

Healthy Living

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

Who needs a 'self-help' book? Solomon, in two sentences, gives us the keys for healthy living.

'Fear the LORD and depart from evil'

- The two fit together like a lock & key ...
- FOTL: *The continual awareness that I am in the presence of a holy, just, and almighty God, and that every thought, word, and deed is open before Him. Or: God sees me. Genesis 16:13*
- *The fear of the LORD is to hate evil; pride and arrogance and the evil way and the perverse mouth I hate. Proverbs 8:13*

'Do not be wise in your own eyes.'

- It is deadly to be wise in my own eyes: *Do you see a man wise in his own eyes? There is more hope for a fool than for him. Proverbs 26:12*

'It will be health to your flesh and strength to your bones.'

- Salvation means eternity in heaven is secure ...
- But following Christ & the Bible also has temporal benefits. The list is long as studies and experience has borne out.

Poignant quotes concerning humility vs. pride:

Be careful your head doesn't grow faster than your heart. Unknown

The devil is perfectly content to see you become pure and brave and disciplined, just as long as you are proud of it. C.S. Lewis

Pride grows on the human heart like lard on a pig. A. Solzhenitzyn

Pride is the national religion of hell. Alan Redpath

You can have no greater sign of confirmed pride than when you think you are humble enough. William Law

Humility is that grace that when you know you have it, you have lost it. Andrew Murray

Nothing sets a person so much out of the devil's reach as humility. Jonathan Edwards