heart, but God used the music to bring comfort and relief. The story shows that peaceful, uplifting things can help troubled hearts.

Our words can do something similar. Just as David's music soothed Saul, kind words, cheerful songs, and a joyful spirit can bring healing and encouragement to people around us.

True Story

In 1964, a famous magazine editor named Norman Cousins received devastating news. He was diagnosed with a severe, painful disease that was attacking his spine and his joints.

The pain was so intense that he could barely move his own body. The doctors gave him only a one-in-five-hundred chance of ever surviving.

Lying in his hospital bed, Norman remembered reading that severe stress and negative emotions can actually poison your body and dry up your bones. He realized that if a broken spirit makes you sicker, then a "merry heart" must do the exact opposite! He decided to test the Bible's promise that joy does good like a medicine.

Norman checked out of his hospital room and moved to a hotel. He surrounded himself with funny books, joke books, and hilarious comedy movies. He spent his entire day choosing to laugh out loud, even when he was in terrible physical pain.

Miraculously, he discovered that just ten minutes of deep, genuine belly laughter gave him exactly two hours of pain-free sleep! He literally laughed his way to healing. The joy in his heart acted as a powerful physical medicine, shocking his doctors as his disease retreated.

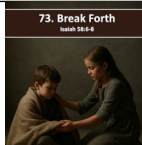
His story became famous, not because laughter is magic, but because it showed how the mind and body are connected. Joy, hope, and peace can affect the way we feel. God made us so that cheerful thoughts, kind words, laughter, gratitude, and trust can help bring healing to our minds and bodies.

Discussion Questions:

- What instrument did David play to act as medicine for King Saul's troubled spirit?
- What specific thing did Norman Cousins do to help his body heal from a terrible disease?
- Proverbs says kind words are like sweet honey. Who is one person in your family that you can feed a "sweet" compliment to right now?

Activity:

Have two people sit face-to-face. One person has to have a "broken spirit" (they must keep a completely straight, sad face). The other person has exactly sixty seconds to give them a "merry heart" by making them laugh or smile without touching them at all! Discuss how a merry heart is highly contagious and can instantly cure a sad mood.



Today's Promise (#73) — KJV

Isaiah 58:6–8 "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward."

Apply the Promise!

When we take our minds off of our own problems and choose to love, help, and share with others, God promises that our own healing and strength will spring forth speedily.

Bible Story (Job 42)

Job had suffered terrible losses. To make things even worse, he was struck with a horrible, painful sickness. His entire body was covered from head to toe in agonizing, itchy boils. He was miserable.

While Job was sitting in the ashes, suffering in pain, three of his friends came to visit him. However, they were not very comforting. They falsely accused Job of secretly sinning against God, and they argued with him for days.

But God gave Job a surprising work to do: Job was to pray for the very men who had wounded him with their words. That would not have been easy. Job could have held on to hurt feelings. He could have said, "They do not deserve my prayers after the way they treated me." But Job chose to obey God.

Instead of holding a grudge, he took his mind off his own painful boils, chose to love his friends, and prayed a sincere, heartfelt prayer for them.

As Job prayed for his friends, something beautiful happened inside his own heart. Instead of looking only at his own pain, he was asking God to show mercy to others. He was letting God turn bitterness into forgiveness.

The Bible says that the exact moment Job prayed for his friends, God turned his captivity around! Because Job chose to help others instead of focusing on his own pain, his health sprang forth speedily, and God healed his physical body, blessing him with twice as much joy as he had before! This story shows that helping others can be part of God's healing work in us.

True Story

In the early 1890s, by the time John D. Rockefeller was in his early fifties, he was the wealthiest man in the entire world. However, his obsession with making money had destroyed his body.

He worked constantly, refusing to ever take a day of rest. He was so focused on his own enormous wealth that the severe stress caused a terrible condition called alopecia, making every single hair on his head and body fall out.

His stomach became so sick that the richest man on earth could only eat a few dry crackers and a few drops of milk for his meals. He could buy almost anything he wanted, but he could not buy peace, joy, or health. His doctors warned that if he did not fully stop working, rest his body, and change his lifestyle, he would be in the grave.

