

Health

We sure don't claim to have it all *exactly right*, and God continues to adjust the way we see and understand things concerning health and healing. What follows is what we have come to at this time. We hope everyone will continue to study and seek God's instruction on these things. He promises in Psalm 32:8: "*I will instruct you and teach you in the way which you shall go: I will guide you with My eye.*" And Isaiah 48:17 says, "*...I am the LORD your God which teaches you to profit, which leads you by the way that you should go.*"

We believe God leads you in the way that *you* should go concerning *your* health and healing, and everything else you need in life. He created us all so different and our bodies all have different needs that only He knows. I have come to know God personally as The Lord is Healing. I've experienced Him healing me of things through medical treatment. I've experienced Him bringing gradual healing. I've experienced Him healing me of something miraculously. And there are things that I have to continue to trust Him with. In Jesus' earthly ministry, He healed different people in different situations, in different ways. The important thing to do is to seek Him for healing if you need it and He will lead you in the way *you* should go. We believe the bottom line on faith and healing is trusting God's love and sovereignty, and concentrating on a deepening love relationship with Him. Wherever you are in your Christian life—you need to go *deeper*. "*You will find HIM in the deeper places where few others ever go.*"¹

1 Corinthians 6:19 says, "What? Know you not that your body is the temple of the Holy Spirit which is in you, which you have of God, and you are not your own?" God expects us to take care of His temple.

We need to take account of things that may be affecting our health, such as unhealthy eating habits, overeating, not eating enough (a well-balanced diet), smoking, too much caffeine, lack of exercise, not getting enough sleep, overworking, substance abuse, or excessiveness in any area, etc... If we would get a real revelation of the fact that our bodies are the temple of the Holy Spirit, we would take a lot better care of ourselves. Do you know how much difference that would make in our health?

Ask God to give you this revelation:

Abba Father, please give me a real revelation that my body is the temple of the Holy Spirit and give me the wisdom and power to take care of my body according to Your will. Are there any ways I am abusing my body or not taking care of it?

Write down anything the Lord reveals to you and date it, so you will not forget it,...then do something about it!

We need to eat healthy, exercise, get enough rest, drink the right amount of water, and not put harmful things into our bodies. Taking care of our bodies requires self-discipline, but even the power for self-discipline comes from God's grace! If it's not a priority for you, then your health is not a priority.

We can't continue to mistreat ourselves and expect God to keep us healthy. God is grieved over our condition when it's because we don't take care of ourselves. It doesn't matter how much faith you have—if you abuse your body—you will suffer health consequences. *You* are afflicting *yourself*, and over a period of years, your body may even develop disease.

You must not *push* your body past its limitations either. Paul tells us in Philippians 2:25-30 that Epaphroditus was sick and almost died because he overworked himself. In James 5:14-16, one of the Greek words translated as "sick" suggests being *weary from constant toil*. This same Greek word is used in Hebrews 12:1-3 where we are told to "lay aside every weight...lest you be wearied and faint in your minds."

We must not allow ourselves to get in that condition. Listen to your body. Listen to the Holy Spirit, Who warns you of things. We must have spiritual ears to hear and obey Him. The more you obey His voice, the more you will hear Him—and the more He can lead you in the way you should go (Psalm 32:8).

We do have a responsibility to take care of our ourselves physically. God has made available to us a lot of information on health and nutrition, and what we see proven through scientific research is, the foods that are healthiest for us match God's instructions in the OT. Even though we don't have to follow "the law" for salvation, God put instructions in there that would keep us the healthiest. Various laws and practices God prescribed in the OT provided health benefits for His children, with built-in protection. Even though following those instructions is not a Heaven or hell issue, it does still provide those health benefits. We choose whether we want to take advantage of them or not.

Recommended Resource: *What the Bible Says About Healthy Living*, by Rex Russell, M.D. is a good resource on this topic of health and wellness as recorded in God's Word.

There *are* things our bodies are subject to, just because we live in a fallen, sin-filled world. We will not be in our perfect physical condition until we are in our resurrected bodies (1 Corinthians 15:52-53). Although we should be shooting for the best life we can live here too. But if God is trying to reveal to us things that are affecting our health, then we had better listen. Sometimes there are things that are simple to change if we choose to obey what the Lord reveals. If we choose to ignore Him, we may over time, suffer health consequences because of it. God can and does supernaturally protect us from some things we are exposed to that are out of our control. If He didn't, we'd all be dead. But if He reveals to us something to do or change—it is in our best interest to obey.

