

## Health & the Soul

The **condition** of our **soul** (mind, emotion, will) **affects** our **physical health**:

➤ ....*be in **health**, just as your **soul prospers*** (3John 1:2)

The following Scriptures further demonstrate the **close link** between **soul** and **health**, with the key word “**bones**” representing **physical health**:

- **Psa. 6:2 through Psa. 6:3**  
*Have mercy upon me, O LORD; for I am **weak**: O LORD, heal me; for my **bones are vexed**. My soul is also **sore vexed**: but thou, O LORD, how long? [**vexed** = tremble inwardly, anguish of soul]*
- **Psa. 22:14**  
*I am poured out like water, and all my **bones are out of joint**: my **heart** is like wax; it is **melted** in the midst of my **bowels***
- **Psa. 31:10**  
*For my life is spent with **grief**, and my years with **sighing**: [spirit of **heaviness**] my **strength faileth** because of mine **iniquity**, and my **bones are consumed**.*
- **Psa. 32:3**  
*When I **kept silence**, my **bones waxed old** through my roaring all the day long. (i.e. **buried hurts & wounds**)*
- **Psa. 38:3 through Psa. 38:8**  
*There is no **soundness in my flesh** because of **thine anger**; **neither is there any rest in my bones** because of **my sin**. For mine **iniquities** are gone over mine head: as an **heavy burden** they are too heavy for me. My **wounds** stink and are corrupt because of **my foolishness**. I am **troubled**; I am **bowed down** greatly; I go **mourning** all the day long. For my loins are filled with a **loathsome disease**: and there is **no soundness in my flesh**. I am **feeble and sore broken**: I have roared by reason of the **disquietness of my heart**.*
- **Psa. 102:3 through Psa. 102:5**  
*For my days are consumed like smoke, and my **bones are burned** as an hearth. My **heart is smitten**, and withered like grass; so that I **forget to eat my bread**. By reason of the voice of my **groaning** my **bones cleave to my skin**. [e.g. anorexia nervosa]*
- **Psa. 51:5 through Psa. 51:13**  
*Behold, I was **shapen in iniquity**; and in **sin** did my mother conceive me. Behold, thou desirest **truth in the inward parts**: and in the **hidden part** thou shalt make me to **know wisdom**. **Purge me** with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Make me to hear **joy and gladness**; that the bones which thou hast broken may **rejoice**. Hide thy face from my sins, and **blot out all mine iniquities**. **Create in me a clean heart**, O God; and **renew a right spirit** within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the **joy of thy salvation**; and uphold me with **thy free spirit**. Then will I teach transgressors thy ways; and sinners shall be converted unto thee.*
- **Prov. 14:30**  
*A **sound heart** is the life of the flesh: but **envy** the **rottenness of the bones**.*
- **Prov. 15:30**  
*The light of the eyes **rejoiceth the heart**: and a **good report maketh the bones fat**.*

- **Prov. 16:24**  
*Pleasant words are as an honeycomb, **sweet to the soul**, and **health to the bones**.*
- **Prov. 17:22**  
*A merry heart doeth good like a medicine: but a broken spirit drieth the bones.*