

Day 4: Choosing Life and Healing

Proverbs 4

As I sit here, thinking about life and healing, my mind keeps going to a family nearby whose daughters were in a tragic accident. They've had to say good-bye to one and the other was badly wounded. As I've read the Facebook status updates from the dad, shared by several of my friends, I have found myself in tears, aching for these parents who are facing such a tragic loss.

Two families in our church have recently buried loved ones. Many people I know are battling sickness and facing difficult decisions about their health in the days ahead.

This world is broken. Sin didn't just bring spiritual consequences. When Adam and Eve chose to reject God, they brought brokenness into the world in every possible way. Our hearts break. Our minds break. Our emotions break. Our bodies break. And just as Adam had to work the ground to provide food so too must we work the ground of our hearts to keep our faith growing.

Proverbs 4:20-23 reminds us of this:

My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, **for they bring life to those who find them, and healing to their whole body.** Guard your heart above all else, for it determines the course of your life. (emphasis added)

It's not enough for us to know what God offers. Adam and Eve knew what they had. Their life was surrounded by perfection. But they chose selfishness over faith. While we do not live in Eden, we still have the same choice about trusting God.

The writer of Proverbs offers us this sage counsel: Let them (the words of the Lord) penetrate deep into your heart.

He's telling us to let what God tells us—about Himself, about His care and provision, about His love and mercy, and about ourselves—let those truths embed themselves upon our hearts. And when we do, we'll know what life and healing really are.

Yes, the days of sickness and sorrow will come. They are a part of this fallen life. But when we know Him, when we choose Him, we don't walk alone. We don't face the hard days alone. And we have this promise of hope: **One day Eden will be restored and we will experience it.**

I heard a loud shout from the throne, saying, "Look, God's home is now among his people! He will live with them, and they will be his people. God himself will be with them. He will wipe every tear from their eyes, and there will be no more death or sorrow and crying or pain. All these things are gone forever." (Revelation 21:3-4)

I read that and know there is life and healing! In part here and now but in full for eternity. Makes me echo some of the final words of Scripture: Amen! Come, Lord Jesus!

And bring life and healing!