

*Why do we have a Health Ministry? Why is talking about our health needed during worship service?*

God created us body, soul, and spirit. “Then God said, Let Us make man in Our image, according to Our likeness” ([Genesis 1:26](#)). “For we are His workmanship, created in Christ Jesus for good works...” ([Ephesians 2:10](#))

We know that the Lord does not look at our outward appearance but he looks at our heart. ([1 Samuel 16:7](#)) This is not an excuse to disregard our health! God’s people need to be healthy to carry out His will and work on this earth. If you are always tired, can’t think clearly, have lifestyle health issues - high blood pressure, diabetes, overweight, etc. ask yourself are you able to give your all to God. Good health enables us to better do His work and His will.

- It is His will that we prosper and be in health ([3 John 1:2](#)).
- It is His will that we understand that our bodies are the temple of the Holy Spirit, which we received from God and we are not our own ([1 Corinthians 6:19](#)).
- It is His will that we glorify Him in our body and spirit, which are His ([1 Corinthians 6:20](#))
- It is His will that we present our bodies a living sacrifice, holy, acceptable to Him ([Romans 12:1](#))

We take care of and clean our homes, so why don’t we take care of the home that the Holy Spirit dwells in? The body we were created with is the only one we have. We should be good stewards of God’s gift to us.