

Remnant Life Church  
August 10, 2025  
**A Heavenly Prescription**  
Philippians 4:6-7

- Adam and Eve (or the original plan of God for man) were created perfect
  - When sin entered it changed everything by introducing one overwhelming element into our existence that was not supposed to be there – death
  - When sin entered the very DNA and structure of our physiological bodies changed
  - Which means that from the moment we are born, we begin advancing toward our death
  - Now, turn to your neighbor and say, “Man! I’m sure glad I came to church today!”
  - But it is because of sin we must deal in this life with aches, pains, disease
- Sociologists will often refer to periods of time as “ages”
  - The age of ‘this’ or the age of ‘that’
  - I believe there are 2 ages (among others) that we are living in today
    - The age of stress
    - The age of medications
- Not that these have just arrived
  - But they are more pervasive today than ever before
- Stress – takes many names and forms called anxiety, worry, load, concern, uneasiness, annoyance, persecution, trouble...
  - **Definition** - *The burden on an individual’s emotional or mental well-being created by demands on one’s time, abilities, or resources.*
  - And if we do not deal with it in a biblical, healthy manner, stress can become a gateway to a whole host of negative and destructive patterns of living
    - Many physical ailments like headaches, muscle tension, restlessness, high blood pressure, upset stomach and nausea, tiredness, fatigue, and sleep disorders are often caused by stress.
    - Stress has also been linked to some of the leading causes of death including heart disease, cancer, lung ailments, accidents, and suicide.
    - Stress also leads to emotional problems such as excessive anger or always being irritated, phobias, a constant state of worry and dread, sadness or depression, and a general feeling of being overwhelmed resulting in panic attacks.
- When these things occur, the vast majority of people look to treat their bodies first instead of their spirits for answers
  - Unfortunately, this even applies to many Christians
  - When this happens a person then moves immediately into the second defining action of our times – medication
  - Let’s look at an example
    - Paxil - generic counterpart, Paroxetine. It is a serotonin reuptake inhibitor used to treat depression, obsessive-compulsive behaviors, and panic attacks. It works through increasing serotonin in the brain.
    - But now listen to the side effects

- Weakness, sweating, nausea, decreased appetite, dizziness, trouble sleeping, shaking, nervousness, and increased susceptibility to infection
  - As is so often the case, the cure appears worse than the disease
  - But these are the answers that man turns to first
- Does the Bible talk about how to handle stress in our lives?
  - **READ - Phil 4:6-7** - *Do not be anxious (stressed) about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*
  - Let's look this morning at 2 important truths when dealing with stress and anxiety
- 1. God is our Great Physician
  - a. **Psalms 102:2-3** - *Praise the LORD, my soul, and forget not all his benefits — who forgives all your sins and heals all your diseases,*
  - b. God knows our bodies better than any doctor and even better than we do
  - c. Prime example of a man dealing with the symptoms that plague many people today is Elijah
    - i. **I Kings 18** – defeat of the prophets of Baal on Mt. Carmel and the end of the 3-year drought
    - ii. Queen Jezebel puts a contract out on him and he flees
    - iii. We then read in **I Kings 19** that he goes into a state of deep depression
      1. How do I know that? Look at the symptoms
      2. Filled with fear (**19:1-3**)
      3. Struggled with suicidal thoughts praying for death (**19:4**)
      4. His depression made him so weary that all he wanted to do was sleep (**19:5, 6,**)
      5. He felt he was isolated and all alone (**19:10, 14**)
  - d. What was God's prescription for him?
    - i. Food – Rest – An assignment
    - ii. But it was actually more important for his spiritual man than the physical
      1. While he did physically eat it was clearly a spiritual food that gave him the supernatural strength to travel from the desert region near Beersheba for 40 days and nights to Mt. Horeb nearly 200 miles away (**19:8**)
        - a. Mt Horeb is also known as Mt Sinai the mountain where God gave Moses the 10 commandments
          - i. What ever name was use it was known to all as the mountain of God
          - ii. What better place to be revitalized and find strength in the midst of crippling depression?
      2. The Spiritual rest for his soul drove out the fear he had been experiencing over Jezebel and her threats

