

# *The Recipe for a Healthy Life*



If we decide to pay attention to God's design, health and blessing will follow, and God will be glorified in our lives. If we decide to ignore God's design, the consequences can be devastating.



## Soul Health

### ☐ 4 Types of Healing:

- Spiritual
- Emotional
- Relational
- Physical

Genesis 2:7

Ecclesiastes 12:7

Romans 14:12

### ☐ A Soul's Value

- Psalms 49:6-8
- Matthew 16:26

### ☐ God lays out a design for life

- 3 John 2
- Matthew 6:33

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### ☐ 5 things every body/soul needs...

- ▶ Light 2 Corinthians 4:3-4...6
- ▶ Food/Word of God
- ▶ Exercise Hebrews 5:14
- ▶ Air John 3:8
- ▶ Water John 4:10...13-14      John 7:38-39

## Soul Health

☐ Knowledge is the foundational core of a healthy soul.

- Proverbs 19:2
- Hosea 4:6

What is knowledge...

- Proverbs 1:7 The fear of the Lord is the beginning of knowledge:
- Proverbs 2:1-10

☐ Every healthy soul must have hope in God's promises as an anchor.

- Hebrews 6:19

☐ What we expose ourselves to can bring infection and disease to healthy souls.

- 2 Peter 2:8

☐ The healing of our souls

- Psalms 41:4 I said, Lord, be merciful unto me: heal my soul; for I have sinned against thee.
- Psalms 51
  - ▶ Wash me Cleanse me
  - ▶ Purge me Make me hear joy and gladness
  - ▶ Create in me a clean heart Renew a right spirit within me
  - ▶ Restore unto me the joy of thy salvation

## Mind Health

☐ God uses the imagery of earthly experiences to help us understand spiritual concepts.

- Hebrews 12:1
- James 5:7-11

In a culture of immediate gratification, we cannot miss the consistent theme in scripture.....that following Jesus involves paying a price. Misguided expectations always lead to disappointment.

☐ To become a true Christian, your mind has to be reborn, renewed, regenerated and transformed by the Spirit of the Lord and the word of God.

- Romans 12:1-2

☐ Resolving the citizenship issue of my existence brings clarity, purpose and understanding to my time here on earth. This ultimately brings peace to my mind.

- Philippians 3:17-21.....4:1
- Romans 8:5-6

☐ For my mind to be healthy I must submit myself to the design God has laid out in His word.

1 Kings 22 - 400 prophets said what Ahab wanted to hear. One told the truth.

- Ephesians 4:17-20

## Mind Health

☐ The way we think and the thoughts we dwell on determine what rules our mind.

- Jeremiah 4:14
- Philippians 4:4-9
  - ▶ Rejoicing in the Lord is essential to a healthy mind
  - ▶ Thanksgiving is essential to a healthy mind
  - ▶ The peace of God is essential to a healthy mind
- Isaiah 26:3
- John 14:27 Jesus said he'll give us a peace, but not like the world gives peace. There is a false peace.
- Deuteronomy 29:17-20

You can have sin in your heart and have peace. False concepts and mentalities can stop conviction. That's why we must be careful to not let the world's way of thinking blend into our thinking when it comes to living for God and the operation of the church.

- ▶ What we think about is essential to a healthy mind
- ▶ Obeying the principles found in God's word is essential to a healthy mind.

☐ 2 Timothy 1:7

- To have a sound or healthy mind I must be free from....
  - ▶ Fear 1 John 4:18
  - ▶ Bitterness
  - ▶ Malice (Hate)
  - ▶ Unforgiveness
  - ▶ Anger
  - ▶ Envy
  - ▶ Worry

*Worry does not empty tomorrow of its sorrow, it empties today of its strength. What worries you masters you.*

*Lorraine Russo*

## Mind Health

### ☐ Self-Awareness

As long as a person doesn't know what he doesn't know, he doesn't grow.

*To become different from what we are, we must have some awareness of what we are.*

*Eric Hoffer*

*When we are foolish, we want to conquer the world. When we are wise, we want to conquer ourselves.*

*John Maxwell*

The process of becoming healthy can be unpleasant, even painful.

### ☐ Responsibility

- Luke 17:7-10
- Luke 12:42-48
- I Corinthians 4:1-2

3 Deadly Choices that Undermine and Sabotage the Health of My Mind and My Life

- ▶ Excuse-Making.....Luke 14:16-24

If you don't think about God you won't seek God. And you won't think about God if you're not in an atmosphere that cultivates Godly thinking.

Excuses are the nails used to build a house of failure.

- ▶ Blaming Others.....(See Genesis 3, Adam and Eve)

This person absolves themselves of responsibility by believing it's somebody or something else's fault for them not being successful.

- ▶ Destinationitis.....Abraham and Lot

This person absolves themselves of responsibility by believing it's success or happiness can be found in a position or a place.



