

Grace for Supernatural Renewal in Every Area of Life

(Your Supernatural Renewal with His Power)

Key Promise: Psa 142:3

When I am overwhelmed, you alone know the way I should turn. You know the way out of the pit. *JY*

Experience supernatural renewal and overcome stress and weariness: spiritually, emotionally and physically.

Many people are overwhelmed by challenges in their studies, work, business, relationships and their health. They started with great faith but after some time, they grow tired and weary. See how God can bring you supernatural renewal.

Isa 40:30-31

Even the youths shall faint and be weary, And the young men shall utterly fall,
³¹But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. *NKJV*

THE 7TH FEAST: THE FEAST OF TABERNACLES

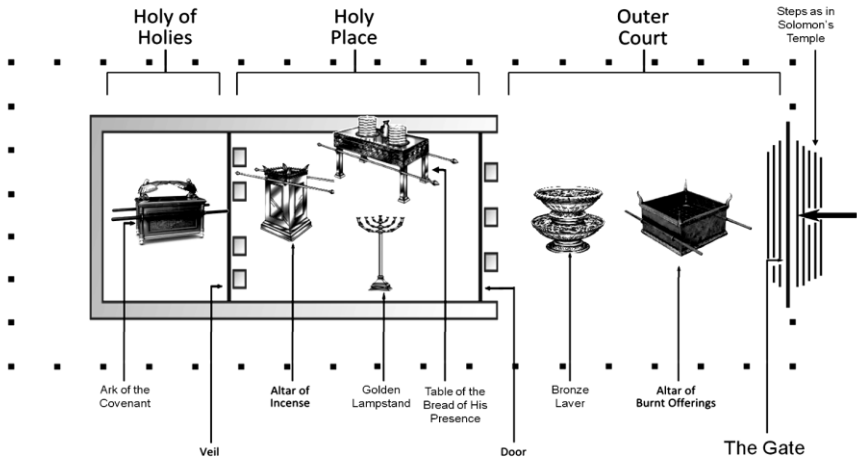
15th-21st of Tishrei (Seventh Month), 5 days after the Day of Atonement.

Amos 9:11

Exo 25:9

You must build this Tabernacle and its furnishings exactly according to the pattern I will show you. *NLT*

Heb 8:5-6 Shadow of Heavenly things.



1. Christ's Coming brings you

The Gate

John 10:9

I am the gate; whoever enters through me will be saved. He will come in and go out, and find pasture. *NIV*
 Or 'door' as in *NKJV*

Rev 21:5

Then He who sat on the throne said, "Behold, I make all things new." And He said to me, "Write, for these words are true and faithful." *NKJV*

John 9:6-7

He is the only One that satisfies.

John 7:37-39

On the last day, the climax of the festival, Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me! ³⁸Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'" *NLT*

Have big dreams, set your goals high, but be happy where you are.

Enter His Gates with

Psa 100:4

Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name. *NKJV*

Songs of Ascents: Psa 120-134

Deut 16:15

Give thanks even in our 'tents' – imperfect situations.

Focus on what you have instead of what you don't have.

*When you always focus on what you don't have, you lose your joy and may enter into **depression**.* Thanksgiving releases **faith**, expectation, joy and strength.

Give thanks prophetically. It releases creative and multiplying power.

Give thanks with our giving as an act of worship

As you acknowledge God as your Source and see him **big**, you receive faith to receive **big** things!

Deut 16:16-17

They shall not appear before the Lord empty-handed. ¹⁷Every man shall give as he is able, according to the blessing of the Lord your God that he has given you. *ESV*

Why is giving an act of worship?

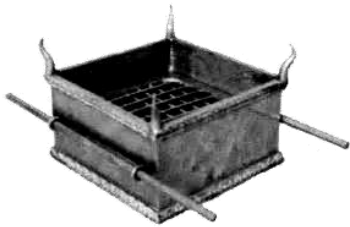
Psa 29:2

Give to the Lord the glory due to His name; worship the Lord in the beauty of holiness or in holy array. *AMP*

Worship: root – worth, worthship

2. Christ's Sacrifice gives you for ashes

The Altar of Burnt Offering



Isa 61:2

To proclaim the acceptable year of the LORD, And the day of vengeance of our God.

³To console those who mourn in Zion, to give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness. *NKJV*

3. Christ's Cleansing Power has made you

The Bronze Laver



Made whole by the

Eph 5:26-27

He might sanctify and cleanse her with the washing of water by the word, ²⁷that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. *NKJV*

Let God's Word renew your .

Why is it important not to listen to negativity?

Psa 1:1

How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! *NASB*

You can be in the right place and in the right time but if you have the wrong mind set, you may miss your breakthrough.

Psa 1:2-3

But his delight is in the law of the LORD, And in His law he meditates day and night. ³He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper. *NKJV*

Let God's Word renew your .