There are also a lot of natural remedies that God built into His creation, and He will reveal information that you need to know for your own specific health needs, if you ask Him to. Pay attention to the health related information the Lord causes you to hear or see. Maybe He *really is* trying to tell you something.

What is the Lord telling you that you need to do to take better care of your body (the temple of the Holy Spirit)?

Malachi 4:2 says, "But unto you that fear My Name shall the Sun of righteousness arise with healing in His wings..." The word "healing" is from the Hebrew word meaning: "*a remedy or restoration of health; a cure, medicine, tranquility, deliverance, refreshing.*"² Where healing is concerned, the Lord may lead you with a gift of completely pure faith to believe Him for a miracle (1 Corinthians 12:8-11). Or He may lead you to the right doctor, the right medicine, or medical treatment that *you* need. Or He may lead you to a knowledge of things that are affecting your health or ways you can improve your health. He may reveal to you the *remedy*—the right one for you.


But if you have felt like you shouldn't seek healing because it might be God's will for you to be sick, then why would you ever go to a doctor? If you go to a doctor, you're trying to get well. Why would you go to a doctor if you think it could be God's will for you to be sick? Don't take this wrong, *There's nothing wrong with going to a doctor.* That may be the direction God leads you. But keep in mind—it's the exact same thing as seeking healing. There's sure nothing wrong with doing both at the same time. Let's adjust our perspective.

There is a very interesting instance where Jesus actually mixed a compound and applied it to a blind man's eyes as a part of the healing (John 9:6-7). Some medicines (which are mixed compounds) *can be* a way in which God heals. Proverbs 17:22 actually says medicine is good: "A merry heart does good like a medicine..." When following God's leading through physicians and medicine, you must also use your faith that the medicine or treatment will work, and pray that it will not harm your body.

God may lead you to make changes in the way you take care of yourself that will bring gradual healing and better health. This is why your first and foremost priority should be your close, deepening walk with the Lord, so that He can lead you with His eye in the way that *you* should go (Psalm 32:8).

An incredible piece of information is found in Proverbs 18:9 in the AMP. The last half of the verse is found in the Septuagint (the Greek translation of the Old Testament), but not included in many other translations. It says, “He who is loose and slack in his work is brother to him who is a destroyer and he who does not use his endeavors to heal himself is brother to him who commits suicide.” If God is giving you information to help heal you or improve your health, you are responsible to use it.

In 2 Kings 20:1-11, Hezekiah was given a prognosis of terminal illness. He sought the Lord for a miracle healing and God gave him another 15 years of life. But He also directed Hezekiah to apply a poultice of figs as a treatment. God can heal with an instant miracle, and He often does (more often than some of us are aware of), but sometimes He does so by revealing and providing a *remedy*. Either way, it is healing from God, and He should receive the glory. Sometimes, when the Healer reveals *the remedy*, it tests our obedience. Naaman was an example of this, which also provides an example of how God deals with our individual needs (2 Kings 5:1-15).

 **Look up and read John 9:1-7.**

Obedience to God’s specific instructions to us individually, often precedes healing. This guy didn’t know exactly what was going to happen, but he trusted the Lord enough to obey what He specifically told him to do. And guess what? He got healed.

Sometimes, there may be something else the Lord wants to heal that takes precedence over physical healing—like healing a relationship—or a family—or something spiritual. Yes, it is ALWAYS God’s will to heal...but it may *not* always be to heal the person who is sick in the way we would like. A huge part of faith is trusting Jesus to take care of it according to His will, for your good, in His way, to His glory.

A friend’s 76 year old father had severe back problems and was told that his options had come down to living with the pain (which had become unbearable) or having surgery to put a rod in his spine (which was a last resort because the risks were so high). Even though many people prayed, God did not work a miracle healing in this situation. The man went through the high risk surgery with a long recovery time and my friend became her father’s main care giver during that time. What happened was that a far greater healing took place. If God had healed her dad instantly, the relationship healing between father and daughter wouldn’t have taken place. So is it truly *always* God’s will to heal physically? No. “*Always*” cannot be proclaimed here. There are times when He knows that other things need healing more than the physical problem. It wasn’t wrong to ask God for physical healing. Just leave the “what” and “how” up to Him.