Lying in his bed, John finally had a life-changing realization: he could not take a single penny of his money to heaven. He decided to follow the principles of Isaiah 58. He stepped away from his business, started taking time to rest, and began taking his mind off himself. He started giving away millions of dollars to build hospitals, fund medical research, and feed the poor!

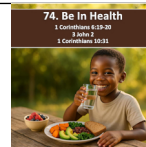
As he stopped constantly worrying and started helping others, his sick stomach healed, he could eat real food again, and he lived a joyful, energetic life all the way to the age of ninety-seven! Isaiah 58 teaches that God's people are not to live only for themselves. A life turned outward in love is healthier than a life chained to worry, greed, and self.

Discussion Questions:

- What specific thing did Job do for his friends right before God completely healed his sick body?
- What was the only food John D. Rockefeller's sick stomach could handle before he started helping others?
- John Rockefeller was a billionaire, but his selfishness made him miserable. What happens to your own joy when you refuse to share your toys and only think about yourself?

Activity:

Give everyone a physical Band-Aid and a marker. Have them write the name of someone they know who needs help (either someone who is sick, or someone who is sad) on the outside of the Band-Aid. Have them stick the Band-Aid on their own arm to remind them to take their mind off themselves and pray for that person all day long!



Today's Promise (#74) — KJV

- 1 Corinthians 6:19–20** "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."
- 3 John 1:2** "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."
- 1 Corinthians 10:31** "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

💖 Apply the Promise!

Because God loves us and bought us with a price, He wants us to care for our bodies and glorify Him in what we eat, drink, think, and do.

📖 Bible Story (Judges 13)

For many years, the Israelites were suffering under the rule of the Philistines. During that dark time, God planned to send them a deliverer named Samson.

Before Samson was born, the angel of the Lord appeared to his mother with a special message. She was going to have a son, and this child would be set apart for God from the very beginning of his life.

Because Samson had a special work to do, God gave his mother careful instructions. She was not to drink wine or strong drink, and she was not to eat anything unclean. Even before Samson was born, God cared about the choices that could affect his body and mind.

Samson's mother told her husband, Manoah, what had happened. Manoah did not act as though God's instructions were unimportant. He prayed, "Teach us what we shall do unto the child that shall be born." He wanted God to show them how to raise their son wisely.

God answered Manoah's prayer and sent the angel again. The message was repeated: Samson's mother was to be careful about what she ate and drank, and Samson himself was to live as one set apart for God.

This story shows that God cares about our physical lives, not just our thoughts and prayers. What we eat, drink, watch, listen to, and do with our bodies matters because our bodies belong to Him. Healthy habits are not just rules; they are gifts from a loving God who wants us to have clear minds, strong bodies, and lives ready for His service.

☀️ True Story

In 2005, scientists from National Geographic traveled the entire globe searching for "Blue Zones." These are rare, special places where people live the longest, healthiest lives on earth. The scientists expected to find these super-healthy people in hidden villages or faraway islands.

Instead, they discovered a Blue Zone right in the middle of California, in a town called Loma Linda! Many families there practiced simple habits such as eating wholesome food, resting, staying active, serving others, and trusting God.

A joyful woman named Marge Jetton became one of their most famous examples. When the scientists finally met Marge, they could hardly believe their eyes. She was 104 years old! Instead of being sick, weak, or stuck in a hospital bed, Marge woke up early every single morning to ride her exercise bicycle for six to eight miles! After her invigorating morning bike ride, she lifted weights, volunteered to help the poor, and even drove her own car around town.

Because Marge wanted to honor God's temple, she made a lifelong decision to entirely avoid harmful things like alcohol, tobacco, and junk food. Instead, she chose a clean, plant-based diet full of the healthy foods God originally designed, drank plenty of fresh water, and rested every Sabbath.

Marge's example helps us see that caring for our bodies is not only about avoiding harmful things. It is also about choosing what is good. Exercise, fresh air, self-control, helping others, and a joyful heart are part of God's wise plan for healthier lives.

