

THE WONDER OF HEALTH

PSALM 30

Introduction:

We don't realize the value of health until we lose it. This Psalm reflects an unforgettable experience in the life of David in which he lost his health for a little while, but was granted a merciful recovery. It left him with a profound gratitude to God for the gift of health, and a commitment to use his health in the worship and service of God.

The practice of scientific medicine in our day has taken some of the fear of disease away from us, and also caused us to lose some of the wonder of being healthy. We need to restore God to His rightful place when we consider our health.

Have you passed through a major health crisis in your life? What changes has it made in your life? Have you benefited as much as David?

- I. THE LOSS OF HEALTH—HEALTH IS FRAGILE.
 1. The loss of health can be depressing. (vs. 1, 5)
 2. The loss of health can be useful. (v. 6-7, 11)
 3. The loss of health can be revealing. (v. 8-9)
- II. THE RESTORATION OF HEALTH.—HEALTH IS RECOVERABLE (V.2).

1. The restoration of health is a subject for prayer. (v. 8, 10)

2. The restoration of health is a work of mercy. (v. 10) (v. 5)

The Psalmist uses two words—“favor”, which lasts for a lifetime, and “mercy” which is the beloved word for His covenant love—hesed.

III. THE STEWARD OF HEALTH—HEALTH IS A STEWARDSHIP.

1. We exercise the stewardship of health through service. (v. 4-5, 9)

We can serve God by using our health to make others aware that God is the source of all good gifts-especially of the gift of health.

We can serve God by bearing witness to His glory to the next generation.

2. We exercise the stewardship of health through worship. (v.12)

Jamison, Faucett and Brown, plus Matthew Henry understand the “glory” of man to be his tongue. The tongue is given to man to acknowledge the glory of the One who has all glory.