Sometimes God allows an illness in a person's life and we don't know the reason. We simply have to trust Him. He may reveal the reason in a few years, or we may have to wait until we get to Heaven. Sometimes an illness may be the result of sin. Sometimes it may be because we are not taking care of ourselves—if I am reckless and jump off of a cliff, I'm going to get hurt. If I smoke, I increase my chances of lung cancer. I may be causing the health problem with my choices. But sometimes, like Job, a person is faithful and obedient, and they still become very, very sick. God had a purpose for his illness, but Job didn't know why it was happening.

Sometimes a person may have to see a physician, or have surgery, or get chemotherapy, etc...*while* praying, having faith, and trusting the Lord. He may heal them outright; He may perform a miracle that stuns the physicians; He may heal them through the surgery, or the treatment. Or, He may not heal them in

this life, and they pass away. It is up to Him. We must walk through the situation, trusting Him, even if we or a family member aren't healed in the way we would like.

The best thing to do is simply tell Him:

Lord, heal this in whatever way You have ordained for this situation.

No matter what the situation or need, you should always inquire of Him:

Lord, what is Your will in this situation? How do You want me to pray about this?

Lord, Who do You want to be to me or for me (or the other person) in this situation?

Lord, what do You want to do in this situation?

What do You want me to do?

What do You want me to apply from Your Word to this situation?

He may speak into your thoughts or give you a knowing in your heart. He may lay a specific Scripture on your heart, or put specific words in your mind to pray and proclaim. He may let you know that it is an outright attack of the enemy and that you need to stand up to it and fight back. He may lead you to get to a doctor at the same time. Ask for His wisdom and then do what He leads you to do (James 1:5-8). Sometimes God chooses to heal with medicine or treatment and it's not always instant (as in 2 Kings 20:1-7). We must trust Him to bring about His will whether we understand it or not.

This is why developing that deepening relationship with the Lord is so important—so that He can *lead you in the way that you should go* (Psalm 32:8; Isaiah 48:17)!

We have to remember that *it is our faith God blesses and honors*, and our lives go far beyond this physical life. He wants us to believe, *no matter what*. Sometimes there are things God knows that we just do *not* know. Sometimes we can't even begin to understand God's sovereignty. We must then be able to say, "*No matter what, Father—I trust You.*"

How touching is it when a Christian goes through something difficult with a powerful testimony of God's sustaining power and strength in them? Others see real people getting through real struggles with grace and peace.

Some think that if God really loved them He wouldn't allow them to ever be sick, or if they had enough faith, they wouldn't be sick. But Scripture doesn't support that. Paul wrote in Philippians 2:27 that his ministry partner, Epaphroditus, had been very *sick*. 2 Timothy 4:20 tells us that Paul had to leave another person on his ministry team behind, because he was *sick*. So even the greatest of Apostles, who had a huge healing ministry, couldn't heal whoever or whenever he wanted. Paul ministered like Jesus did.

 ***Look up and read John 5:19-20, 30.***

What did Jesus do?

Jesus and Paul both only spoke what they heard their Abba Father telling them to speak and only did what their Abba Father showed them to do. How in the world could we operate without doing the same?

Inquire of the Lord! If He reveals to you that He is going to heal you in the specific way you are desiring, then you can have unwavering faith with no doubting. If He speaks to your heart something such as Isaiah 43:2: When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you, then you can have unwavering faith with no doubting that He will give you the sustaining grace,

peace, joy, and strength (everything you need) to go through it without the miracle you desire. Trust that He has a purpose that you may not know about. Either way, your life is a powerful testimony of the greatness of our God. Be determined to have your speaking, your actions—all of your life bringing glory to Him.

The point is to *not* deny that physical healing is for today and the glory that God can receive through it, but to know that physical healing doesn't have to take place for God to be glorified. The Bible reveals all types of healing—physical and mental/emotional, but some of it also involved relational healing, and much of it included spiritual healing. Jesus made available to us all of it through His shed blood, death, and resurrection. What really needs to come into alignment is our understanding of what “healing” could mean, and to properly place “healing” in the light of eternity.