What happens when we open ourselves to negative feelings?

Psa 120:2

Deliver my **soul**, O Lord, from lying lips and from a deceitful tongue. *NKJV*

Prov 14:30

A relaxed attitude lengthens a man's life; jealousy **rots** it away. *LB*

Psa 119:103

How sweet are Your words to my taste, Sweeter than honey to my mouth!
NKJV

Let God's Word renew you .

Psa 103:5

Who satisfies your **mouth** with good things, So that your youth is renewed like the eagle's. *NKJV*

1 Tim 4:4-5

... For **everything** God created is good, and nothing is to be rejected if it is received with thanksgiving, 5 because it is **consecrated** (set apart) by the **word** of God and prayer. *NIV*

Why is it important to take care of what we eat even when we have given thanks?

Deut 4:40

What does God's Word say about some foods?

Lev 3:17

This shall be a perpetual statute throughout your generations in all your dwellings: you shall eat neither fat nor blood. *NKJV*

Lev 11:7

Lev 11:9

Gen 1:29

Eze 4:9

Will I miss out so much in life?

Be open to **new** things and **supplements** but avoid fanciful diets and **excessive** supplements that claim all kinds of things.

Made whole with

Lev 23:35

On the first day of the festival you must proclaim an official day for holy assembly, when you do no ordinary work. *NLT*

Exo 20:11

1 Cor 9:27

... I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. *NKJV*

Download the Choruses and Hymns on your iPad at:

Oasisofcare.org → Resources → Articles

Rom 8:26

Likewise the Spirit also helpeth our **infirmities**: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. *KJV*

Why is it important to be healthy?

Gen 6:3

Then the Lord said, "My Spirit shall not strive with man forever, because he also is flesh; nevertheless his days shall be one hundred and twenty years."
NASB

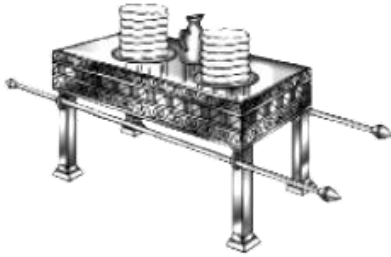
Keep your body healthy to your blessings and to God effectively.

Rom 12:1-2

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. *NKJV*

4. Christ's Body gives you Supernatural

Table of showbread – Bread of His Presence



1 Cor 10:16

Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a **participation** in the body of Christ? *NIV*

As we proclaim His death (1 Cor 11:6):

We are **bold** to **receive** from the Throne of Grace.

We **receive** Covenantal **Blessings**.

We **receive** His supernatural **Life**.

Psa 107:20

He sent out his word and healed them, snatching them from the door of death.
NLT

John 6:51

I am this Living Bread that came down from heaven. If anyone eats of this Bread, he will live forever; and also the Bread that I shall give for the life of the world is My body. *AMP*

Adventure this week:

1. Memorize Psa 142:3 and write the verse from memory here:

2. What areas are you to give thanks for and why?

3. How are we made whole in our spirit and emotion?

Why is it important not to dwell on negativity?

Get the CD or WhatsApp on **Words for Healing and Health**. Pass to your friends as well. Soak in the Word, in your travels and in your sleep.

4. What steps must I take to have more rest?

What must I do to exercise more?

What foods do I need to eat more of and what foods do I need to eat less of?

5. Why is it important to be healthy?

Today's Articles

Renewing with the Right Food

The word 'eat' occurs 655 times in the KJV Bible! The Bible has a lot to say on our food intake. So it is not 'unspiritual' to talk about food.

We often watch TV programs that highlight how man destroys the environment, but men are destroying their own bodies by the food they take.

We can't stand a blocked drain in our homes – the smell and rotten stench would be unbearable. How much more are the clogged up vessels and intestines in our bodies! What are we doing about it?

Psa 103:5

Who satisfies your mouth with good things, So that your youth is renewed like the eagle's. *NKJV*

But I prayed and blessed the food!

1 Tim 4:4-5

... For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, ⁵because it is consecrated by the **word** of God and prayer. *NIV*

Notice the verse also says – consecrated by the word. The word 'consecrated' means to set apart.

Yes, you can sanctify the food by prayer but Paul also mentioned that the food should also be sanctified (set apart) by the Word. In other words, is it in line with the Word of God?

God can heal you, every time you get sick. But the **better** way is to go on a healthy diet that has been sanctified (set apart) by the Word.

Eating the right food does make a lot of difference in our lives. Studies have shown for instance that people with schizophrenia, Alzheimer 's disease, memory problems improve remarkably well just by changing their diet. Our eating habits can even affect our mental capacity and memory.

Are we going back to laws when we follow the Bible guidelines on food?

