

DEFINING GOOD HEALTH

Objectives

After working through this lesson:

1. Participants understand that God made everything healthy, but sin adversely affected our health.
2. Participants understand that good health requires living in harmony with God, self, others, and the environment.

Overview for facilitators

This lesson will help participants understand good health in terms of harmony with God, self, others, and the environment. This is one of three lessons visualizing the desired impact of CHE ministry:

1. Restoring harmony with God, others, self, and the environment (Defining Good Health).
2. People living out God's vision of community (God's Vision of Community).
3. Cultures rooted in the truth of God (Worldview and Development).

Materials

- Bibles, marking pens, masking tape
- Poster-size sheets of Paper
- *Mr. Mafu* Story or online video starter *Mr. Mafu cartoon* (link below).
- *Good Health CHE Chart* Handout
- *Defining Good Health Review*.

Have volunteers look up the verses that are listed below before beginning the lesson. Explain that the verses will be read later in the lesson.


- Genesis 1:1, 10, 12, 18, 21 & 25
- Genesis 1:26-31
- Genesis 3:16-19

Legend:

 Role Play  Facilitator  Group Discussion  Question for Group  Handouts/Instructions

LESSON

1 HOUR 

 **Starter:** Use the attached "Mr. Mafu" story.
Alternate online video starter *Mr. Mafu Cartoon*:
<https://www.youtube.com/watch?v=ncTn530CeZo>

Questions: Was Mr. Mafu healthy once his leg was healed?
What does this teach us about good health?

Mr. Mafu was not healthy, even after his leg was healed. He not only had a physical problem, but social, emotional, and spiritual problems as well. He will not be truly healthy until all these problems are dealt with.

**I. A Healthy Life (10 min):**

What is necessary for a person to live a healthy, meaningful, and full life?



- A. Food
- B. Clean water
- C. Medication
- D. Education
- E. Friends
- F. Purpose and meaning in life
- G. Employment
- H. Peace with God
- I. Emotional stability
- J. Rest
- K. Strong families
- L. Safety

**II. Requirements for Health (10 min)**

Read the statement: "Medical treatment is not all there is to good health."



For a person to be truly healthy, many things are involved. To this end CHE attempts to deal with the elements presented below.

Spiritual Care

Health Education- \ I /-Clean Water
 Agriculture--- \ I /--Maternal Care
 Literacy--- \ **Good** /--Employment (microenterprise)
 Sanitation --- / **Health**\---Medical Treatment
 Nutrition---/ I \---Well Baby
 Immunization---/ I \Prevention of Common Disease

Emotional Self-Worth**III. Harmony in the Beginning (10 min)**

Discuss in small groups:



- A. Read Genesis 1:1,10,12,18,21, and 25. Ask the following question: "What do these verses say about God's creation?"
 - a. God created all things
 - b. Everything God created was good
- B. Read Genesis 1:26-31. What do these verses teach us about the creation of human beings and the environment in which they originally lived?
 - 1. God made the first people in His image and likeness.
 - 2. The first people lived in harmony or peace with God in the beginning.
 - 3. The first people lived in harmony with themselves, with others, and with nature.

**IV. When Harmony Was Lost (10 min)**

Read Genesis 3:16-19 and answer the following question.



- A. What happened to the harmony and wholeness in the garden of Eden after Adam and Eve sinned?
 - 1. Relationships became strained.
 - 2. The ground was cursed.
 - 3. Disease and death entered the world.



V. Good Health Defined (10 min)

Read the statement: “Good health is living in harmony with God, self, others, and the environment.”

God’s Word uses “shalom” to describe peace, wholeness, soundness, well-being, and good health. In the Old Testament, “shalom” is used when there is harmony between people and between people and things. To be in harmony means to live in peace with someone or something.



- A. If we are to experience wholeness and well-being, with whom must we live in harmony?
1. God
 2. Others
 3. Oneself
 4. Nature



VI. Small Group Discussion (15 min)

Divide into four small groups and have each group discuss one of the following questions. Report.



- A. What does it mean to live in harmony with God?
- Establishing a relationship with God through faith in Jesus Christ.
 - Praying - speaking to God regularly.
 - Living righteously.
 - Seeking His will and obeying it.
 - Praising God and giving Him glory.
 - Looking to Him for our needs.
 - Submitting to God.
 - Desiring to please God.
 - Thirsting for God’s Word.
 - Trusting God with childlike faith.
 - Accepting what God provides.
- B. What does it mean to live in harmony with oneself?
- Happiness and emotional stability.
 - Seeing ourselves as God sees us.
 - Understanding ourselves.
 - Accepting the reality of sin in our lives and realizing our need to ask forgiveness.
 - Understanding that the basis of harmony with self is a relationship to God.
 - Maintaining good health emotionally, physically, socially, and spiritually.
 - Coping with adversity and disease.
 - Maintaining healthy attitudes.
- C. How can we live in harmony with others?
- Obeying God’s commandments for how to treat others.
 - Being helpful, being with others, and showing love.
 - Being at peace with ourselves.
 - Forgiving others when they do us wrong.
 - Obeying the authorities God has placed in our lives.
 - Giving sacrificially to meet the legitimate needs of others.
- D. How can we live in harmony with nature and the environment?
- Protect the environment.
 - Conserve and develop God-given resources.
 - Understand disease processes.
 - Obey the laws of nature and take safety measures.

**VII. Conclusion (5 min)**

A. If health is harmony with God, self, others, and the environment, then what is illness?



- Illness is disharmony in any one of the four areas in a person's life.

B. What is healing?

- Healing is restoring harmony in any area where there is disharmony.

C. What can you do to restore harmony with God, self, others, and the environment in your community?

D. Give out the *Defining Good Health Review*.

ATTITUDE: Good health involves harmony with God, our own self, others, and nature.

SKILL: Participants will be able to teach others that God made everything healthy, but sin has adversely affected our health. They will also be able to teach that good health requires living in harmony with God, self, others, and the environment.

EVALUATION: Are the participants sharing what they know about good health with others?

DEFINING GOOD HEALTH STARTER

Mr. Mafu Story

Tell the Story: Mr. Mafu had a very nice horse. As he rode to work one day, the horse stepped into a hole. Mr. Mafu fell off and broke his leg. His neighbor, a good friend, took him home and the family called the traditional doctor. The doctor said the neighbor brought this evil on him. He also advised him to go to the hospital. At the hospital his leg was put into a cast. In the hospital Mr. Mafu kept saying, "It shows you cannot even trust your best friend!" When the plaster came off, he was so glad the leg was healed, but he wanted to pay back the evil his friend had done, so he started to do wrong things against his neighbor.

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DEFINING GOOD HEALTH REVIEW

1. What is needed for a healthy life?
2. From Genesis 1, what was the world like when it was first created?
3. What happened in Genesis 3? How was harmony lost?
4. Complete the sentence: Good health or shalom is harmony with...
5. What does it mean to live in harmony with God?
6. What does it mean to live in harmony with oneself?
7. How can we live in harmony with others?
8. How can we live in harmony with nature and the environment?
9. If good health is harmony with God, self, others, and the environment, then what is illness?
10. What is healing?