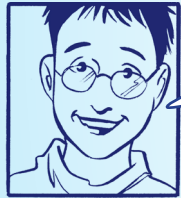


Can Good Come from an Illness?

"We know that for those who love God all things work together for good" (Romans 8:28 ESV).



How can anything good come from being sick?



I certainly didn't feel anything good with that headache.



"The testing of your faith produces patience" (James 1:3 NKJV).

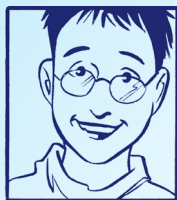


Well, when recuperating, we watched some interesting shows.



And we enjoyed our art projects. So those are good things.





While sick,
I had time to reflect on
recent events.

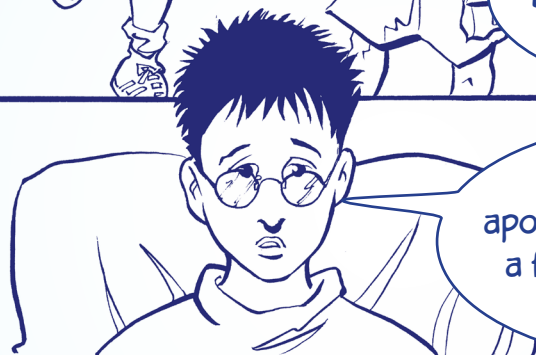


Run faster,
Bryan! You're making
us lose!



Lately, I've
been skipping my
vegetables.

I've been thinking
about the importance of
habits that help us stay
healthy or help our bodies
heal when we're sick.



I owe Bryan an
apology. Though he's not
a fast runner, he has a
lot of other skills.



Eat healthy
foods.



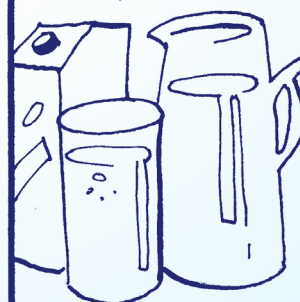
Get adequate
sleep.



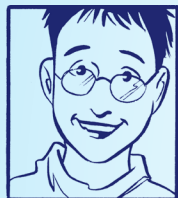
Dress
appropriately.



Drink plenty
of liquids.

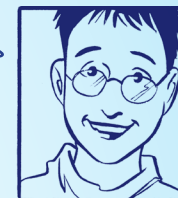


And remember what we learned in health class? Our bodies' immune system is strengthened by overcoming an illness. When we're sick, the immune system builds defenses against that illness.



I've been thinking about how Jesus understands what it's like to not feel well. The Bible tells us He was sometimes tired¹ or hungry.² And He suffered great pain on the cross.

The Apostle Paul taught, "For our high priest is able to understand our weaknesses. He was tempted in every way that we are, but he did not sin."³



That's encouraging. And the Bible stories about Jesus healing the sick are also reassuring!



That's right! The next time we are faced with the same ailment, our bodies draw on the defenses built up the last time we had that illness to then be able to overcome it more easily in the future or completely ward it off.

¹ See John 4:6.

² See Mark 11:12.

³ Hebrews 4:15 ICB

Jesus is with you to help you recuperate. Ask Him to help you get well and look to Him to help you take note of the positive experiences that are there for you. Can you think of something you gained from an illness?