



Healthy Lives, Healthy World

Concern for our health and well-being has always been an important factor in our lives. We try to maintain a healthy lifestyle by eating the proper foods, (in the right quantities), getting enough exercise, adequate sleep and relaxation. Back in the day when John Wesley was preaching he voiced these same thoughts about his parishioners. “He was always as concerned about the health of the people as he was about their salvation because he believed God cares for the whole person. He was concerned for the whole person-body, mind, and spirit. Concern for health was a part of holy living. For individuals, simple matters such as hygiene, exercise and proper diet were expressions of one’s commitment to holy living.”

John Wesley wrote a book called “Primitive Physic” a handbook for health that was indispensable in his day. The suggestions from this “health missal” still hold true today.

- Some of those include: clean fresh air, cleanliness and hygiene, exercise-which he said was “indispensably necessary”. He felt that walking was the best exercise and should be done on an empty stomach.
- Follow a healthy diet: plain food, modest intake of meat and he considered water to be the most wholesome drink.
- He suggested sleeping from 9 p.m. to 5 a.m. which allowed for a good night’s rest of 8 hours.
- He recognized the danger of alcohol, which along with today’s recreational drugs can do great damage to one’s body.
- He believed in visiting the sick and started a visitation group in 1786. The London Visitors of the Sick were instructed to visit three times per week to do whatever they could to provide spiritual and physical care. This directly correlates to our BeFriender and Care team programs here at church.
- Wesley believed in the connection between prayer and health. When we are dealing with an ill person we have to remember that one is not just a “disease” but a whole person. We must realize that one’s emotional and spiritual health has a bearing on one’s physical health.

I would like to close with an excerpt from “Healing Words for Healing People”. “Help us to live each day in the fullness of life-to enjoy friends and family, eat well, exercise, sleep, work, play, and celebrate. Thank you now for each precious day of life, in which to smell the rain, and feel the wind.”

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