



COPING WITH HEALTH ISSUES

A PRESCRIPTION FOR SICK DAYS

By Laura Sowers



Nothing is quite as upsetting to a couple as a serious illness. We try to prepare for potential problems: We put money in savings, we protect our house from intruders, and we stock the pantry with extra food. But when we, or someone we love, gets sick, our lives become chaotic. We wonder, What should we do? Why has this happened? Will everything be all right?

How can we prepare for the unexpected? The better question might be: Do we really want to be prepared? As a culture, we don't like thinking about illness because it seems like negative thinking—alongside buying life insurance, writing a will, and making funeral plans. Thanks very much, but we'd rather clean the toilet. So, here's a prescription for being faithfully prepared while living in joyful confidence.

IN CASE OF SICKNESS:

- **CONSULT THE GREAT PHYSICIAN.** Call first on the Specialist who knows everything and loves you with never-failing love. Pray for strength and guidance through every decision (see Mark 11:24).
- **CAST YOUR CARES ON HIM.** Remember the old rope-tows at ski areas? They worked like a big



pulley. When the skier loosely grasped the rope, it pulled him up the mountain. But if it was held too tightly, the skier wound up face-down in the snow. Relax your grip. God's got your back. Cast your cares upon the Lord—He cares for you (see 1 Peter 5:7).

- **COME FORWARD.** In James 5:14 we're told in the event of illness: "Let him [the sick person] call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord." Seeking prayer is an act of faith and obedience.
- **COME AFTER HIM.** Illness can be a dark and winding road. Deuteronomy 31:8 reminds us that the Lord "goes before you, He will not leave you nor forsake you; do not fear nor be dismayed." Let the Lord lead—He knows the way.
- **CONSULT THE WORD.** Limit your time Googling symptoms, diseases, and prognoses. Instead, consult God's Word. The Bible is a steady guide; a source of peace, comfort, and hope—park your mind there (see Psalm 119:105).

Illness is a fact of life in our fallen world. Sickness is the result of sin's entrance in the world. We won't enjoy perfect peace or health until we are with the Lord in heaven. Satan is at the core of illness—he means it for evil. But God can use it for good (see Genesis 50:20). Thankfully, God promises to cause all things to work together for good. All things—even illness (see Romans 8:28).

Take heart! Jesus said, "In the world you will have tribulation; but be of good cheer, I have overcome the world" (John 16:33). Scripture tells us that one day "the inhabitant will not say, 'I am sick'; the people who dwell in it will be forgiven their iniquity" (Isaiah 33:24).