

The Impact of Physical Activity on Overall Health and Quality of Life in Older adults

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Abstract:

The Holy Scriptures mentions personified diseases. References to diseases are very numerous and are found in books of a wide variety of contents. We can find mention of diseases in historical narratives, in edifying reflections, in teachings, and in psalms, as well as in discussions of issues related to ritual purity and temple cult. The Old Testament mentions dozens of different diseases: infertility, pestilence, consumption, fever, fever, inflammation, leprosy, scabs, scabies, insanity, blindness, heart attack, etc. In the New Testament, the topic of illness and healing occupies a very prominent place. Most of the stories about the miracles of the Savior convey cases of miraculous healing: the healing of Peter's mother-in-law, the centurion's servant, a bent woman, a bleeding woman, a man born blind, ten lepers and many others (of the 36 miracles mentioned in the Gospels, 26, i.e. more than two-thirds - these are cases associated with healing). Having fallen through the sin of disobedience from the divine power that sanctifies and replenishes nature, man dooms himself to illness and suffering: "in illness you will give birth to children" (Genesis 3:16), God addresses Eve. Diseases are associated with sin, suffering and death. Jesus Christ healed not only all kinds of diseases, but also all kinds of infirmities (Matthew 4:23).

Keywords: biblical causes and essence of disease, spiritual approach to illness, christian medicine

1. Introduction:

In the present state of the world, man is subject to disease, bodily suffering and death. However, personal responsibility for illness is not always the same. Among the diseases described in the Bible, there are those that are associated with the process of aging and decrepitude of the body: "When Isaac was old, the sight of his eyes was dim" (Gen. 27:1); King Asa in his old age was sick with his legs (1 Kings 15:23). Congenital defects or accidental injuries are also mentioned, such as Mephibosheth's lameness (2 Samuel 9:13).

The Old Testament view of illness can be expressed in the words from the book of Exodus: "If you obey the Lord your God, and do what is right in His sight, and pay heed to His commandments, and keep all His statutes, then I will not bring upon you any of the diseases, which I brought against Egypt, for I am the Lord who heals you" (Exodus 15:26). The Lord sends a disease to a person or to an entire nation as punishment for a sin he has committed: the Lord punishes Miriam with leprosy for slandering Moses (Numbers 12:1-14), a massive epidemic strikes the Israelites for their intercourse with the daughters of Moab and worship Baal-Peor (Numbers 25:1-9). The disease, sent down from God, has as its goal to put a limit to lawlessness and at the same time to dispose a person or the entire people as a whole to the awareness of their sin and to repentance. But at the same time, it is not forbidden to resort to the help of medicine (2 Kings 20:7), it is not forbidden to use medicine, and Jesus, the Son of Sirach, praises

the medical profession: "My son! In your illness, do not be careless, but pray to the Lord and He will heal you. Leave your sinful life, straighten your hands, and cleanse your heart from all sin. Give a place to the doctor, for the Lord created him too, and let him not move away from you, for he is needed. At other times, success happens in their hands, because they also pray to the Lord to help give the patient relief and healing to continue his life."

The biblical view of the cause of disease highlights the following points:

1. Illness as a manifestation of the imperfect, corruptible nature of fallen humanity.
2. Illness as a punishment for sin.
3. Illness as a call to repentance and understanding of one's life.
4. Illness as a test of loyalty to God.
5. Illness as the atoning sacrifice of Christ. He took upon Himself our infirmities and bore our sicknesses; He was wounded for our sins and tormented for our iniquities; the chastisement of our peace was upon him, and by His stripes we were healed" (Isaiah 53:4-5).

2. A spiritual approach to illness

Who can know a person better than his Creator? God is Almighty and He can restore your health completely in an instant. But He allows illnesses for the good of man, so that people think about their sinful lives and change, so that they turn to Him, and not rely only on themselves or on other people (doctors, scientists). Illnesses go away when we repent for our sins and confess them. God has given us a genetic and immune system that restores us, subject to obedience to the spiritual laws that the Creator established. We lead a healthy lifestyle [1]. Proper nutrition (mostly vegetarian), being in the fresh air, moderate mental and physical work, water treatments, drinking 1.5 - 2 liters of water per day, "being in the sun", active lifestyle, optimistic mood, trust in God [2- 3]. And also, if we sow obedience, bring joy, serve others, we will reap happiness and health, and this is what God wants. Jesus showed how to live, He is an example - a standard in everything.

3. Christian medicine of the New Testament

Japanese scientist Masaru Emoto has experimentally proven the beneficial and destructive vibrational impact of various natural objects on each other. The vibrations of the surrounding nature that affect a person are remembered coherently in the primary signal memory. The Creator coherently coordinated the vibrations of the living Word of God with the beneficial vibrations of nature. The impact of the vibrations of the living Word of God and the activated beneficial vibrations of the primary signal memory on a person has a healing effect.