3. And it was an assignment, a purpose for a task to take his thoughts and obsession away from his problems – so he would not dwell on them (19:15-16)
  - e. Note that Elijah did not run first to someone to tell them his problems, he got alone with God who gave him a powerful prescription to bring healing
    - i. **Prov 3:7-8** - *Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.*
    - ii. Going to doctors is wise and sound but not in place of or to the exclusion of our Great God
  - f. And we must be persistent
    - i. Because even after witnessing the power and presence of God Elijah was still fighting that same depressed state (19:10, 14)
    - ii. We must be willing to continue fighting those same battles and not give up
    - iii. What are you willing to do?
  - g. God is our Great Physician bringing strength and endurance to our bodies, our minds, and our spirits
2. God's Word brings healing
- a. **Ex 15:26** –*He said, "If you listen carefully to the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you."*
  - b. **Prov 4:20-22** - *My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.*
  - c. **Psalm 107:19-20** - *Then they cried to the LORD in their trouble, and he saved them from their distress. He sent out his word and healed them; he rescued them from the grave.*
  - o His Word is the medicine that God Himself prescribes for us
    - *All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Tim 3:16-17)*
    - The Bible is useful or profitable - beneficial, and advantageous for our lives in teaching what is true, reproofing what isn't, along with correcting and instructing us in how to get and stay right with God.
    - And here's the really great part, we can take as much of the medicine of God's Word as we want without worrying about overdosing or negative side-effects, and it's free.
      - But like any medicine, it has to be taken to be effective.
      - Medicine doesn't do you a bit of good sitting in the cupboard unopened.
      - And the same goes for God's Word. It will not work sitting on the shelf unopened. It has to be opened, taken in, and used according to the directions.
- What do doctors tell us to do in order to stay physically healthy?

- Eat right
- Exercise
- Get plenty of rest
- What can we do to stay spiritually healthy?
  - Live a life of love serving others
  - Quickly forgive
  - Don't hold grudges
  - Live in humility without pride
  - Desire more than anything else to live a life that pleases God
- A life lived in physical health does not guarantee you live a healthy spiritual life
- But living a life of spiritual health can radically impact your physical health for the good and improve the quality of how you live
- The overriding most important key to it all is – desiring and pursuing the presence of God in the person of Jesus Christ in your life
- But you must be willing to go to Him, surrender your life, your struggles, your weaknesses to Him

A surgeon was awakened by a phone call at 2:30 one frigid winter morning. The nurse on the line explained that an eight-year-old boy had been hit by a car and was bleeding profusely. The attending physician had determined that unless the boy was operated on immediately, he would not survive.

The surgeon threw on his clothes and rushed out into the subzero weather. He scraped his car's windshield just enough to be able to see where he was going and started the icy five-mile trip to the hospital. Each time he stopped at a red light he opened his car door and leaned out just enough to scrape a little more ice from the windshield. At one intersection, about 3 miles from the hospital, the surgeon noticed a man wearing a brown coat and an old green hat impatiently trying to cross the street. As the surgeon leaned out of his car, the man suddenly rushed over, grabbed him by his coat, and pulled him to the ground.

The surgeon tried to put up a fight but was no match for the burly, and apparently desperate, man. While the surgeon struggled to get to his feet, the man jumped into his car and drove away. Shaken but unhurt, the surgeon hurried to a phone booth and called for a cab.

It was twenty minutes later when he finally made it to the hospital. "Where's the boy who was hit by a car?" he asked one of the nurses as he hurried past her through the emergency room. The nurse's eyes welled up with tears as she reached out and grabbed his arm. "We couldn't stop the bleeding," she said. "He died just a few minutes ago. His parents are still in the waiting area, if you'd like to speak to them."

The surgeon took a deep breath and walked out into the waiting area. The first person he saw was a woman sitting in the middle of the room, sobbing into her hands. Behind her, a large man stood with his hand on her shoulder. His head was bowed and his eyes were closed as he struggled to stand. What the surgeon immediately realized was that he was wearing a brown coat and an old green hat.

In his rush to get to the hospital, the boy's father had pushed aside the one person who could have saved his son. How many of us push aside the Great Physician, the only one who is truly able to save and heal us?