



Health

By Deacon Fred Caldwell

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Scripture Meditation

“Praise the Lord, my soul; all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.”

Psalms 103:1-4

30 Day Gratitude Journal

Write one paragraph about your fondest Thanksgiving Day celebration.

30 Day Gratitude Challenge

Forgive someone you have a grudge against – let it go for good.

Prayer Concentration:

Pray for someone who will celebrate the holidays incarcerated.

Prayer of Gratitude

Lord thank You for life, health and strength. You said that our bodies are Your temple. Thank You for trusting us with Your temple. Help us to honor You by being good stewards of the body that you entrusted us with. In Jesus Name we pray, **amen.**

Observation

I thank God for my health because thanking God is healthy. At 5’ 9”, 240 lb. I wouldn’t be the poster boy for ideal health, but when you look at where God brought me from, I am full of gratitude.

Starting in 2000 I was diagnosed with diabetes, high blood pressure, high cholesterol, gout and sciatic nerve. In 2014 my weight ballooned to 271 lb. and all my ailments were at their worst scenarios. I could no longer do things I used to because of being so out of shape and in pain. But as Deuteronomy 30:19 reminded me that I have choices. I could choose to live better and enjoy life over death.

God told me I needed to start taking care of my temple. After losing 31 lb. my blood pressure and cholesterol are in normal range, and I haven’t had a bout with gout or sciatic nerve since 2015. So now when at church I can go up and down the steep stairs to the video studio as often as needed without getting out of breath, and I have established a walking routine up to 4 miles. Thank God now at 240 lb. I am living without any complications of my illnesses and totally without the chronic pain. With God’s help I will continue to lose weight.

So, my prayer for all is, God Please Restore my Health with Your Grace and Mercy. And I shall forever give thanks to the Lord, for He is good, and His mercy endures forever (Psalm 118:1).

Questions to Ponder

Name 3 ways you honor God through the life that you live.
