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Class Five

The Link Between Lifestyle and Longevity

I. YOUR LONGEVITY IS DETERMINED BY ALIGNMENT WITH GOD IN BODY, SOUL AND SPIRIT

A. The beauty and simplicity of the creation story tells us God's plans for us. He desires long-term relationship with us for eternity. God designed the world for us; to live, thrive, multiply, cultivate gardens, explore and to steward well. God created for us light, sound, music, colors, gem stones, plants, animals, sunshine, rivers. All of these are to be used for our fulfillment of life on earth.

B. Introduction of sin has led to the introduction of death, but we still have the option to choose life. Choosing life comes from God. Choose life comes from choosing the things of God. Choosing life comes from turning away from sin and leading a righteous lifestyle. Choosing life comes from not choosing man-made things that cause destruction to our body and this planet. Unfortunately, many are choosing the wrong things. This leads to premature death and not the life God intended for us.

C. Choosing Jesus in your heart brings eternal life. But we must understand it is a BIRTH. It is a new beginning. It is becoming born again into a life in the spirit. It is not the end, but the beginning. It starts a journey of choosing God and understanding how difficult it is to pull away from things of the world.

D. As a general rule, if we were choosing the things of God over things of man, most people would live well into their hundreds, without degenerative diseases. People would be dying of old age, not sickness and disease.

"My Spirit shall not strive with man forever, for he is indeed flesh, yet his days shall be 120 years." Genesis 6:3

E. We must have a real, sobering and honest understanding of sickness and disease. It is a result of sin. There are rare exceptions such as Job and Paul, but most people are sick as a result of misalignment with God and His creation. Think of Jesus and His healing ministry. After the healing He would often says "Sin no more" or "your sins are forgiven." It is ok to admit we have gone astray and need God's help. It is our denial of sin that will keep us in bondage to sickness and disease.

II. ALIGNMENT WITH GOD IN BODY

A. The best way to steward our bodies is to live in harmony with our God and the earth in which He created. Based on this knowledge, there are certain things that EVERY single human being needs to thrive in health and wellness in their physical bodies. These important foundations for health correlate to three fundamental principles of God's design:

- **How God created the earth and everything in it.**
- **How God created the human body to relate to its earthly environment.**
- **How God created a birth process which allows specific nutrients to be passed from mother to baby for optimal health**

B. **Oxygen.** God gave us the breath of life in order that we would become a living human being with a body, soul and spirit. This breath of life is vital to all three aspects of the human being in both the physical and spiritual sense. The breath of life for humans goes far beyond oxygen exchange in the lungs; it is the life giving substance of God. It is immeasurable, yet undeniable that we have been given a spirit which separates us from all other of God's creations.

* It is fascinating that the single most critical element we need for physical survival on this earth is oxygen, something we cannot see, feel (unless it moves like the wind), taste or smell. Interestingly, the third person of the trinity, the Holy Spirit, has similar qualities. We cannot live without either of them, oxygen or God. We cannot live physically without oxygen (approx. 3 minutes) and we cannot live spiritually (for eternity) without a relationship with God through the acceptance and belief in His Son Jesus Christ.

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living being.” Genesis 2:7

“Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.”²² And with that he breathed on them and said, “Receive the Holy Spirit.” John 20:21-22

* Why is oxygen important? Here is just a taste of why oxygen is critical and how you can maximize your oxygen intake into your body.

* Sickness and disease cannot live within a body with free flowing oxygen. Otto Warburg won the Nobel Prize back in 1931 (over 80 years ago, yet the research is suppressed and/or ignored) for discovering that cancer cannot live in an oxygen rich environment. In an environment deprived of oxygen, cancer cells convert into living off the fermentation process of sugar. In other words, restore oxygen to living cells and tissues, and cancer disappears. Here is a direct quote from Mr. Warburg:

The prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by the fermentation of sugar for energy creation.

Oxygen is critical for all life. We must have oxygen flowing at the cellular level, through the organs, tissues and glands and the bloodstream. A blocked colon for example suffocates the body of oxygen and allows toxins to re-circulate back into the bloodstream. Apply oxygen to damaged skin (burns, melanoma, psoriasis, eczema, ringworm, etc.) and the tissue heals rapidly. Restore oxygen flow to your entire body, internally and externally and disease cannot exist.

