

Comprehensive Health Care in Proverbs

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Proverbs (though not an insurance policy) offers *assurance* and wisdom for thriving in every area of life: spiritual, social, emotional, intellectual, and physical.

Spiritual health: *Making your ear attentive to wisdom and inclining your heart to understanding; yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God. For the Lord gives wisdom; from his mouth come knowledge and understanding; he stores up sound wisdom for the upright; he is a shield to those who walk in integrity, guarding the paths of justice and watching over the way of his saints* (Proverbs 2:2-8, ESV).

Ignore the Word and suffer; honor God's commands and grow rich. The teaching of the wise is a fountain of life, so, no more drinking from death-tainted wells! Sound thinking makes for gracious living, but liars walk a rough road (Proverbs 13:13-15, MSG).

Social/relational health: Proverbs 3:4-8 (AMPC) *So shall you find favor, good understanding, and high esteem in the sight [or judgment] of God and man. [Luke 2:52.] Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding. In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths. Be not wise in your own eyes; reverently fear and worship the Lord and turn [entirely] away from evil. [Proverbs 8:13.] It shall be health to your nerves and sinews, and marrow and moistening to your bones.*

Emotional health: *Anxious fear brings depression, but a life-giving word of encouragement can do wonders to restore joy to the heart. Lovers of God give good advice to their friends, but the counsel of the wicked will lead them astray. A passive person won't even complete a project, but a passionate person makes good use of his time, wealth, and energy. Abundant life is discovered by walking in righteousness, but holding on to your anger leads to death* (Proverbs 12:25-28, TPT).

Intellectual health: *For the Lord gives wisdom; from his mouth come knowledge and understanding; he stores up sound wisdom for the upright; he is a shield to those who walk in integrity, guarding the paths of justice and watching over the way of his saints* (Proverbs 2:6-8, ESV). *A fool vents all his feelings, but a wise man holds them back* (Proverbs 29:11, NKJV).

Physical health: *A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rotteness of the bones* (Proverbs 14:30, AMPC). The same verse in The Passion Translation (TPT) says, *A tender, tranquil heart will make you healthy, but jealousy can make you sick.*



Memorize & Meditate on each of the verses above, diligently seeking God's wisdom for your needs and concerns.

For additional ideas, you can work through Core Healing from Trauma, a biblical counseling workbook for individuals or groups, available on Amazon (<https://cutt.ly/occdeljH>). To build on the lessons of Proverbs, you can watch "Strengthening Your Core," a 12 - video series on YouTube at <https://cutt.ly/Or6EiiW> or subscribe to my blog at <https://corehealingfromtrauma.com/>.