You must spend time with God and time in His Word, really studying it. Always begin by praying, *Father, please open the eyes of my understanding. Speak to me from Your Word by the power of the Holy Spirit.*

 ***Look up and read John 14:26 and 16:13-14.***

Who will teach us?

Who guides us into the truth?

God's Word gives you the truth, but the Holy Spirit gives you the understanding of the truth. Different people can read the same words and have completely different responses, but if the Holy Spirit speaks to you through those words it can be totally life-changing. This is what we should ask for. Revelation from God's Word will uphold you in the most difficult times.

Our relationship with the Lord should be continually growing deeper and deeper. You cannot just expect or *claim* the fullness of blessings apart from a close relationship with your Abba Father. When God speaks to you through His Word or through the Holy Spirit (which *always agree*)—you need to believe Him and trust Him—and that is a result of the *relationship*. God *does* allow some hard, painful, and disappointing things in our lives. It's in the midst of those difficulties, in the midst of the pain that we must have faith, obedience, and trust in our Lord and King. Press into Him with all your heart, soul, mind, and strength. It's through trials and times of testing, proving, and purifying, that God moves us into our full inheritance and His full purposes for our lives.

To live your life to the fullest and to fully accomplish the plans and purposes He created you for, you must have a correct mindset about this very thing. We must be *spiritually minded*. It's a way of looking at things from a *higher perspective*.

 ***Look up and read Romans 8:5-6.***

What does being spiritually minded produce?

To have the most life and peace, we have to be *spiritually minded*. It's a totally different way of thinking for most people, but that's probably part of what God had in mind when He said: "...Be not conformed to this world: but be transformed by the renewing of your mind..." (Romans 12:2). "While we **look not at the things which are seen, but at the things which are not seen**: for the things which are seen are temporal; but the things which are **not seen are eternal**" (2 Corinthians 4:18).

“The most important step in discovering God's will is to sincerely *desire* His will. This may seem obvious, but by nature people seek security and comfort and avoid insecurity and hardships. So often when we say we're seeking God's will, we're actually presenting our desires to Him and seeking His approval. Even

Jesus acknowledged that He wanted to avoid dying on the cross, though He knew it was His Father's will. But He prayed, 'Not My will, but Yours, be done' (Luke 22:42)."³

Don't assume that all mountains are placed there by the enemy. God may give you a revelation into the purpose of that mountain that will give you a totally different perspective. But if He reveals to you it is a mountain that He wants moved, you can then take action with authority and confidence.

The Lord may bring a specific Scripture to your mind, like He says He does in John 14:26: "But the Comforter, which is the Holy Ghost, Whom the Father will send in My Name, He shall teach you all things, and bring all things to your remembrance, whatever I have said to you." Or you may be reading something and know in your spirit that He is speaking directly to you through it. He may even speak to you through other people. You know when He is doing these things, because it may feel like it makes your spirit leap! Or you may be reading the Bible and something seems to jump out at you. You may have read or heard it a hundred times before, but it's like you're seeing it for the first time! It's because the Lord is using it to speak directly to you about your situation. When this happens, He is giving you a *personal promise*. Holding onto His personal promises, and asking Him in faith to fulfill them in your life, pleases Him greatly.

The Lord may speak to your heart that He is your Jehovah-Jireh—Your Provision, or Jehovah-Shalom—your Peace, or the Righteous Judge... You may hear something on the radio or in your Pastor's sermon that you know God is giving to you as a direct word from Him to proclaim, to pray, and to hold on to. When things like that happen, your faith will soar, and you will stand strong, believing and trusting Him! Your entire life is a journey with the Lord of deepening love and trust.

Recommended Reading: *Hinds' Feet on High Places*, by Hannah Hurnard, is a must read. It beautifully portrays our journey through the Christian life in a timeless allegory story. You will read it again and again, as it covers the struggles, the victories, the attacks by the enemy, the growth, and the Lord Himself accompanying us all along the way.

If you are abiding in Christ and His Word is abiding in you, you can trust Him to lead you in the way you should go (Psalm 32:8). If you are set on a miracle the way you expect it to come, and are not willing to do what God may reveal through other means, you may not receive the healing you could have had.

