

Thanking God for Health

Field Marshal Bernard Law Montgomery (1887 – 1976) was a senior officer of the British Army.

He saw action in both World War I and World War II. He was in command of Allied ground forces during Operation Overlord from the initial landings until after the Battle of Normandy. After the war, he became Commander-in-Chief of the British Army of the Rhine in Germany and then Chief of the Imperial General Staff.

Following World War II, Montgomery was sitting in a session of the English House of Lords when he turned to the man next to him and said, “Excuse me, but I’m having a coronary thrombosis.” He then quietly left the chamber to seek medical help.

Granted, heart attacks and other illnesses aren’t always preceded by such clear warning signs. But if the signs were there, would we recognize them?

To paraphrase old Timex watch commercials, it’s amazing how much of a licking our bodies can take and still keep on ticking.

Stress, too little sleep, a lack of exercise and too many empty calories are all indicators that we take our good health for granted. The body’s ability to stay healthy is truly a gift from God.

None of us enjoys now the perfect health we look forward to in heaven. But until then, we can express our gratitude to God for the health we have by being good stewards of those miraculous “earth suits” in which we work, serve and play each day.



Giving thanks for health (whether good or bad) is evidence that we understand this truth: our bodies are not our own. 1 Corinthians 6:19 states: “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?”

The reality is that many of us in Life Care and Century Park are so busy taking care of the health and lifestyle needs of others that we tend to neglect our own.

Life Care has a wellness committee and a site on Village Square in an effort to support and encourage our associates in their health and fitness journey. We encourage you to visit often the [Wellness department site](#) – located under the Human Resources site – for health information and tips. And get involved to make a better you!

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers (3 John 1:2 NKJV).

– Beecher Hunter