According to Christian teaching, a believer is given the opportunity to acquire an immortal body for eternal life by improving his spiritual state. Improving one's spiritual state helps to heal the body through God's Word in earthly life. The spiritual participation of the Creator in healing diseases and conducting medical diagnostics and operations is always useful for both doctors and patients.

Christian medicine heals physical, mental and spiritual illnesses [4-8]. Prevention that restores life balance frees a person from infirmity. Infirmities arise in a person from a physiological, mental or spiritual temporary imbalance of the body, soul or spirit, respectively. Restoring all balances strengthens the vital forces of a person. Prevention that restores life balance is relevant for a person of any age when he experiences physical, mental or spiritual infirmity.

Christian medicine resorts to the support of Jesus Christ as a healer. Jesus is the Lord of my life. Sickness and disease have no power over me with Him. He forgave and freed us from sin and guilt. I died to sin and lived to righteousness (Col. 1:21,22). I forgive others as Christ forgave me, because the love of God has been poured out into my heart by the Holy Spirit (Matthew 6:12, Rom. 5:5). Jesus bore my sins in His body on the tree; therefore I died to sin and live to God, and by His stripes I was healed and made whole (1 Peter 2:24, Rom. 6:11, 2 Corinthians 5:21). Jesus bore my sicknesses and took away my infirmities. Therefore, there is no place for illness and disease. The Lord sent His Word and healed me (Psalm 107:20). Father, according to Your Word, sickness and disease have been overcome. I overcome the world, the flesh and the devil by the blood of the Lamb and the word of your testimony (1 John 4:4, Revelation 12:11). You have given me abundant life. I have received this life through Your Word, and it flows to every organ of my body, bringing healing and health. (John 10:10). Heavenly Father, I am attentive to Your Word. I incline my ear to Your words. I won't let them leave my eyes. I keep them within my heart because they are life and health to my whole body (Proverbs 4:20-22).

No evil will befall me, and no plague will come near my dwelling. For You commanded Your angels to take care of us. They protect us on righteous paths. Life, healing and health are on my righteous path (Psalm 90:10-11; Proverbs 12:28). Jesus took upon me my infirmities and bore my sicknesses. Therefore, I refuse to allow illness to dominate my body. The life of God flows through me, bringing healing to every fiber of my being (Matthew 8:17; John 6:63). I have been redeemed from the curse (Galatians 3:13). Health flows in my veins. It reaches every cell of my body, restoring life and health (Mark 11:23; Luke 17:6). The life of 1 Peter 2:24 became reality in my flesh, restoring every cell of my body. I offer my body to God because it is the temple of the living God. God has made His home in me and His life has permeated my spirit, soul and body so that I am filled with the fullness of God every day (Rom. 12:1,2; John 14:20).

My body is the temple of the Holy Spirit. It is in healthy condition. My body has perfect balance. My glands produce the optimal amount of hormones for life and health (1 Cor. 6:19). Heavenly Father, through Your Word, You have placed Your life in me. This life restores my body with every new breath I take and every word I speak. That which is not planted by God, let it be destroyed and uprooted from my body in the name of Jesus Christ. What God has planted has penetrated every fiber of my being, and I live a God-like life (Mark 11:23, John 6:63). Father, I rely on You for any attacks the enemy makes against me. With You, my body becomes strong and healthy, and I reinforce it with Your Word. You keep my body alive and healthy (Jacob 5:7).

3.1 Spiritual healing of tumor and arthritis

The God-like life within me eliminates any tumors and my strength and health are restored (Mark 11:23). Tumors are dissolved in my body by God's Word by faith in the Healer. They are a thing of the past because now I am freed from them (Col. 1:13,14). All the organs and tissues of my body function perfectly, the way God created them to function. By the Word of God I rebuke any dysfunction in my body in the name of Jesus (Genesis 1:28,31). Father, Your Word has become a part of me. It flows in my veins. It flows into every cell of my body, restoring and transforming it. Your Word became flesh; because You sent Your Word and healed me (James 1:21; Ps. 106:20; Proverbs 13:3). Your Word is confirmed in my body, causing the tumor to dissolve. Tumors cannot be in me, because the Spirit of God is on me, and the Word of God is within me. Sickness, fear and depression have no power over me because I confess God's Word (Mark 11:23).

Arthritis is a thing of the past. My bones and joints function perfectly in the name of Jesus (Mark 11:23; Matthew 17:20). Heavenly Father, when I proclaim Your Word, the law of the Spirit of Life in Christ Jesus sets me free from the law of sin and death. And Your life energizes every cell of my body (Rom. 8:11).

3.2 Spiritual healing of the heart, blood vessels and blood

Thank You, Father, that I have a strong heart. My heart beats to the rhythm of life. My blood penetrates into every cell of my body, restoring life and health in abundance. (Proverbs 12:14;14:30). I will live and proclaim the works of the Lord (Psalm 118:17). The life of God flows in my blood and cleanses my arteries from everything that has no relation to life (Mark 11:23; John 20:31; Ps. 103:4). My heartbeat is normal. My heart beats with the rhythm of Life, spreading the Life of God throughout my body and restoring Life and health abundantly (John 17:23; Ephesians 2:22). I have a strong heart. Every beat of my heart fills my body with life and cleanses me from sickness and disease (Ex. 23:25; Mark 11:23). My blood cells destroy any pathogenic bacteria and viruses that try to take up residence in my body. Every cell of my body is brought back to normal

in the name of Jesus Christ (Rom. 5:17; Luke 17:6). Every cell that does not produce life and health in my body is cut off from the source of life.

