

## 10 Reasons to give Jesus a chance



### **Health (3 John 1:2)**

**“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”**

There is a Christian Hymn called “it is well with my soul.” Are we spiritually ok? Is that tied to our health? Dr. Charles Stanley believes Christians should be healthier than non-believers. He points out that they should live with less stress because they have a God who cares for them. Stress is a killer as we all know. Less time worrying is less pressure on your heart, your nerves, and your family. Things might not always go well but the Christian can endure because they know that for those who love God all things work together for good.

I know Christians die and Christians get sick. I know they do. Still the power of positive thinking is good for the soul. Even unbelievers believe that. They talk about the power of positive medicine. Dr Patch Adams used laughter and medicine to cure his patients. Jails run by Christians Ministries have a huge impact on repeat offenders. Being Christian is so much more than just a religion. It is well for your soul.

Jesus asked people to come to him that are weary and heavy burdened. He understands because he was human too. He knows tired, pain, and loneliness. There was a lot of healing and understanding during his time on earth. Why? I believe it's because they are connected. My happiness is not based on my health or my circumstances. With Jesus I'm happy knowing he is with me. I'm healthy, happy, and wise (most of the time). Jesus is worth it not because you get from God but because he gives peace to those who gave him a chance.