

## **The Book of 3<sup>rd</sup> John (02)** **(Spiritually Healthy)**

(3 Jn.2) “Beloved, I pray (euchomai / p.m.ind.1ps) [a desired or wish but God gives the final word on it] that in all respects **you may prosper** (euodoo / p.p.infin) [good journey] and be in **good health** (hugiaino / p.a.infin), **just as** (kathos) (comparative adverb) [connection of body and soul] **your soul** (psuche) **prosper** (euodoo / p.p.ind.3ps).” (NASB)

Historians tell us that 3rd John 2 was a common salutation among Romans – “May you prosper and be in good health.” John addressed this to Gaius a Christian Roman businessman and leader of one of the churches of Asian Minor, but by adding this doctrinal phrase, “Just as your soul prosper,” John turned this Roman salutation into a Christian salutation.

<b>This lesson will study <u>five aspects of Good Health</u> as pertaining to our lesson text.</b>
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### **1. The Greek word for health is hugiaino.**

- a. The English word hygiene comes from it. The world uses it with physical health
  - i. “You may prosper and be in good health.”

### **2. The Greek word for soul is psuche.**

- a. The English word psychology comes from it. The world uses it with mental health
  - i. “Just as your soul prospers.”

The world combines these two ideas when referring to psychosomatic illnesses. The Word of God says:  
(Prov.17:22) “A joyful heart is good medicine, but a broken spirit dries up the bones.”

Modern medicine understands the connection between mental and physical sickness and their research reveals as much as 90% of American’s illness is classified psychosomatic.

### **3. John combined them into psychosomatic spiritual health**

(3 John 2) “Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.”

(Prov.16:24) “Pleasant words are a honeycomb, sweet to the soul and healing to the bones.” (Prov.4:20-23)

(Ps.41:3-4) “The Lord will sustain him upon his sickbed; in his illness, You restore him to health. As for me, I said, ‘O Lord, be gracious to me; heal my soul, for I have sinned against You.”

4. **Most nations that embrace the laws of the [Five Divine Institutions](#) think that good health is normal and sickness is abnormal.**

(Ex.15:26) “And He said, ‘if you will give earnest heed o the voice of the Lord your God, and do what is right in His sight, and give ear to His commandments, and keep all His statues, I will put none of the diseases on you which I have put on the Egyptians; for I, the Lord, am your Healer.”

**Apostate nations believe sickness is normal and good health is abnormal.** Statistically where does America stand?

(Hos.14:4) “I will heal their apostasy; I will love them freely, for My anger has turned away from them.”  
(Prov.3:5-8; Matt.4:23)

(Ps.38:3 “There is no soundness in my flesh because of Your indignation; there is no health in my bones because of my sin.” (Matt.15:29-31)

5. **Health is a gift from God; and healing is a miracle from God.**

(Mark 2:17) “It is not those who are healthy who need a physician, but those who are sick; I did not come to call the righteous, but sinners.”

Jesus healed a centurion’s servant who was sick and near death.

(Luke 7:1-10) “When those who had been sent returned to the house, they found the servant in **good health** (hugiaino).”

In parable of (Luke 15:11-32), Jesus tells what a servant said about the lost son on his return home:

(Luke15:27) “And he said, ‘Your brother has come, and your father has killed the fattened calf because he has received him back **safe and sound** (hugiaino).”