Christian Soul Health

Wyatt Sawyer

Follow this and additional works at: https://scholarworks.harding.edu/wyatt-sawyer-sermons

Recommended Citation
I. GOOD CLIMATE & ENVIRONMENT AIDS GOOD HEALTH.

2. Jesus notes the dual nature of man.
3. Evils companions can eat something and starve.
4. Jesus says: For example, in the story of Jungle hunters, lost, food gone, ate delicious sweet red-berries & died.

II. REGULAR EXERCISE MAKES THE SOUL STRONG.

1. Galatians teaches proper exercise.
2. Trust in the living God. V. 9-11.

III. REGULAR EXERCISE MAKES THE SOUL STRONG.

1. I Timothy 4:7-8 teaches proper exercise.
2. What is "godliness"? Rest of chapter.
3. Read, meditate and tell others about Jesus. V. 13-16.

LESSON: Same basic rules apply to both!
Consider:

**Invitation to Salvation:**

JESUS' INVITATION TO SALVATION promises you good health in BODY, MIND, EMOTIONS and SOUL. John 10:10.

It guarantees you three precious things:

1. **Peace with God.**
   - Rom. 5:1.

2. **Peace with others.**
   - John 13:35.

3. **Peace within yourself!!!**
   - Mark 16:15-16.
   - I **do believe!** Jesus is God's Son.
   - I **will be baptized!** For remission.

**Then!** Free from sin, from guilt, from fear and dread of Hell.

**Our Prayer:** That you may be IN SOUL as healthy—or more so—as you are in BODY!!!
SOUL HEALTH

III John 1-7

Gaius in better soul health than physical condition.
Corinthian church the opposite. I Cor. 11:30. Sick.
Same rules for health apply to soul as to the body.

A BAD ENVIRONMENT IS USUALLY SOUL WEAKENING.
1. People changing locations all time-climate-altitude
2. Very often a change of environment erases illness.
4. David's advice. Ps. 1. Don't walk, stand or sit.

II PROPER DIET STAVES OFF STARVATION.
   and family of grease gravy and biscuit eaters.
   a. Filthy and disgusting literature must be avoided

III LACK OF EXERCISE WILL WEAKEN THE SOUL AS THE BODY.
2. When call to arms came, high percentage unfit.
3. Any unused limb will be weakened. Same with soul.
4. Paul's analysis given in I Tim. 4:7-8. Life to come
   5. Services of church are spiritual exercise. Needed.

IV REST AND RELAXATION ESSENTIAL TO GOOD HEALTH.
1. More health failing from strain, nervousness etc.
2. Vacations trails of blood, accidents, not rest.
4. Lack of spiritual rest and relaxation hurts soul:
   a. Not suggesting vacation from Christian living.
   b. Suggest more meditation, reading and prayer.
   c. Any delinquent member would hurry back-if think.

V SOCIETY IN WHICH WE LIVE IS SICK IN SOUL.
1. Wars, crime, suicides, divorces, worldliness: proof.
3. All medicine in world cannot help sick till applied

The Great Physician prescribes the medicine. John 3:5.
Negligent Christian is sick too in soul. Remedy found
in Acts 8:22.
UNIQUE: Better Spr. health than Phy. Happy man!
      Too many Chr. like Cor. church: Spr. ill. 11:30.

I. GAIUS SOUGHT GOOD CLIMATE & ENVIRONMENT.
   1. 39.7 mil. American move annually—some, health.

II. GAIUS FOLLOWED A STRICT & BALANCED DIET.
   2. S. A. Bell: Grease-gravy & biscuits.

III. GAIUS EXERCISED THE BODY AND THE SOUL.
   1. Affluent society produces softies. 40% army
      potentials below par phy. W. W. II.

IV. GAIUS LEARNED TO RELAX BOTH BODY & SOUL.
   1. Rest, diversion, relaxation & sleep would
      cure a lot of America's ailments. Ps.46:10
   2. Slow down! Calm down! Mentally & Spr.
   3. SOUL needs relief periods: prayer, reading,
      meditation & thought.

INV: WE LIVE IN AN UNHEALTHY GENERATION.

Richard B. Speck. Killed 8 nurses in Chicago
Spr. sick. 7-14-66.

Charles J. Whitman. Killed 16, wounded 31
at U. of Texas campus. 8-1-66.

Mark Harris, 15 yr. old of Sweetwater, Texas
wantonly shot Marshall Lewis Snyder of
Roscue, Tex. WANTED TO BE LIKE SPECK &
WHITMAN: Victim of sick society.

SOLUTION: Better mental and Spr. health.

IF MAKE MISTAKE read I John 1:9.