

## HEALING - BODY SOUL SPIRIT 7 - EMBRACE WHOLENESS

### I. OUR SPIRITUAL IMMUNE SYSTEM - God promises us supernatural protection against our enemies.

**Psa. 91:1** He who dwells in the secret place of the Most High  
Shall abide under the shadow of the Almighty.

2 I will say of the LORD, "He is my refuge and my fortress;  
**My God, in Him I will trust."**

3 Surely He shall deliver you from the snare of the fowler  
And from the perilous pestilence.

4 He shall cover you with His feathers,  
And under His wings you shall take refuge;  
**His truth shall be your shield and buckler.**

5 **You shall not be afraid** of the **terror** by night,  
Nor of the arrow that flies by day,

6 Nor of the **pestilence** that walks in darkness,  
Nor of the **destruction** that lays waste at noonday.

7 A thousand may fall at your side,  
And ten thousand at your right hand;  
**But it shall not come near you.**

8 Only with your eyes shall you look,  
And see the reward of the wicked.

9 **Because you have made the LORD, who is my refuge,  
Even the Most High, your dwelling place,**

10 No evil shall befall you,  
Nor shall any plague come near your dwelling;

11 **For He shall give His angels charge over you,  
To keep you in all your ways.**

12 In their hands they shall bear you up,  
Lest you dash your foot against a stone.

13 **You shall tread upon the lion and the cobra,  
The young lion and the serpent you shall trample underfoot....**

**A. IMMUNITY IS OURS THROUGH THE BLOOD OF JESUS** - Immunity is **not invincibility**. It is a consistently **STRONG RESISTANCE** to evil schemes and devices.

**Rev. 12:11** And they **overcame** him by **the blood of the Lamb (REDEMPTION)** and by **the word of their testimony (DECLARATION)**, and **they did not love their lives to the death (SACRIFICE)**.

- **OUR NATURAL IMMUNITY** - Our white blood cells protect our body from invasion. Our mitochondria within our cells provide us with the energy for our bodies to function with health at the cellular level and are an early warning system that mobilizes our white blood cells when needed.
- **DIPLOMATIC IMMUNITY** - because we represent another country, we are protected from prosecution by the laws of another country. We must recognize that Believers have this unique authority.
- **SPIRITUAL IMMUNITY - Because we host the Spirit of Resurrection (ROM. 8:11)** we have access to an immunity and defense that is for our whole person through the resurrection of Jesus Christ.
- **STRENGTHENING our spiritual immune system** involves renewing our mind in specific areas relating to the limits of our life, health and strength.

## II. THE INTEGRATION OF HEALTH AND WHOLENESS - Body Soul Spirit

### A. UNDERSTANDING SHALOM IS THE KEY TO OUR WHOLENESS

1. **HEALTH** is the state of complete physical, mental, and social well-being and **not just the absence of disease, or infirmity**.
  2. **WELLNESS is an active process** through which people become aware of, and make choices toward, a more successful existence.
  3. **WHOLENESS is RESTORATION**. It is to **reclaim** the things that have been robbed from us through injustice and our own sin.
- **SHALOM - The root word of Shalom is "SHALAM"**.
  - **EXODUS 21 -22 - RESPONSE TO MATERIAL LOSS AND THEFT**. One of the first uses of the word *shalam* in the Torah is in **Exodus 21 and 22**. When that loss or injury occurs, the owner is considered

lacking or not complete.

**SHALAM** translated here as - “*make it good*”, “*shall surely pay*”, “*make full restitution*” or to “*restore*”. The ancient *Hebrew meaning of shalam was “to make something whole”*.

- **THIS MEANING OF WHOLENESS CARRIES OVER TO THE WORD SHALOM - GEN. 43:27-28 - Joseph**, still unrecognized by his brothers, is asking about their health and his father’s health.

**NKJV Gen 43:27-28** “*Then he asked them about their well-being, and said, “Is your father well, the old man of whom you spoke? Is he still alive?” And they answered, “Your servant our father is in good health; he is still alive.”*

- *In Hebrew, the word translated as “well-being”, “well”, and “in good health” is all one word – SHALOM.*
- **True biblical shalom means an inward sense of completeness or wholeness. NOT JUST AN ABSENCE OF WAR.**

## **B. THE SHEEP ENCLOSURE IS GOD’S PEACE AND PROTECTION**

**John 10:1** “*Most assuredly, I say to you, he who does not enter the sheepfold by the door, but climbs up some other way, the same is a thief and a robber.* <sup>2</sup> *But he who enters by the door is the shepherd of the sheep.*

1. **SHALOM IS NOT JUST THE PRESENCE OF PEACE IT IS TO BRING ORDER IN CHAOS.** It is the response of Heaven to the schemes of hell. Hell wants to jump over the wall, But Jesus RESTORES PROPER AUTHORITY AND SAFETY FOR US.

**John 10:7** *Then Jesus said to them again, “Most assuredly, I say to you, I am the door of the sheep.* <sup>8</sup> *All who ever came before Me are thieves and robbers, but the sheep did not hear them.* <sup>9</sup> *I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.* <sup>10</sup> *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

2. **THE WHOLENESS WE AIM FOR is the perfect integration of our physical health our mental/ emotional stability and the LIFE WE ALREADY CARRY in our spirit.**

- **Create spiritual momentum with the consistent, unrelenting forward movement of our faith, hope, love and joy.**
- **Rely on your spirit to discipline your mind. Allow the discipline of your mind to influence the strength and health of your body.**
- **TRAIN TO DISCIPLINE YOUR LIFE FOR DEVOTION. IT WILL BRING WHOLENESS TO YOUR LIFE - HEALTH TO YOUR BODY**

**1Cor. 9:27** *But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.*

**1Cor. 9:24 NLT** *Don't you realize that in a race everyone runs, but only one person gets the prize? **So run to win!**<sup>25</sup> All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.<sup>26</sup> **So I run with purpose in every step. I am not just shadowboxing.**<sup>27</sup> **I discipline my body like an athlete, training it to do what it should.** Otherwise, I fear that after preaching to others I myself might be disqualified.*

### **3. OUR PEACE IS OFTEN FOUND WHEN WE UNDERSTAND WHEN TO MAKE WAR AND WHEN TO REST IN HIS VICTORY -**

- **HIS STRENGTH IN US IS OUR VICTORY OVER CHAOS**

**PS. 18:29** ***For by You I can run against a troop,**  
**By my God I can leap over a wall.***

**30** *As for God, His way is perfect;  
The word of the LORD is proven;  
**He is a shield to all who trust in Him.***

**31** *For who is God, except the LORD?  
And who is a rock, except our God?*

**32** ***It is God who arms me with strength,**  
And makes my way perfect.*

**33** ***He makes my feet like the feet of deer,**  
**And sets me on my high places.***

**34** ***He teaches my hands to make war,**  
**So that my arms can bend a bow of bronze.***

**III. LET'S RENEW OUR MIND TO INCREASE OUR CAPACITY FOR HEALTH  
AND HEALING - Next week**