



## **WHAT I LEARNED THROUGH MY RECENT HEALTH CRISIS**

**JIM HINTON**

### **1. I Learned how fragile my life and health really are**

Look here, you who say, “Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit.” How do you know what your life will be like tomorrow? Your life is like the morning fog—it’s here a little while, then it’s gone.  
James 4:13-14 (NLT)

and the dust returns to the ground it came from, and the spirit returns to God who gave it.  
Ecclesiastes 12:7 (NIV)

### **2. I learned to be more sympathetic with people with chronic health problems and pain**

Be happy with those who are happy, weep with those who weep.  
Romans 12:15 (TEV)

### **3. I learned how great it feels to know people are praying for me**

Confess your sins to each other and pray for each other so God can heal you. When a believing person prays, great things happen.  
James 5:16 (NCV)

#### **4. I learned to trust God as never before**

**You don't realize God is all you need until God is all you have**  
**Timothy Keller**

- **I live off of scriptures, prayer, faith-filled affirmations, and praise music**

I am the LORD, who heals you.  
Exodus 15:26 (NIV)

My whole being, praise the LORD and do not forget all his kindnesses. He forgives all my sins and heals all my diseases. He saves my life from the grave and loads me with love and mercy. He satisfies me with good things and makes me young again, like the eagle.  
Psalm 103:2-5 (NCV)

But I will restore you to health and heal your wounds,' declares the LORD...  
Jeremiah 30:7 (NIV)

- **I love Shawn Johnson's points reminding me of God's faithfulness\***

##### **1) God is with me even when I can't feel it**

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."  
Joshua 1:9 (TNIV)

**As sure as ever God puts his children in the furnace, he will be in the furnace with them.**  
**Charles Spurgeon**

##### **2) God is working even when I can't see it**

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.  
Romans 8:28 (NLT)

##### **3) God has a plan even when I can't understand it**

I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for.  
Jeremiah 29:11 (MSG)

\*Johnson, Shawn. *Attacking Anxiety* Thomas Nelson. Kindle Edition. (2022)  
Keller and Spurgeon quotes from Alcorn, Randy. *Beautiful and Scandalous: How God's Grace Changes Everything* . Kindle Edition. (2016)  
Scriptures quoted from QuickVerse 2010 Version 14.0.1.1 (Oct 26 2009 20:30:02)