Deut 4:40

You shall therefore keep His statutes which I command you today, that it may go well with you and that you may prolong your days in the land which the LORD your God is giving you for all time. *NKJV*

These dietary guides are not given to earn us salvation but for our health. God is the Creator – He knows what is best for us.

Cut down on too much saturated fat and red meat.

Lev 3:17

This shall be a perpetual statute throughout your generations in all your dwellings: you shall eat neither fat nor blood. *NKJV*

Scientific studies now confirm what the OT had already mentioned thousands of years ago regarding the dangers of fat and red meat - cholesterol and uric acid.

Lev 11:7 Pork

The Old Testament also cautions against eating fish without scales. Lev 11:9

Scientific studies have shown that toxic chemicals can easily get in the body of a fish without scales. Similarly, shellfish is best avoided. Too much of it is shown to be bad for health.

1 Tim 5:23

Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.

Studies have shown excessive drinking of hard liquor is detrimental to your health.

Avoid mixing milk products and protein.

Exo 23:19 Do not cook a young goat in its mother's milk. *NIV*

Protein needs acidic juice to digest; carbohydrates need an alkaline medium. When we take in both, the body produces both alkaline and acid that neutralizes each other. You have problem digesting the food and this causes a bloated feeling. Milk can also cause excessive mucus secretion in the throat. Watch out if you have asthma and allergies.

Moderate intake of some types of cheese, however, seems to be fine as the milk is processed.

Eat a balanced natural food combination.

Be open to new things and supplements but avoid **fanciful** diets and **excessive** supplements that claim all kinds of things.

Gen 1:29

Then God said, "I give you every **seed**-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. *NIV*

Studies have shown that cultures with seeds as their main diet have very low cases of cancer. Seeds and nuts are rich sources of proteins and Vitamins.

Eze 4:9

Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make **bread** for yourself. *NIV*
Eat whole grain or **genuine multigrain** bread, not just wholemeal bread.

John 6:9

"Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?" *NIV*
Jesus multiplied wholesome food: **barley** loaves and fish.

Cut down on processed food like **white** bread or white rice. These produce glucose and are really fattening. Beware of some varieties of so-called 'whole meal bread' because they are mixed with too much white flour to save cost. It is better to take whole grain bread. Take also brown rice or multigrain meals.

Sugar products (not merely fat) are the *leading* cause of degenerative diseases.

Eat food with a low GI index.

Take note of the GI (Glycemic index) – the rate at which food is broken down into sugar. The higher the index, the faster sugar is produced.

Over time, such foods causes degenerative diseases like diabetes.

Low GI foods are normally **whole grain unpolished**, like multigrain wheat or brown rice and some varieties of Basmati rice.

Check out the many websites on low GI food like these:

www.the-gi-diet.org, with information provided by the University of Sydney or www.health.harvard.edu

Do not think you will be weak if you **concentrate** on vegetables and fruits. Elephants and gorillas, only eat grass and green plants but they are strong!
It is rather expensive to eat whole grain bread or good nutritious food. So simply eat less but go for quality. Think long-term – your medical bills will be much lower!

What if I feel that I am missing so much in life if can't enjoy good food?

Healthy food and good taste are not mutually exclusive. Taste is a habit that is **acquired**.

Re-orientate your mind and begin to see the beauty and appreciate the taste of fresh vegetables in their natural taste without oil or sugar or salt – this is the taste of the real Eden!

This is by no means a legalistic law. Once in a while of course you can indulge yourself as you build up good resistance against any toxins but do it moderately.

Keep your body healthy to enjoy your blessings (Gen 6:3) and to serve God effectively.

1 Cor 9:27

... I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. NKJV

Renewing with Rest Breaks and Exercise

The effect of your exercise lasts long after you exercise. It is called '**afterburn**'. You will **burn more** calories than what you see on the treadmill screen long into the day. You can also do simple exercises and burn calories even in your **office!**

Moving your body fast and then slow is called 'burst training'. Two to four minutes of such training is like a 30-minute walk according to a well-known trainer. People with back problems should start at a slower pace.

Do not be **self-conscious** and embarrassed to exercise in your office. After a while, people will also follow you and ask where you learned it! It gives you an opportunity to share Christ.

1. Chair jogging

Sit on your chair and swing your arms and move your legs like jogging: Fast then slow and repeat.

2. Resistance exercise

Raise your body an inch above your chair for two to **four** minutes an hour, while continuing your normal office work.

Sit and stand – do ten times per hour. Fast then slow and repeat.

It is *like* 80 **squats** a day at work.

3. Moving your arms and feet like skipping a rope.

You need not bounce your feet on the floor if you have any knee problem. Just raise your feet up and down with the balls of your feet. Fast then slow and repeat.

Get video with WhatsApp from your ZP or watch this on YouTube:

Renewing with Rest RLC