

## HEALING - BODY SOUL SPIRIT 8 - RENEWING OUR MIND FOR HEALTH AND WHOLENESS

### I. WHY MY BELIEFS ABOUT HEALING NEED TO INCLUDE HEALTH AND WHOLENESS:

*John 11:25* Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live.<sup>26</sup> And whoever lives and believes in Me shall never die. DO YOU BELIEVE THIS?"

- **STRENGTHENING our spiritual immune system** involves renewing our mind in specific areas relating to the limits of life, health and strength.
- **WHAT I BELIEVE ABOUT MY HEALTH INFLUENCES WHAT I EXPERIENCE IN MY BODY**
- **WHAT WE BELIEVE IS POSSIBLE FOR OUR HEALTH SHOULD BE BASED ON THE TRUTH OF HIS WORD AND NOT THE FACTS OF ANY CONDITION OR SICKNESS WE FACE**
- **TRYING TO ACT LIKE JESUS IS NOT AS POWERFUL AS TRYING TO BELIEVE LIKE JESUS.** - Steve Backlund

### I. HOW WE RENEW OUR MIND FOR HEALTH AND WHOLENESS

#### 1. WE RENOUNCE LIES AND BREAK AGREEMENTS WITH THEM

**EXPLAIN A STRONGHOLD RELATING TO OUR HEALTH** - "Once your health is gone it's gone for good." "Once you are older you can expect things to fall apart with your health." "Don't expect things to improve, just accept your new normal." "ONCE YOU HIT 50 IT'S ALL DOWNHILL AFTER THAT!"

- **AGREEMENT IS LIKE CONFESSION** - IT IS TO SAY THE SAME. (HOMOLOGEO) To agree with a LIE is to give it power over us. **PAST AGREEMENTS MUST BE RENOUNCED** in order to establish a new precedents for our life.

*Rom. 12:1* And so, dear brothers and sisters, I plead with you to **give your bodies to God** because of all he has done for you. Let them be **a living and holy sacrifice**—the kind he will find acceptable. This is truly the way to worship

him. <sup>2</sup> **Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.** Then you will learn to know God's will for you, which is good and pleasing and perfect.

- **LIVING SACRIFICES NEED TO STAY ON THE ALTAR**  
**ILLUSTRATION of new bride cooking *escargot* (cold water)**
- **TO BE CONFORMED IS TO BE SHAPED BY SOMETHING. WHAT IS SHAPING OUR LIFE? CULTURE/ TRENDS/ TRUTH?**
- **TO BE TRANSFORMED IS TO BE RENEWED IN OUR THINKING.** It begins by offering our bodies. It continues by renouncing the behavior and customs all around us in the world. It results in changed thinking.

## **2. WE ENTER THE REST AND RESET OF SABBATH**

- **THE SHALOM OF GOD IS:**
  - **RESTORATION AND WHOLENESS FOR our life.**
  - **BRINGING ORDER to the CHAOS.**
  - **PROTECTION AND PROVISION of the Good Shepherd** (*John 10 The sheep enclosure*)
- **THE SABBATH REST WE EXPERIENCE IS THROUGH FAITH**

**Heb. 4:1** *Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.* <sup>2</sup> *For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, **not being mixed with faith in those who heard it.*** <sup>3</sup> *For we who have believed do enter that rest...*

- **ENTER REST TO EXPERIENCE PROVISION**

**Heb. 4:6** *Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience,* <sup>7</sup> *again He designates a certain day, saying in David, "Today," after such a long time, as it has been said:*

*"Today, if you will hear His voice, **Do not harden your hearts.**"*

**Heb. 4:8** *For if Joshua had given them rest, then He would not afterward have*

spoken of another day. <sup>9</sup> **There remains therefore a rest for the people of God.** <sup>10</sup> *For he who has entered His rest has himself also ceased from his works as God did from His. (IT IS GOOD, He said AND THEN HE RESTED)*

- **BE DILIGENT TO ENTER THAT REST (STRIVE TO ENTER IT)**

**Heb. 4:11** *Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.*

### 3. WE RECEIVE HEALTH AS PART OF OUR INHERITANCE.

- **JESUS WAS NEVER SICK BUT HE DID GET TIRED.** *Our resources MUST BE REPLENISHED THROUGH CONNECTION*
- **HOW MANY OF OUR HEALTH ISSUES ARE A RESULT OF GOD'S WILL FOR US AND HOW MANY ARE A RESULT OF OUR NEGLIGENCE FOR our health and bodies?**
- **THE SECRET OF ABIDING** (PS 91, JOHN 15, JOHN 10, PS 23)

**Psa. 23:1 NLT** *The LORD is my shepherd; I have all that I need.*

<sup>2</sup> *He lets me rest in green meadows; he leads me beside peaceful streams.*

<sup>3</sup> *He renews my strength. (restores my soul) He guides me along right paths, bringing honor to his name.*

<sup>4</sup> *Even when I walk through the darkest valley, I will not be afraid, for you are close **beside me**. **Your rod and your staff protect and comfort me.***

<sup>5</sup> *You prepare **a feast for me** in the presence of my enemies. **You honor me** by anointing my head with oil. **My cup overflows with blessings.***

<sup>6</sup> *Surely your goodness and unfailing love will pursue me **all the days of my life**, and **I will live in the house of the LORD forever.***

### 4. WE LEAD WITH OUR SPIRIT TO HAVE HEALTH AND WHOLENESS IN OUR BODY AND SOUL.

**2Cor. 12:1** *It is doubtless not profitable for me to boast. **I will come to visions and revelations of the Lord:** <sup>2</sup> *I know a man in Christ who fourteen years ago—whether in the body I do not know, or whether out of the body I do not know, God**

knows—such a one was caught up to the third heaven. <sup>3</sup> And I know such a man—whether in the body or out of the body I do not know, God knows—<sup>4</sup> how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter. <sup>5</sup> ***Of such a one I will boast; yet of myself I will not boast, except in my infirmities.*** <sup>6</sup> For though I might desire to boast, I will not be a fool; for I will speak the truth. But I refrain, lest anyone should think of me above what he sees me to be or hears from me.

- **PAUL INTERPRETS THE THORN HE DEALS WITH IN THE CONTEXT OF THE VICTORY OF HIS SPIRIT. HIS SPIRIT IS THRIVING EVEN WHEN HIS BODY IS CHALLENGED.**
- **BOASTING IN ANY FORM IS PRIDE AND UNDERMINES GRACE.**
- **OUR HEALTH IS NOT A MATTER FOR BOASTING IT IS A MATTER FOR GRATITUDE AND WORSHIP EXPRESSED IN HUMILITY.**
- **THIS IS NOT AN EXAMPLE OF ACCEPTING SICKNESS, IT IS A KEY FOR ACCESSING GREATER SPIRITUAL EXPERIENCES AND DEALING WITH OUR HEART IN SICKNESS AND HEALTH**

**2Cor. 12:7** *And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure.* <sup>8</sup> *Concerning this thing I pleaded with the Lord three times that it might depart from me.* <sup>9</sup> *And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.* <sup>10</sup> *Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.*

- **THIS IS NOT AN OUT FOR PERSISTENT SICKNESS. IT IS A WAY FORWARD FOR US THROUGH SICKNESS. IT IS A PATH TO STAY IN VICTORY EVEN WHEN WE DEAL WITH THINGS THAT DO NOT CHANGE.**
- **OUR SPIRIT LEADS OUR SOUL AND BODY THROUGH EVERYTHING!**