



Say to wisdom, “you are my sister,” And make understanding your closest friend. For they will keep you from the immoral woman.
Proverbs 7:4-5a

**HELPMATES, HANDMAIDENS & HARLOTS ON-LINE BIBLE STUDY
HEALTHY LIFE SERIES**

LESSON #4

Healing for the Body and Soul

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Definitions: *Helpmate – Handmaiden – Harlot*

Helpmate: A married woman who is committed to the well being of her husband.

Handmaiden: An unmarried or married woman who is committed to serving the Lord.

Harlot: An unmarried or married woman who will sacrifice her soul or body for personal gain.

Scripture Focus:

Helpmate: Psalm 118:17- I shall not die, but live, and declare the works of the Lord.

Handmaiden: Proverbs 18:14 – The human spirit can endure a sick body, but who can bear it if the spirit is crushed.

Harlot: James 5:15-16 – And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed.

Opening Statements:

The Helpmate’s Story: It can be devastating for a woman to lose her hair, undergo a hysterectomy or have her breasts removed because of cancer or some other debilitating disease. Of course Satan tries to tell her that her husband will stop loving her because she is no longer healthy and attractive. The same can be true for a husband who can no longer work or engage in sex because of high blood pressure, diabetes or some other sickness. You both said the words, “for better or for worse – in sickness and in health.” The words were from the heart, but the reality of living with sickness is easier said – than done. It takes, faith, courage but most of all it takes the love of God. When a loved one faces illness, I always think of the story of the Velveteen Rabbit. Once upon a time a little boy became attached to a beautiful, toy bunny rabbit. He played with the rabbit each day and slept with it every night. Over the years one of the rabbit’s eyes fell out and then a piece of the ear and tail. When the rabbit realized that he was falling apart, he worried that the boy wouldn’t love him anymore. The worn and frayed toy rabbit didn’t understand that in the loving eyes of the boy, he would always be beautiful. Don’t let the Devil persuade you that you and your husband will not love each other through sickness. You may have some difficult days, but God’s love and the love that you have for each other will make your marriage stronger and give you the faith and courage to endure all things. *Hebrews 10:38 – For you have need of endurance, so that after you have done the will of God, you may receive the promise.* Have faith and stand on the Word of God. In the end the Lord will

give you both an awesome testimony of his goodness. *Psalm 118:17- I shall not die, but live, and declare the works of the Lord.*

The Handmaiden's Story: Some time ago I was talking to a sister in Christ who was having all kinds of health problems. She was taking prescription drugs, undergoing treatments and seeing one doctor after another. But for some unknown reason she wasn't getting any better. As I listened to her story, I was reminded of the woman with the issue of blood. *Luke 8:43 – Now a woman, having an issue of blood for twelve years, who spent all her money on physicians and could not be healed by any.* I decided to play a game with my troubled sister that I call, "Connecting the Dots." It simply means that you start at the point when you first become ill and think about what was going on in your life at that time. In her case, the illness started shortly after she lost her job and her husband asked for a divorce. On another occasion, I talked to a college girl who was battling with an uncontrollable skin rash. As we talked deeply we moved from her problem skin, to the problems in her life. I found out that the rash began shortly after she was molested by a family member. I strongly urge you not to allow anger and hurt to fester in your spirit. *Proverbs 18:14) – The human spirit can endure a sick body, but who can bear it if the spirit is crushed.* It's not easy, but talk to your pastor, a counselor or a trusted friend. You'll find that you're not alone and you'll feel better on the inside. The Lord is waiting to bring healing and wholeness into your life. *Hebrew 4:15-16 – For we do not have a High Priest who cannot sympathize with our infirmities... Let us therefore come boldly to the throne of grace, and obtain mercy and find grace to help in time of need.*

The Harlot's Story: Guilt and shame are the breeding ground for every kind of sickness and disease. *Psalm 107:17 says: Fools, because of their transgressions, and because of their iniquities were afflicted.* The body and mind were not designed to engage in sinful behavior. That is why if you take a lie-detector test and don't tell the truth, the body will most often react in a manner that reveals the truth in the test results. Just think of the reaction that a harlot's body goes through when her behavior breaks God's law and breaks God's heart. Jesus warns us in the Book of John that a sinful lifestyle is a series of traps that the Enemy has set to rob us of our health and even our life. *John 10:10 – The thief comes only to steal, kill and destroy. I came that they may have life, and have it abundantly.* As we watch the harlot boldly act out her folly on stage, movies and TV, we are made to believe that abusing our bodies with risky sexual behavior, drugs and alcohol are perfectly normal. In reality, the only ones who benefit from living the lifestyle of Sex In The City, or Desperate Housewives, are actors, directors, pharmaceutical companies and physicians. Doctors and pharmacists will become rich treating the herpes, venereal disease, unwanted pregnancies and the depression that comes along with imitating the harlots that entertain the masses. The healing of a woman's soul and body can only begin when she releases the fantasies of television and accepts the reality of God's Word. *James 5:14-15 – Is anyone among you sick? Let him call for the elders of the church... And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.*

Observations and Application:

Helpmates:

1. What verses in Psalm 27 would you give to a woman who is faced with illness? Please write down the verses.
2. What verses in Psalm 91 would you pray over your husband to protect him against sickness? Please write them down and pray for him on a regular basis.

Handmaidens:

1. Proverbs 18:15 says: *The heart of the discerning acquires knowledge; the ears of the wise seek it out.* How do you think this scripture could help someone who was dealing with illness?
2. Proverbs 18:21 says: *Death and life are in the power of the tongue, and those who love it will eat its fruit.* What words would you speak to yourself, or a family member or friend that would promote health and life? Please include a scripture.

Harlots:

1. 2 Thessalonians 2:10 says: *He (Satan) will use every kind of wicked deception to fool those who are on their way to destruction because they refused to believe the truth that would save them.* How do you feel this scripture relates to the life of a harlot? How would you use this verse to help someone who is being deceived by Satan?
2. Psalm 103:1-4 (paraphrased) says: *Bless the LORD, O my soul, and forget not all His benefits: He forgives all your iniquities, Heals all of your diseases, Redeems your life from destruction...* What message of hope do you think this scripture could bring to someone who is living outside of God's will?

Your Story: Have you ever been so angry or hurt that it made you physically ill? Please feel free to share your story.