1 Thessalonians 5:23 says: "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." The Greek word translated "wholly" there means: *complete to the end; all; the conclusion or result (immediate, ultimate, or prophetic)*.⁴ "Whole" is *complete in every part, perfectly sound*.⁵ It means your *whole being*: spirit, soul, and body, as stated in the verse. God always takes all three areas into consideration when He decides what's best. What good would it do for someone's body to be healed, but their spirit be lost for all eternity? What good would it do for someone's body to be healed, but their soul (mind, will, and emotions) not be well? The condition of your soul and spirit in this life has more of an effect on your eternal life than the condition of your physical body.

A personal testimony of God leading in the way to go concerning healing:

One day my son came and showed me a bite on his forearm. It had a red welt around it, so I put some antibiotic ointment on it, but I'm not one to just run to the doctor for every little thing. Joshua was 15 years old at the time and he didn't say any more about it, so I didn't even think about it again. A few nights later, right before bedtime, I felt what I know was the prompting of the Holy Spirit and I asked Joshua how that bite was. I looked at it and the redness was gone, but there was a knot there. Then he said, "Something is hurting a little up in my under arm, but it couldn't have

anything to do with that.” Instantly, *Lymph nodes* popped into my mind and I heard in my mind, *Get him to the doctor!* I knew it was the Lord.

I prayed for God to protect him through the night. I laid my hands on him and prayed for God to heal him completely, and I prayed for the Lord to get us in to see the doctor quickly in the morning. Don't think it doesn't require strong faith and prayer in going to a doctor. I prayed that God would supernaturally give the doctor the knowledge of exactly what was wrong and what to do about it. I called first thing in the morning and they said we could come in at 8:30 a.m. That was *unusually quick*. We told the doctor what was going on. He took one look at the bite, felt up in his under arm area, and said it was a spider bite and the infection had spread to his lymph nodes. He said it was the beginning of blood poisoning. This was serious. If God hadn't brought it to my attention and let me know I needed to get him to the doctor fast, it could have been very bad. The doctor gave him an antibiotic. I'm not a big fan of antibiotics, but in this case it was absolutely necessary. We prayed that the medicine would do its perfect work and it did. I am so thankful for God's leading and my son was *healed*. I consider that *healing*. God can heal however He chooses. It is our mindsets that often limit what we think is healing—and we then fail to give God the glory and praise He deserves.

Another personal testimony:

I have come to know God personally as The Lord is Healing. Like I said earlier, I had experienced Him healing me of something through a medical treatment. I had experienced Him healing me of something through proclaiming and holding fast to His Word. I had experienced Him healing me of something miraculously. Then I began having an increased problem with migraines. I sought the Lord in faith for healing. A short time later, I believe God arranged for me to hear information about the huge health benefits of taking pure coconut oil medicinally. I decided to try it and the migraines I was having as often as every other day stopped after beginning to take a tablespoon of it daily. (You can take 1 tablespoon of coconut oil daily for medicinal purposes – it is also one of the best oils to cook with). This lasted for about a year. I had started out by putting the tablespoon of the coconut oil into a cup of warm, but not hot, tea for it to melt. I didn't really like it, but I liked not having migraines better. Then I heard of someone who melted the oil and just swallowed a couple spoonfuls straight. It sounded easier to just swallow the whole thing and be done. So I began storing my coconut oil in a small plastic container on the cabinet and zapping it in the microwave each morning to swallow it in liquid form. I did not make the connection until later, but it was shortly after that, the migraines started up again. It progressively became worse to the point of having one every other day again and I was really suffering from it.

I was praying for God to heal me. I know He wanted to as much as I want my child to be well when he or she is sick or in pain. I know the Lord could have done it instantly. But what if He had to give me time to see a truth that had much further reaching health implications, not only for me, but for my family as well?

God began revealing to me the information on storing and heating food in plastic, and microwaves killing nutrients in food. So I started with some fresh coconut oil, stored it in a glass jar, and did not microwave it. The migraines stopped immediately.

