

How Healthy Are You?

“Hold the pattern of sound words which thou hast heard from me, in faith and love which is in Christ Jesus.”

The fact that God desires that Christians be healthy is without successful contradiction. The term “sound” is literally “healthful,” i.e., full of health.

Sound is defined as “to *have sound health*, that is, *be well* (in body); figuratively to be *uncorrupt* (*true* in doctrine) Strong’s.

From 1 Timothy 6:3, 4-5), we learn two things: 1. The term “sound words” is not just any philosophy, not just any words of wisdom but “the word of our Lord Jesus Christ. 2. Those who teach doctrines different from that expressed by the words of Jesus Christ, are “puffed up, knowing nothing, but doting about questionings and disputes of words, whereof cometh envy, strife, railings, evil surmisings, wranglings of men corrupted in mind and bereft of the truth, supposing that godliness is a way of gain.”

Without healthful teaching the Christian cannot be...healthy. Parents continually watch the physical growth of their children. When the child fails to grow, according to a standard, the parents seek medical counsel in an effort to determine the cause, and find a cure. The Hebrew writer addressed growth, saying, “For every one that partaketh of milk is without experience of the word of righteousness; for he is a babe. But solid food is for full-grown men, *even* those who by reason of use have their senses exercised to discern good and evil” (Hebrews 5:13-14).

With such in mind, ask yourself a series of questions:

1. How long have I been a Christian?
2. Have I been growing in the grace and knowledge of our Lord and Savior Jesus Christ? (2 Pet. 3:18)
3. Are my senses being exercised to discern good and evil, through a use of God’s word? (Ibid.)

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