

# 8

# Discipline of Health

## SOZO

The Greek word meaning saved or salvation is “SOZO”. That word can be translated into the English words: Saved, Healed, or Delivered. So, let’s combine those different words to get a sense of the fullness of what God has done for us. The redemption found through belief in the cross saved us, healed us, and delivered us. We’ve been saved from judgement and death, we’ve been healed from our brokenness, and delivered from the lies and stronghold of sin in our lives.

### Read

15 For this people's heart has grown dull, and with their ears they can barely hear, and their eyes they have closed, lest they should see with their eyes and hear with their ears and understand with their heart and turn, and I would heal them.'

16 But blessed are your eyes, for they see, and your ears, for they hear.  
17 For truly, I say to you, many prophets and righteous people longed to see what you see, and did not see it, and to hear what you hear, and did not hear it.

Matt 13:15-17

When Jesus quotes Isaiah here he says, “If people turn to me I will heal them.” That healing is wholistic. It’s healing for our minds, bodies, emotions, spirits, and even the way we relate to each other. Jesus has all the answers to living well - the abundant life. The question is: will we choose to listen and obey and be healed, or not?

“Ignoring our emotions is turning our back on reality. Listening to our emotions ushers us into reality. And reality is where we meet God. . . . Emotions are the language of the soul. They are the cry that gives the heart a voice.”

-Peter Scazzero

## Making Healthy Choices

“The healthy Christian is not necessarily the extrovert... but the Christian who has a sense of God's presence stamped deep on his soul, who trembles at God's word, who lets it dwell in him richly by constant meditation upon it, and who tests and reforms his life daily in response to it.”

-J.J. Packer

We each make hundred’s of choices every day: choices ranging from what to wear to changing careers. It becomes a bit overwhelming when we really think about it! There is no way we can be thorough and intentional with every decision we make. It’s often easier to ask the question, “How do I want to change?”

This question gives us a focused placed to start with some motivation behind it. “I want to sleep more.” “I want to be more attentive to my relationship with my kids.” “I want to loss 10 pounds.” “I want to be closer to God.” These statements begin a process of helping us make healthier choices.

Then we need to ask the question: “What could keep me from making this change?” There could be a list of obstacles that come to mind. Place your desired change next to the list of obstacles. Compare the this list with the strengthen of your vision. Once we resolve to overcome those obstacles, we are ready to take action.

## Putting it in action

Review the different areas of your life: thought, emotion, relationships, spiritual, physical Health. Is there one that God is highlighting? Which one would you like to focus on?

Think of a healthy change you'd like to make. What is your desired outcome? What could keep you from it? What action steps are you going to take to begin to make changes?

Start slow and small if you feel overwhelmed. Change takes time. You can't rush it.

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## Discussion Questions

What is keeping you from making healthy choices?

Which area or areas of your life do you need God to SOZO you?

What can you do this week to pursue health as a discipline?

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## Go Deeper - Resources to develop a Discipline of Health

### Books

[Emotionally Healthy Spirituality - Peter Scazzero](#)

[The Ruthless Elimination of Hurry - John Mark Comer](#)

[Keep your Love On - Danny Silk](#)

### Read and Meditate on

[Romans 12:2](#)

[1 Timothy 4:7-8](#)