1 Timothy 5:23 (ESV)
“No longer drink only water, but use a little wine for the sake of your stomach and your frequent ailments.”

These words from the Apostle Paul to Timothy may seem like simple advice, but they carry deep spiritual and practical implications. They remind us that even the most devoted servants of God are not immune to physical affliction—and that our weakness does not disqualify us from being used by God.

Timothy’s Condition and Faithful Service

Timothy was Paul’s trusted companion and spiritual son (1 Corinthians 4:17). He was a young leader whom Paul had mentored and entrusted with significant responsibilities in the early church (Philippians 2:19–22). Yet Paul acknowledges in his letter that Timothy suffered from frequent health issues—specifically stomach problems and recurring ailments.

It’s important to note that Paul, a man through whom God worked extraordinary miracles (Acts 19:11–12), didn’t simply lay hands on Timothy or declare healing over him. Instead, he offered *practical medical advice* appropriate for their time: to take a little wine for the sake of his stomach. In the ancient world, wine was commonly used medicinally to purify water and treat digestive issues. Paul recognized that divine healing and medical wisdom can coexist.

A Theology of Suffering and Weakness

Paul understood that God sometimes allows physical weakness for His divine purposes. In 2 Corinthians 12:7–10 (ESV), Paul himself writes:

> “So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me... Three times I pleaded with the Lord about this, that it should leave me. But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”

This passage teaches that God’s grace is not only sufficient in our weakness—it is *perfected* there. Rather than removing every affliction, God often chooses to work *through* our suffering to accomplish His purposes.

The Example of Elisha

We see a similar theme in the life of the prophet Elisha. Despite being used powerfully by God—even raising the dead—Elisha died from an illness.

2 Kings 13:14 (ESV)

> “Now when Elisha had fallen sick with the illness of which he was to die, Joash king of Israel went down to him and wept before him...”

This shows that sickness is not always a sign of spiritual failure or lack of faith. Elisha remained faithful to God to the very end. And astonishingly, even after his death, God used Elisha’s bones to bring a man back to life (2 Kings 13:21), proving that divine power transcends human weakness and even death.

Don’t Let Sickness Stop Your Calling

If you’re facing recurring illness today—ulcers, migraines, diabetes, cancer, or any other condition—this message is for you. Your affliction does not disqualify you from God’s service. Timothy didn’t wait to be healed before he preached. Elisha didn’t stop being a prophet when he became ill. Paul didn’t stop writing or traveling despite his “thorn in the flesh.”

God does not always remove the suffering—but He always provides sufficient grace to endure and remain faithful.

Take your medicine, pray with perseverance, and serve God with all your strength. Whether healing comes or not, your life can still bring glory to God.

God Is Glorified in Our Weakness

Romans 8:18 (ESV)

> “For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.”

Philippians 1:29 (ESV)

> “For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake.”

Some of the greatest saints in Scripture and church history experienced severe physical suffering—Job, Paul, Epaphroditus (Philippians 2:25–30), and even the Lord Jesus Himself (Isaiah 53:3–5). But God used their suffering for eternal purposes.

Be Encouraged—Keep Moving Forward

Whatever you’re facing, don’t let your illness slow your spiritual momentum. Serve God boldly in your weakness, just as Timothy and Elisha did. Let your life be a testimony that God is greater than your condition—and that His power is made perfect in you.

2 Corinthians 12:10 (ESV)

> “For the sake of Christ, then, I am content with weaknesses,

> insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.”

God bless you—and keep serving faithfully.

JIUNGE NA GROUP LETU LA WHATSAPP HAPA >> WHATSAPP GROUP....

Share on:
WhatsApp