



Proverbs: Healing Scriptures for your Bones

*Gathering all generations
to pray for all nations
ASKing God to do what only He can do
and doing whatever He ASKs of us.*

*Ways to pray the Word of God
for your health and strength*

If you have not already worked through the Basic Lessons, also found under Teaching Resources, it is recommended you do so, in order to get the most out of this and the other teaching lessons.

Suggestion: Read the meditation exercise first, then meditate on the scriptures. **Group:** Share briefly what each received in meditation. As you meditate, **respond** to the Word you receive. What you receive will be the basis for your prayer. As you respond, the Word will be sown in your heart where it can root, grow and change the way you think and act

Context: These four Proverbs tell how to have strong bones and a healthy immune system. Bone marrow produces blood cells, including white blood cells which protect you from infection and disease.

1. **Proverbs 14:30** “A sound heart is life to the body but envy is rotteness to the bones.” Envy is a discontent or even covetousness regarding something that belongs to someone else. It could be possessions or characteristics as beauty, intelligence, talent. Envy expresses itself in jealousy. Wanting something is not bad in itself, but these are things you need to talk to God about. Let your desire be guided by His plans for your life.

In the following example, envy led to destruction. King Ahab envied Naboth his inheritance, a vineyard. His wife Jezebel contrived a plan to have the owner stoned to death because of alleged blasphemy against God and the king so Ahab could have the vineyard, 1 Kings 22. For this God would judge Jezebel, Ahab and their descendants, 1 Kings 21:29, 2 Kings 9:7-10.

Proverbs 14 says envy affects the soundness of your heart; it will affect you emotionally as it did Ahab who was driven to have the vineyard. It can affect your physical heart as well. There is a correlation between your soul: mind, emotion and will and your emotional and physical health. The Word says envy turns inward and destroys the health of your bones harming your immune system.

What God says – Exodus 20:17 “Do not covet.” You may think you do not covet what others have, but are you discontent until you have the things you want?

Hebrews 13:5 “Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.” ASK God for the things He has for you. Do not drive yourself for things you are not to have. That vineyard was Naboth’s inheritance. God intended it to be kept for his family line. That is why in the 50th Jubilee year all lands were returned to the original owners.

Response: ASK God if you should have the things you want. Not everything you want is automatically good for you. This verse says Jesus will not leave or forsake you, His is to be your ultimate satisfaction. Talk to Him about your needs and wants. ASK Him to satisfy your heart.

Psalm 23:1 says, “**The LORD is my shepherd; I shall not want.**” **Want** here means lack, you will lack nothing. Needs are not the fickleness of wants.

2. **Proverbs 15:30** “**The light of the eyes rejoices the heart, and a good report makes the bones healthy.**” Light of the eyes is brightness, cheerfulness. Do you look at what happens with a positive or negative view? Your report, your confession will depend on how and what you see. ASK to look at things through God’s eyes.

Proverbs 18:21 “**Death and life are in the power of the tongue and those who love it will eat its fruit.**” If you speak negatives, it will affect you negatively. If you look at the Word of God as bread as Jesus said, it will be life to you, John 6: 48-51, 58. “The Words I speak to you are spirit and they are life,” John 6:63.

3. **Proverbs 16:24** “**Pleasant words are like a honeycomb, sweetness to the soul and health to the bones.**” Pleasant, good words opposed to bitter words that will feed the soul and keep the bones healthy. Choose life. Make it a habit, a lifestyle. There is a scriptural example of Saul’s son Jonathan at war, feeling faint and being revived by eating a honeycomb, 1 Samuel 14:29. God says His word is sweeter than honey, Psalm 19:10, Psalm 119:103. Look up these scriptures and learn them, speak them to yourself.

What God says? Psalm 119:103 “**How sweet are your words to my taste, sweeter than honey to my mouth!**” If God’s Words do not have this effect on you, talk to Him about it. Honesty is always a good response to the Word.

1 Corinthians 12:10 “**For when I am weak then I am strong.**” Paul says this in context of infirmities, reproaches, needs, persecutions, distresses. Paul says he is strong because of Christ’s grace.

Response: What good does it do when you are feeling ill or sad, to confess it over and over? In a time of war, Joel prophesies, “**Beat our plowshares into swords and your pruning hooks into spears; Let the weak say, I am strong.**” This means use what you have, especially your confession of faith in God, “**I am strong through Christ Who strengthens me.**” Psalm 46:1-3, Isaiah 41:10.

4. **Proverbs 17:22** “**A merry heart does good like medicine but a broken spirit dries the bones.**” You are body, soul and spirit. Your spirit can be overwhelmed, especially when your soul: mind, emotions and will take control instead of your spirit leading.

You can defuse many tense situations if you just laugh. You can feel laughter shake your whole body and release tension. Hormones are produced when you laugh that release endorphins in the brain which relaxes you and brings a sense of well-being and lessening of pain.

What God says: Philippians 4:4 “**Rejoice in the Lord always, and again I will say rejoice.**” Notice the act of the will; you can choose to rejoice. In context, this is in the midst of a disagreement between two women in a church situation.

Ecclesiastes 3:4 “There is a time to laugh, a time to mourn and a time to dance...” Bring God Into your time of mourning do not do it alone, He can turn your mourning into dancing in His time and way, Isaiah 61:3a.

Habakkuk 3:16, In this reference the prophet Habakkuk is overwhelmed by the apostate condition of the people around him, iniquity, trouble, violence. He speaks out of this distress. ^{v16} **“When I heard, my body trembled; my lips quivered at the voice; rotteness entered my bones; and I trembled in myself, that I might rest in the day of trouble when He comes up to the people, He will invade them with his troops.”** His bones, his whole body is affected by his vision. The prophet immediately turns to praise. He is assured of God’s intervention.

Cont. 3:17-18 **“Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stall — Yet I will rejoice in the LORD, I will joy in the God of my salvation.”** Praising God, looking to Him and not the situation, putting your faith and confidence in Him will bring you into a place of peace and even joy. Notice Habakkuk is singing His praise confession.

1 Samuel 30:6 **“Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved every man for his sons and his daughters but David strengthened himself in the LORD his God.”**

Response: Strengthen yourself in the Lord as David did when the enemy stole their women, children and their goods. David made a choice. Choose to trust God and praise Him for Who He is and what He will do.

And finally, Ezekiel 37, Speak to the bones.

Ezekiel 37:4 **“Prophesy to the bones, and say to them, ‘O dry bones, hear the word of the LORD!’** **Hear** in this instance means hear, understand with implied obedience.

v5 **“Thus says the Lord GOD to these: Surely I will cause breath to enter into you, and you shall live.”**

Breath in Hebrew is ruah and can be translated breath, wind or spirit as in Holy Spirit.

Application: Pray out what was received for yourself. Send it to others who have this problem with bone density. If you pray it for the Church, remember you are the Church as Paul says. 1Corinthians 12:28, You are the body of Christ and members individually.