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Partnering with God in Health and Wellness Series

Class Ten

Ten Steps to God's Healing Power

I. TEN STEPS TO GETTING STARTED WITH GOD'S HEALING POWER

1. **Partner with God.** Pray for the miracle, but also choose the lifestyle God designed for His people. Posture our hearts to change and pursue alignment with God in all areas, including health. We will stumble along the way, but stay on the Jesus train.

"Draw near to God and He will draw near to you." James 4:8

2. **Don't forget the Genesis Story.** We are designed from dust of earth as stated in Genesis 2:7. Therefore, based on God's design, we must have basic foundational elements for existence on this earth such as oxygen, water, minerals, probiotics and sunshine. As simple as it sounds, most people are missing these basic elements.

"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life." Genesis 2:7

3. **Eat Genesis 1:29.** All people should eat foods designed by God. The more serious your health concerns, the more strict you may need to be. For example, people with cancer often will eat only vegetables and green juices in order to heal their body.

And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food." Genesis 1:29

4. **Cut out toxicity that works against God's design.** Petro-chemical pharmaceutical drugs, artificial flavors, coloring and other chemicals in our food supply, GMO's, radiation and chemotherapy treatments, chemicals in beauty products, toxins in cigarettes and aspartame in diet soda are only a few examples that are contrary to life and God's design. It was never God's intentions for any of these toxins to enter His creation.

"And what agreement has the temple of God with idols? For you are the temple of the living God." 2 Corinthians 6:16

5. **Choose God as our healer, not man.** Benjamin Franklin said "God heals all disease and the doctor takes the fee." Only our creator can heal us. We have created sickness from living a lifestyle contrary to God's design, yet when sick, we are running to doctors for a solution, not God. God has given us everything we need for health.

"And in the thirty-ninth year of his reign, Asa became diseased in his feet, and his malady was severe; yet in his disease he did not seek the LORD, but the physicians." 2 Chronicles 16:12

6. **Find the ROOT cause of sickness and disease.** A skilled practitioner could discover all health issues by observing the human body. God did not give us machines and tests to monitor health. Health issues can be determined by observing the eyes, tongue, hands, feet and considering the symptoms of the patient. Covering up symptoms without healing the root issue will not restore health and is one of the biggest faults of modern medicine. Tests are so inaccurate that people's lives are being manipulated and destroyed.

"The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness." Matthew 6:22-23

7. **Educate yourself about your body.** Our society is not taught about God's design of the human body. If we understood God's design, we could correct health issues very quickly. Some examples:

- Pain is a sign of a problem in the body. We don't need pain drugs, we need to correct the imbalance in the body. God's design gives us the opportunity to correct these issues before they become more serious.
- If women and doctors understood the importance of the lymphatic system, we would learn early detection and cleanse toxins out of the lymph. With this understanding, we could eliminate cysts, fibroids and breast cancer.
- Colds, flu's, mucus production, swollen lymph nodes, tonsils and adenoids are part of God's design and our immune system. If we learned to work with what God is doing (eliminating toxins) instead of suppressing the symptoms (over-the-counter drugs) we would be healthier and stop cutting out body parts unnecessarily.

"My people are destroyed for lack of knowledge." Hosea 4:6

8. **Cleanse and detoxify the temple!** This is the key to health. This is the reason we have thousands of named disease conditions with very few solutions. It is the result of a congested and toxic holy temple. God gave us sunshine, water, foods, herbs and plants to restore health. God allows sickness and disease if we choose things that damage and destroy the human body.

"Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Corinthians 7:1

9. **Create an arsenal of home healing remedies.** Pitch the big pharmaceutical drugs and trust the healing power of our Creator. Medicine cabinets should have cayenne pepper, baking soda, liquid oregano, enema buckets, cherry throat sprays, hydrogen peroxide, echinacea, aloe vera, bentonite clay, charcoal, vitamin c and manuka honey just to get started!

"Their fruit will be for food, and their leaves for medicine." Ezekiel 47:12

10. **Start a farm and educate future generations!** We must be a light to our children and share the truth about God and health. Herbal medicine was passed down for thousands of years and in TWO generations, the ignorance of modern medicine has pushed God out. We should get back to growing our own food, supporting local businesses and farmers and teaching our children how God is our healer. Let the light of Jesus shine!

"For the earth will be filled with the knowledge of the glory of the LORD, as the waters cover the sea." Habakkuk 2:14