## Relationship Health: Marriage

1 Corinthians 7:28 But and if thou marry, thou hast not sinned; and if a virgin marry, she hath not sinned. Nevertheless such shall have trouble in the flesh.

### ☐ 5 Stages every marital relationship must go thru to be successful

#### ✚ Romance

Courtship is exciting and romantic because it thrives on the edge of disaster. It co-exists with the threat that, at any moment, it could all fall apart and be lost forever. To expect the lifelong commitment of marriage to evoke the excitement and adventure created by the fragility of courtship...well....

#### ✚ Disillusionment

#### ✚ Power Struggle

#### ✚ Awakening

#### ✚ Acceptance and Commitment

### ☐ 10 Relationship Killers

- Selfishness
- Oversensitivity
- Space Invader
- Insecurity
- Anger

Control is deferring action while reasoning is disturbed by highly emotional states.

- Negativity
- Lack of Commitment
- Moodiness
- Physical Exhaustion
- Unrealistic Expectations

We are acutely aware of our mate's issues but lack in our own self-awareness.

## Body Health

Genesis 1:29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

- \* 70 to 80 percent of cancer is probably caused by factors in food.
- \* *Diabetes, cancer and heart disease can be prevented by obeying the Divine Design, and they can be caused by ignoring that design.*

*Doctor Rex Russell*

- \* Preventing health problems is much easier than recovering from health problems.

- \* The Journal of the American Dietetics Association states:

Never before has the focus on the health benefits of commonly available foods been so strong. The philosophy that food can be health promoting beyond its nutritional value is gaining acceptance in the scientific community as mounting research links diet/food components to disease prevention and treatment.

It has been reported that in the early 20th century, a people in the Himalayas called the Hunzas had an average life span of 90 years, and often over 120 years. When a medical team led by Dr. Robert McGarrison studied the Hunzas in the 1940's, the physicians did not find a single case of cancer, ulcers, appendicitis or colitis. Heart disease and hypertension were unknown among them. The medical experts also found that the Hunza people ate nuts, grains, vegetables, fruits and

legumes. The team could only conclude that the Hunzas' life expectancy was based on clean water and exercise and to their adherence to a diet very much like the described in Genesis 1:29. In 1949, the Hunzas were incorporated into Pakistan, and their life span has since been shortened because of changes in diet.

On the island of Nauru in the Pacific Ocean, the economy once allowed the natives few luxuries. They raised most of their own foods on the island, and had few delicacies. They were generally healthy people and only one small hospital served the entire population.

Their lives changed when phosphorous was found in great quantities on the island. That discovery transformed the island's inhabitants into extremely wealthy people. They begin to import much of the world's refined delicacies. Within 30 years after this lifestyle change, a 30 percent occurrence of diabetes developed. No measurable diabetes had been known previously. Now, after 40 years, 65 percent of the adult population has diabetes.

- \* If we eat correctly according to God's design for our bodies, we can not only prevent disease but also heal disease.
  - Harvard did a study and found that a great deal of cancer could be prevented by lifestyle. The study concluded that if you got cancer, you had a good chance of overcoming it by correcting how you were living.

Harvard then conducted a survey to see how many people would believe the conclusions. In the survey, more than 50 percent of the people believed they were powerless to stop diseases like cancer from developing. They believed that there was nothing they could change in their lifestyle to stop illness from happening and shortening their lives. It was also revealed that if people got a disease, they thought there was nothing they could do or change to help cure it or fight it off.

- Dr. Michail J. Wargovich of M. D. Anderson Hospital in Houston reports in the last 3 to 4 years we've found that fruits and vegetables contain a variety of powerful chemicals which interact and bind to chemical carcinogens, rendering them inactive. Some of these chemicals might also interfere with the metabolism of carcinogens rendering them inactive.
- Fruits and vegetables have just the right amount of aspirin to prevent strokes, unnecessary clotting and hemorrhagic strokes. Just 3 vegetables a day decrease the incidence of strokes and heart attacks by a significant amount.

#### \* The Power of Fasting

- The body is designed to heal itself at the cellular level. The biochemical mechanisms of the cell are billions of times more complex than the precise mechanisms that cause the universe to function. These processes utilize proteins, carbohydrates and fats to gain calories and nutrients for untold other reactions. Each reaction also produces waste products. The cells have ways to clear this waste, but apparently they can become overloaded. Fasting helps unclog the system, and also eliminates poison from it. The cell uses periods of rest to process and eliminate waste or other toxins. Modern research, ancient healers and more importantly the Word of the body's Designer, God, indicate that one benefit of fasting is healing.
- At times, the burning of fats and carbohydrates produces so many "sparks" and their fires, so many "chemical spills" and so much waste in our cells that for them to recover they need time to clean out the waste and repair damages. Fasting provides this needed rest.