

Is it well with you, my brother
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The Quality Management division of my health insurer wants me to stay healthy. They sent me a message reminding me I had a birthday and according to their wellness chart, certain services are now due. I get similar reminders from Chevrolet Motor Division of General Motors Corporation. Do you think they want my Silverado pick-up truck to stay healthy? They also claim certain services are now due.

So I would not be skeptical that my health insurer might have an impure motive, like profitability at my expense, the mailer disclosed that the content in the guide was based in part on recommendations of the Department of Health and Human Services and the Preventive Services Task Force (USPSTF). To further alleviate any concern I may have of a greedy motive, they declare the immunization schedule is consistent with the schedule approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).

The mailer made certain I understood it was important to see my primary care provider (PCP) when I am not sick. If I will only make an appointment, my PCP can tell me how often I should have a wellness checkup, and wants to perform the following: blood pressure check, cholesterol screening, cancer screening, diabetes screening, sexually transmitted disease screening, behavioral health screening, prostate cancer screening, hearing screening, colorectal cancer screening, and abdominal aortic aneurysm screening. My PCP wants to immunize me for: influenza, varicella, tuberculosis, hepatitis A, hepatitis B, tetanus, diphtheria, pertussis, meningococcal, pneumococcal, measles, mumps, rubella, HPV, and zoster.

After telling me my front wheel is broke and my axel is dragging, the mailer concludes with advice to have fun!

There was a man who held an important position in the councils of King David. He seemed fixed for a long time to come. He thought he was a well man. He had important plans for his life. A fatal accident was the farthest thought from his mind. Joab said to Amasa, Is it well with thee, my brother? And Joab took Amasa by the beard with his right hand to kiss him (II Samuel 20: 9 ASV). It all ended abruptly. Search me, O God, and know my heart: Try me, and know my thoughts; If there be any wicked way in me, lead me in the way everlasting (Psalm 139: 23-24 ASV portioned).

What is your temperature? This is one of the first tests any PCP makes. Are you hot or cold spiritually? What is the degree of your love toward Christ? How much do you love Him? Jesus said to Simon Peter, son of John, love you Me more than these (John 21: 15 ASV portioned)? Have you left your first love? If you love Me, you keep my commandments (John 14: 15 ASV). Do you have a burning desire to please Him? Whoso keeps His word, in him has the love of God been perfected. Hereby we know that we are in Him (I John 2: 5 ASV portioned). The thermometer of obedience may indicate you're not as well as you think.

Is your pulse regular? A checkpoint any PCP measures. Is your life erratic? Are you up and down? Is your testimony for Christ consistent or inconsistent? Are you steadfast? For I know the thoughts that I think toward you, says Jehovah, thoughts of peace, and not of evil, to give you hope in your latter end. And you shall call upon Me, and you shall go and pray unto Me, and I will hear you. And you shall seek Me, and find Me, when you shall search for Me with all your heart. And I will be found of you, says Jehovah (Jeremiah 29: 11-14 ASV portioned). What is your pulse? Can you say; I have been crucified with Christ; and it is no longer I that live, but Christ living in me: and that life which I now live in the flesh I live in faith, the faith which is in the Son of God, who loved me, and gave Himself up for me (Galatians 2: 20 ASV).

Have you a good appetite? Every PCP knows this is a universal sign of good or bad health. Life must be sustained with food. I am greatly concerned about the lack of food coming from our pulpits these days. God's saints will die if they are not fed. It is written, man shall not live by bread alone, but by every word that proceeds out of the mouth of God (Matthew 4: 4 ASV). Thy word have I laid up in my heart, That I might not sin against thee (Psalm 119: 11 ASV). I have longed after Thy precepts: quicken me in Thy righteousness (Psalm 119: 40 ASV). Thy statutes have been my songs in the house of my pilgrimage (Psalm 119: 54 ASV). How sweet are Thy words unto my taste! Yea, sweeter than honey to my mouth (Psalm 119: 103 ASV)! You cannot survive on a Sunday morning brunch! If you are not at the midweek service for consistent Bible study you have a jaded appetite.

Is your digestion right? Any PCP checks assimilation and elimination. Good spiritual health indicates you are developing a holy heart of compassion, kindness, lowliness, meekness, longsuffering; forbearing one another, forgiving each other, and above all these things put on love, which is the bond of perfectness (Colossians 3: 12-14 ASV portioned). The God of peace shall be with you (Philippians 4: 9 ASV). You will be falling away from fornication, uncleanness, passion, evil desire, covetousness, idolatry, disobedience, anger, wrath, malice, railing, shameful speaking out of your mouth, and lying (Colossians 3: 5-9 ASV portioned). Has the Word become a part of you? Can your neighbor see the Bible manifest in you?

Are you worried? Every PCP knows that a discontent mind has adverse effect on the body. Are you trusting, or are you tormented by fear? Are you complaining? Is nothing ever right? Haven't you learned, in whatsoever state to be content. Don't you know how to be abased, how to abound? In everything learn the secret both to be filled and to be hungry, both to abound and to be in want. Do all things in Him that strengthens you (Philippians 4: 11-13 ASV portioned).

It is foolish to pretend temperature, pulse, appetite, digestion, and nerves do not accurately describe your health. Face the facts! Every PCP knows they are the top five indicators for your health.

How have you done with this examination? Don't be like Amasa. He never knew what struck him. He had let down his guard. He had done very well with the king's business and thought there was plenty of time, and that everyone was a friend. His folly was his death. Amasa didn't realize it was his last day on earth. He thought things could not have been better when Joab reached to kiss him. He never saw the sword until it was too late.

Here are some good everyday rules from the Great Physician:

1. Avoid everything that disagrees with your health. The word avoid is one of the best words you can learn from the New Testament. It is not my business to contest it. It is my business to avoid it. Avoid bad companions. Avoid questionable amusements. Avoid certain subjects. You are foolish to sit in a draft.
2. Watch your imagination, the devil's playground. You will keep in perfect peace, whose mind is on Jehovah. Trust in Jehovah for ever. Jehovah is an everlasting rock (Isaiah 26: 3-4 ASV portioned).
3. Eat only food that is needful. Lest you; be full and say who is Jehovah? Or you be poor; steal, and profane the name of God (Proverbs 30: 8-9 ASV portioned).
4. Drink plenty of water. Jesus stood and cried, saying, If any man thirst, let him come unto me and drink (John 7: 37 ASV).
5. If sin is coming short of the glory of God, then seek first His kingdom, and His righteousness; and all these things shall be added unto you (Matthew 6: 33 ASV).

Every day people around you slip into eternity. You could be the next. Is it well with you, my brother?