What if the Lord had gone ahead and healed me instantly and I had just kept storing everything in plastic containers and zapping all nutrients away in my microwave, and even zapping in poison from the chemicals in the plastic while heating up food that had been prepared in my toxic gas releasing, non-stick coated pans? And because God had healed my migraines instantly without me seeing the need to change anything, I suffered long-range health consequences that I didn't even realize were related. Wow. I had never thought of it that way before. When God is trying to give us

information that will improve our health or keep us healthier, why do we sometimes rebel against it or just ignore it?

At one point, we realized that there were many things many people serving with New Hope were being afflicted with. We were all seeking the Lord for healing, and He began revealing to us many things from His Word which gave information on health. I see now that it was more important for us to learn what is contained in His Word concerning health, than for Him to miraculously heal us at the beginning, so that we could be healthier in the long run. I believe it is also so that we can teach these things to other people—for them to be healthier.

When we started seriously petitioning the Lord for health and healing according to His Word, He began leading us to teaching about food and eating according to His Word. In Proverbs 4:20 God says through Solomon: *My son, attend to My words; incline your ear to My sayings. Keep looking at them; keep them in your heart. They are life to those that find them* (it doesn't say, "to everyone," just to those that find them), *and health* (Hebrew word means: medicine) *to all your flesh*. If the OT reveals other principles and instructions, why would we think it doesn't reveal health information? In Micah 2:7 the Lord says, "Do not My words do good to him who walks uprightly?"

We also have the Holy Spirit in us to teach us, instruct us, and to guide us into all truth. We began to seek Him in that way, to teach us and guide us to the answers on health issues we were experiencing here at New Hope. Remember Psalm 32:8: "I will instruct you and teach you in the way which you shall go: I will guide you with My eye." I have experienced Him instructing me and guiding me in the way I should go concerning my health.

I'm sure not saying that everyone should do the exact same things that I do concerning these things. This is just how God has led me in the way that I should go for my own individual health needs. You do your own research if you're interested. He will lead you in the way that you should go concerning your own health. Your main focus should be on a continued deepening relationship with the Lord, so that you will know and follow His leading.

Here are some simple healthful changes the Lord has led me to make for myself and family personally:

- I don't use any unsaturated fats. I use coconut oil and olive oil to cook with, and take 1 tablespoon of coconut oil a day medicinally. It's important to get high quality oil for medicinal use.
- I don't store food in plastic containers—I use glass. (Plastic is made from petroleum and when heated, research shows that it releases toxins, and chemicals also leach into the food being stored in plastic.)
- Most research reveals that plastic water bottles should not be reused. I don't use plastic water bottles. (Research reveals that toxins leach out of plastic into liquids, especially dangerous when plastic water bottles are in any heat, such as in a car.) I use glass water bottles.
- I don't use non-stick coated pans—I use stainless steel or preferably cast iron. (There is research that reveals Non-stick coating emits a toxic gas when heated and releases poisonous chemicals into food, especially if it is scratched or peeling.) A good, seasoned cast iron pan is just as non-stick, if not better.
- I don't use a microwave (much research reveals that a microwave kills the nutrients in food and alters their molecular structure).
- I use real butter—absolutely no margarine or butter substitutes. (Research finding on margarine is shocking.)
- I don't use regular white flour or processed flour. If white flour is absolutely needed for pastry or something like that, I use *unbleached* flour. Much research reveals the health benefits of fresh

ground wheat flour. I use a countertop wheat mill to grind flour as I need it from wheat. (*All of the vitamins and nutrients remain for only 24 hours after grinding, or a little longer if kept in the freezer.*)

- Processed foods are one of the worst things you can put into your body. Our bodies were designed to process whole, fresh foods. They were not designed to process preservatives, dyes, and chemicals.

Do some research yourself on topics such as these. It will lead you to information you may really need to know, such as this from Jordan Rubin's *Biblical Health Daily* on his website. This article is titled: "How to Get Sick: Keep It in Plastic."

"Before you store your leftovers in one of those disposable plastic containers, consider that these types of products release carcinogenic toxins into foods. The toxicity is increased when foods contain high amounts of water or when they are highly acidic. Water is one of nature's most effective solvents, and unfortunately it is quite effective at drawing out toxins from plastic. According to *The Safe Shopper's Bible*, cling film contains carcinogenic by-products..., while regular plastic wrap contains residual traces of vinylidene chloride. If you wash and reuse plastic water bottles, be aware that repeated washing and reuse of disposable water bottles may accelerate the breakdown of the plastic, increasing your exposure to potentially harmful chemicals. Do not use plastic water bottles more than twice at the most. As for aluminum wrap, you already know it's bad. Some aluminum inevitably leaches into the foods it touches."