I am redeemed from the curses of the law, and my heart beats with the rhythm of life. The Spirit and life of God's Word flows within me, cleansing my blood from all sickness, uncleanness and impurity (Prov. 4:20-23). In the name of Jesus, my arteries will not become narrowed or clogged. The arteries are completely clear, elastic and functional as God created you to be (Luke 17:6; Mark 11:23; Isaiah 55:11; James 3:2-5). The law of the Spirit of Life in Christ Jesus has set me free from the law of sin and death; therefore He does not allow sin and sickness and disease to have dominion over me (Rom. 8:2:6:13,14). The same Spirit that raised Jesus from the dead lives in me, spreading His Life throughout my vessels, sending healing to my entire body (Rom. 8:11). In the name of Jesus, the body is not affected by any virus or pathogen. They do not commit any actions against life and health. Every part of my body supports life.

3.3 Setting up the immune system

My immune system is getting stronger day by day. I declare life to my immune system. I forbid destruction to occur in my immune system. The same Spirit who raised Jesus from the dead lives in me and stimulates my immune system with the life and wisdom of God that keeps my body alive and healthy (1 Corinthians 6:17). My immune system will not allow tumors to live and spread in my body in the name of Jesus Christ (Luke 17:6; Mark 11:23).

3.4 Spiritual healing of bones and bone marrow

In the name of Jesus Christ, no disease will afflict my bones and joints, because the Spirit of Life described in 1 Peter 2:24 is imbuing every bone and every joint of my body with life and health. Father, by Your design my bones produce a healthy and perfect brain. I declare that this brain produces pure blood, which prevents all sickness or disease. My bones deflect all curses (Prov. 16:24). My joints function perfectly. My joints will not hurt or swell. Nothing and no one is allowed to disturb them or interfere with their normal functioning (Prov. 17:22).

4. Conclusion

V. Sinelnikov, a psychologist and psychotherapist, works in the information key. He developed an interesting technique based on the theory of the information field. He expressed his ideas in his book: Love your illness; "Healing thoughts" [9]. The principle of the technique is that an individual learns to communicate with his body, through the information field and receive information.

The author of this article believes that the soul enters information about life into the information field of the Creator day after day. According to Psalm 18:3, day after day the soul activates consciousness, at night knowledge opens to the soul for good daytime requests of consciousness. Consciousness is a tool for processing information from interaction with the real and virtual environment. Information interaction of a person with the environment is carried out by the soul, which, in accordance with desires and the information environment, revives human activity through a complex spiritually rational system. The soul is constantly interacting with the information field of the Creator, requesting the necessary information. The information field of the Creator is the information memory of humanity. Information about the Universe is stored in the information field of the Creator. Each person has an information promise in it, which records information about his spiritual life. Spiritual information of the information field of the Creator heals a person.

My son! listen to my words, and incline your ear to my words; let them not depart from your eyes; keep them within your heart: for they are life to the one who finds them, and health to his whole body (Proverbs 4:20-22).

Father, according to Ephesians 1:16-23, You have given me the Spirit of Wisdom and Revelation to the knowledge of Jesus Christ. I thank You that the eyes of my heart are enlightened to know the hope of Your calling and the riches of Your glorious inheritance for the saints. You reveal to me the immeasurable greatness of Your power, according to the action of Your sovereign power, which You exercised in Christ, raising Him from the dead and seating Him at Your right hand in heaven. According to Ephesians 3:14-20, grant me, according to the riches of Your glory, to be strengthened with might by Your Spirit in the inner man, so that Christ may dwell in my heart through faith, so that I, rooted and grounded in love, may be able to comprehend with all the saints what is the breadth of and length, and depth, and height, and to understand the love of Christ that surpasses knowledge, so that I may be filled with all the fullness of God. I praise You, Lord, because by the power that works in me, You are able to do incomparably more than all that I ask or think. According to Colossians 1:9-11, I pray that You would fill me with the knowledge of Your will in all wisdom and spiritual understanding, that I might walk in a manner worthy of You, pleasing You in everything, bearing fruit in every good work, and increasing in the knowledge of You, strengthened with all strength according to the might of Your glory, with all patience and forbearance with joy [9].

For a believer who unites with the Spirit of the Lord, all systems and the body itself function vitally in accordance with the spiritual state.

In obedience to the Word of God we receive the privileges that Jesus has prepared for us: 1. Atonement for our sins.

2. Healing and health.
3. Belief in eternal life.
4. Goodness, love and mercy.
5. The promise of immortality.

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