💬 Discussion Questions:

- What specific things did the angel command Samson's mother NOT to drink?
- How many miles did Marge Jetton ride her bicycle every morning at 104 years old?
- If you borrowed a friend's toy, you would treat it incredibly carefully because it belongs to them. Since your body actually belongs to God, what is one dangerous or unhealthy thing you should keep far away from it?

🎨 Activity:

Teach the kids how to find their pulse on their wrist or neck. Set a timer for 15 seconds, count the heartbeats, and multiply by 4 to get their resting heart rate. Next, have everyone do exactly one minute of jumping jacks as fast as they can! Find the pulse again and see how much faster it is beating. Explain how the heart is a muscle, and exercise is the healthy way God designed to make it stronger!



Today's Promise (#75) — KJV

James 5:14–16 "Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

Apply the Promise!

God is our loving Healer. When we listen to His voice and follow His wise principles, we are protected from many harmful choices and taught how to care for the bodies He gave us.

Bible Story (2 Kings 20)

King Hezekiah loved the Lord, but one day he became terribly sick. His body was weak, and the sickness was so serious that he could not simply rest for a few days and get better.

Then the prophet Isaiah came to the palace with a painful message from God: Hezekiah was going to die. This was frightening news. Hezekiah was not ready for his life to end.

When Hezekiah heard the message, he turned his face toward the wall and prayed. With tears, he poured out his heart to God and asked the Lord to remember his faith and obedience.

Before Isaiah had even left the palace courtyard, God sent him back with a new message. The Lord said, "I have heard thy prayer, I have seen thy tears." God promised to heal Hezekiah and add fifteen more years to his life.

Then Isaiah gave a simple instruction. He told the servants to take a lump of figs and place it on the painful boil. The servants obeyed, and Hezekiah recovered.

God could have healed Hezekiah with only a word, but He chose to use both prayer and a simple remedy. The figs were not magic. They were a humble treatment that God blessed.

Hezekiah's healing teaches us an important lesson. When we are sick, we should pray earnestly and trust God, but we should also use the wise helps He has provided—rest, water, simple remedies, good care, and counsel from people who understand health. God is still the true Healer. Every remedy that helps, every answer to prayer, and every bit of strength that returns comes from His loving hand.

True Story

In 1897, a Christian named Ellen was called to help a young man who was suffering from a life-threatening infection. He had been bitten by a poisonous insect, and the dangerous venom was rapidly spreading through his entire body.

The young man's arm was swollen, and he was raging with fever. His friends and family thought he was going to die.

Following the instructions in the book of James, they quickly gathered around the young man's bed to pray. They bowed their heads and prayed a desperate, fervent prayer of faith, asking the Great Physician to miraculously save his life.

But Ellen knew that true faith means cooperating with God! She remembered that God provides simple, natural remedies from the earth to help our bodies heal, just like the lump of figs used for King Hezekiah.

After they finished praying, she immediately rushed to the kitchen and crushed up some simple, black wood charcoal. She mixed the charcoal with a little bit of water to create a thick, wet paste called a poultice, and she carefully wrapped it directly over the young man's fiery, infected bite.

The charcoal acted like a powerful magnet, pulling the deadly poison right out of his arm. By the very next morning, the fever was entirely gone, and the young man was sitting up. Ellen was thankful, but she did not give the praise to the charcoal alone. She believed God had blessed the simple remedy and answered prayer. When we are sick, we can ask God for healing, use wise care, and trust Him as the true Healer.

Discussion Questions:

- What fruit did God tell Isaiah to use as a natural medicine on Hezekiah's boil?
- What black substance did Ellen mix with water to pull the poison out of the young man's arm?
- When King Hezekiah heard he was going to die, he didn't panic; he immediately turned to God. When you get a bad scrape or feel a tummy ache, why should talking to God be the very first thing you do?

Activity:

Explain how charcoal actually works like a sponge or a magnet to trap poisons! Give the kids a real magnet and hide some paperclips (the "poison") in a bowl of dry rice or sand. Have them sweep the magnet through the bowl to "draw out" the paperclips, just like the charcoal poultice drew the poison out of the young man's arm.