What do you need to do to take better care of your body (the temple of the Holy Spirit)?

Health Tip: We have also learned some important information about antibiotics from studying about healthy living. Antibiotics should only be taken when truly necessary, because our bodies build up immunity to them and they will no longer work. Another reason is because they kill not only the harmful bacteria in your body, but also the good bacteria. Our bodies need the good bacteria in order to work properly. There is a solution to this problem, though. You can purchase "pro-biotics" anywhere health supplements are sold, which actually replenish your body with the good bacteria you need. Whenever you *have to* take antibiotics, when you are finished taking the entire round of medicine, taking a round of pro-biotics afterward is very important.

Many doctors and health experts recommend taking large doses of vitamin C for a few days when you first begin to feel a sickness coming on. The medical community is also finding that vitamin D deficiency is responsible for many illnesses and even diseases. You can ask your doctor to do a simple blood test to check your vitamin D level.

Concerning vitamins and supplements: it is better for us to get what our bodies need through foods that are rich in vitamins and nutrients. I do take supplements, but they are supposed to *supplement* the natural food you eat. It is better to take whole food supplements if available (which come from the food source, not synthetically produced).

Recommended Resources:

***What the Bible Says About Healthy Living*, by Rex Russell, M.D. is a good resource on the topic of health and wellness as recorded in God's Word.**

Another excellent resource for health and whole food supplement recommendations and health related information is www.anne Elliot.com/anne'shealthyplace

Faith is *not* based on a “positive confession” or repeating specific words. It’s based on God Himself (the God of the impossible) and *His* Word. Read His Word and listen for what He says to you. Believe what He says, even if it’s beyond what seems or looks possible. Faith is simply believing and trusting God, because He is God. Believe His promises and surrender yourself and your expectations to His way and His timing.

The unchanging character and nature of our Almighty God, His power, and the absolute truth of His Word are what our faith is based upon. We must hold fast to His Word and the promises He has made to us, no matter what things look like, no matter what things feel like, no matter how long it takes. That is walking and living by faith—knowing it is your faith that God will bless and reward—and whether we see the fulfillment now, later, or in Heaven, doesn’t even matter. That is a life of great power and great internal peace and rest. *It is being spiritually-minded—life and peace.*

I want to share with you another personal experience I had with living out faith in real life:

When God began teaching me things about faith and healing, I embraced it and received it from the beginning, and I experienced it in my life. I went for over four years without having so much as a head cold. I went from having several sicknesses every year to having absolutely *none*. I just did not get sick. Then at the beginning of 2009, there were a lot of sicknesses going around, and I started having a cough. I went to the Lord with it in faith and trust. The faith and trust I have in Him, and all that He has provided for me, allowed me to do all of the things I knew to do, without wavering when the cough didn’t stop instantly...even though it got really bad and hung on for a long time. I believe it was because of this, that the sickness was not worse than it was, and God was able to lead me in the way that I should go. I had no other symptoms, no sore throat, no fever, no sinus infection, nothing in my lungs. My body actually felt well, but the cough drug on and kept me from being able to sleep good at night. I got tired, and it started to wear me down.

From the moment it had started, I went through the Health & Healing checklist (from the New Hope Series Book 6), asking God to reveal to me if there was anything I was doing that needed to change. I follow information He has given me on healthy living. I prayed and proclaimed my absolute faith that my God is the Lord My Healer. I drew from the wells of salvation. I verbally and spiritually resisted the devil. I spoke to that mountain of coughing and told it to be removed from my body, just as God’s Word instructs. I also spoke aloud and meditated on health and healing Scriptures to strengthen my faith. But the cough hung on. After several weeks of persisting, I went to the doctor (but I also did not stop doing everything else). The doctor could not find anything wrong with me. After a couple weeks more, with no change in my symptom, I went back and she gave me an anti-biotic. I don’t like antibiotics, but I believe God *can* use them for healing. The doctor said they were seeing more people with the same thing and it would probably take two rounds of the anti-biotic to get over it. While I was taking the medicine, the cough went away, but returned full strength when the medicine was gone (both rounds).

During that time, as I continued praying through the Health & Healing card, God revealed some pride I had over not having been sick for years, which I repented of. He revealed something that I needed to forgive, which I did, and also my need to get more exercise, which I’m doing better with. I want nothing to stand in the way of His perfect will and plan for my life. I want nothing to keep me from fulfilling His purposes. I want to be found faithful. It was the very next day after writing down this story to share with you that my dad showed me something he had found in a book he was reading on natural cures. It said that *oil of oregano* and *oregano capsules* are used to treat coughs and respiratory infections. I felt what I can only explain as *a sense of knowing* that God was working through my father to lead me in the way I should go.

My doctor had told me to come back if I didn't get any better, so I did, but I also started the oregano treatment the very same day. My doctor even said she had heard of that and encouraged me to go ahead with it. She did take a chest x-ray and blood work to make sure there was nothing else going on. The tests were all fine and we decided to try the oregano for a week. I felt improvement almost immediately and within a few days, I was as good as new. The doctor had told me that they were having to put other people on a stronger, six week antibiotic to get over what I had. Viruses are becoming more and more resistant to antibiotics and we need to know about other natural alternatives. In Exodus 15:26, where God revealed Himself saying, "I am the LORD that heals you," the original Hebrew word means: *physician, to cure, heal thoroughly, make whole*.⁶ The Great Physician can heal instantly, He can give medicine, He can lead you to natural cures (which He created). We need an ever deepening walk with the Lord of faith and obedience, so that we can know and follow His leading.

Faith is believing *without* having to see something happen. Faith is continuing to believe even if you don't see anything happen over a period of time—even if it is a *long* period of time. This applies to everything! For instance: if you are praying for the salvation of an unsaved spouse, you can hold fast to what it says in 1 Peter 3:1-2: "Likewise, you wives, be in subjection to your own husbands; that, if any obey not the Word, they also may without the Word be won by the conversation (*behavior*) of the wives; While they behold your chaste (*pure, genuine, uncorrupt, free from barbarous words*)⁷ conversation (*behavior*) coupled with fear." Holding fast to this truth from God's Word may require a continuous, long term commitment. Don't give up and quit after a couple days, or a couple months, or even a couple years. You should hold fast and continue for as long as it takes!

 **Look up and read John 14:26.**

Who will bring things to your remembrance?

We shouldn't get all worked up and stressed out, thinking we have to know every Bible verse for every different problem or situation. That could get absolutely overwhelming. If you are gaining knowledge of His Word, God says the Holy Spirit will teach you, lead you, and bring things to your remembrance when needed (John 16:13). When He brings a word to mind, you can apply and proclaim it with bold faith!

Note: The book: *The Cure is in the Cupboard (Revised Edition)*, by Dr. Cass Ingram, says that medicinal Oregano is not the same as the common garden herb. The best infection fighting benefits are from an Oregano plant found only in the Mediterranean and is identified as P73 Oil of Oregano. Oil of Oregano that is *not* identified as P73 should be avoided. To combat illness or infection, it is recommended to take 2 drops of the oil (in a drink works best) every 4 hours and 2 Oregamax (which is the crushed herb in a capsule) 3 times a day until you start feeling better, then cut down the amounts gradually as you get better. The many different things Oil of Oregano can cure is absolutely amazing, and the book has many testimonials and examples.

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¹ Quote by Jill Briscoe.

² *Strong's Exhaustive Concordance*, Baker Book House, Grand Rapids, Michigan, 1982, #4832.

³ From *Why Prayer Makes Sense*, published by Barbour Publishing, Inc. Used by Permission.

⁴ *Strong's Exhaustive Concordance*, Baker Book House, Grand Rapids, Michigan, 1982, #3651 and roots #3650 and #5056.

⁵ *Strong's Exhaustive Concordance*, Baker Book House, Grand Rapids, Michigan, 1982, #3648.

⁶ *Strong's Exhaustive Concordance*, Baker Book House, Grand Rapids, Michigan, 1982, #7495.

⁷ *Noah Webster's 1828 Dictionary*, Republished in Facsimile Edition by Foundation for American Christian Education, Rosalie J. Slater, 1967, 1995.