How to get oxygen into your body:

1. Exercise daily. Simply walk or do some rebounding. Go swimming, play tennis, go hiking, build a fence, run around chasing your kids all day, just be active! I only recommend the Cellerciser rebounder. One of the reasons you feel amazing after exercise is the free-flowing oxygen through your bloodstream.
 2. Breathe fresh air outdoors. Indoor air is circulated over and over and can be stuffy and contaminated. Use an air purifier, diffuse essential oils and have indoor plants to help purify your air. Go for a walk or hike and play outside as much as possible in the fresh air. Go to the mountains and the ocean OFTEN. **Everyone can benefit from a quality air purifier that dispenses ozone into the air.**
 3. Hyperbaric oxygen chambers can be used to treat disease and restore health
 4. Green foods (these restore the flow of oxygen to your cells)
 5. Cleanse out your colon, liver, gallstones, lungs, sinus cavity and anything blocking the free flow of oxygen through your body. Stagnation = sickness.
 6. Ozone. You can buy an ozone machine. You can do **Ozonated Olive Oil called Olive Gold O3**. This works on almost everything externally on the skin, and oxygenates the system making you feel amazing while eliminating illness from your body. I recommend one teaspoon, up to one tablespoon internally every day. Externally, use liberally.
 7. Food Grade Hydrogen Peroxide. Free e-book on website called "The Truth About h2O2"
 8. Breathe deeply into your diaphragm and avoid shallow breathing.
- C. **Water.** Water is a confusing topic. There is no longer fresh mountain spring water or clean flowing streams in our world today. We have polluted everything. The best water is alkaline, negatively ionized water. You can use water machines for this. The next best is to buy purified water and add minerals. Our body is 75% water, so quality water is one of the best investments you can make. Dehydration is a main cause of sickness, especially considering the large amounts of energy drinks, soda and coffee consumed today.

***"Now a river went out of Eden to water the garden, and from there it parted and became four riverheads."
Genesis 2:10***

"Now no shrub had yet appeared on the earth and no plant had yet sprung up, for the LORD God had not sent rain on the earth and there was no one to work the ground, but streams came up from the earth and watered the whole surface of the ground." Genesis 2:5-6

* Water is quite important to our physical existence. It is so important that God created a river flowing through the Garden of Eden that would water all living things. Industrialized nations often take water for granted, while many third world countries understand that clean water is critical.

* Our bodies contain approximately 70% water and the earth is covered with approximately 70% water. I don't believe that is a coincidence. The parallels that exist between us and God's design of the earth are amazing.

* Just as we need water physically, there is also spiritual water that brings eternal life through Jesus Christ.

“Jesus answered and said to her, “Whoever drinks of this water will thirst again, but whoever drinks of the water I shall give him shall never thirst. But the water that I shall give him shall become in him a fountain of water springing up into everlasting life.” John 4:13-14

* Water is often called the “river of life.” Inside of your body are literally thousands of miles of tubes flowing with water. Again, stagnation = sickness. If your blood is thick (too many toxins, not enough water) you will develop high blood pressure and heart disease. If your colon does not have enough water, you get constipated and toxins start to accumulate in your body. If there is not enough water in your body, your skin gets dry and cracked. Every cell of the body must have water to be healthy. Water is critical for kidney functions and stones will form with lack of water.

* Unfortunately, that is extremely challenging today. Water has been turned into a commodity and is the third largest industry in the world next to electricity and oil. Companies are profiting off a free gift from God. Many of our water supplies are polluted. (Two documentaries for better understanding on this topic: “FLOW” and “TAPPED”.)

1. Purify your drinking water with a filter. After you purify the water, add minerals back into the water. This is critical! Reverse Osmosis is fine. I believe distilled water is dangerous, especially in plastic bottles. Distilled water is stripped and dead, leaving it structurally empty. It will leech plastic molecules from its container as it searches for something to give it life. Water is a living substance.

2. Options for re-mineralizing your drinking water:

- Add sea salt to your water (one teaspoon per gallon, adjust for taste). Use Himalayan Salt Stones by NHI to make SOLE water for best results.
- Add **Blue Ocean or Concentrace** mineral drops to your water.
- Add **Endure** minerals which are straight electrolyte minerals, or **Electrolyte Stamina** tablets.
- Add plant based minerals to your water like **Energy Boost 70 or Inner Vitality** from Morningstar Minerals.
- Add **magnesium salt crystals by Health & Wisdom** to the water.
- Add **diatomaceous earth** (silica) to your water.

3. Buy a BPA free large plastic container. If a quality filter is not available to you in your home, fill a BPA free container with purified water at most any grocery store. Add minerals to the water. Get a ceramic stand with spigot and place the bottle on top. This is an affordable way to get “clean-mineralized” water.

4. Buy water machines. I believe alkaline, negatively ionized water is ideal. We recommend the **LIVING WATER machine by Vollara** for best quality and price.

5. Get real, fresh spring water from a local source. (this is BEST and a real option for many people in the mountains of the midwest, west coast and east coast). There are ground spring sources as well.

6. Drink ½ your weight in ounces daily. Do not drink dehydrating substances such as coffee and soda. These do not count as water. Herbal teas do count.

7. Add lemon to your water for hydration, cleansing of the liver and kidneys as well as blood alkalinity. Add cayenne pepper for circulation and alkalinity.

8. Get a water vortex system. You can “spin” the water to give it structure and life. Spinning the water and adding minerals is the closest way to reproduce what God does naturally with fresh water.

9. Never drink tap water. It is toxic. Fluoride is NOT good for your teeth. It is actually one of the most dangerous chemicals known to man. Chlorine is also dangerous. Tap water has been found to now contain trace amounts of many pharmaceutical drugs.

10. Use Food Grade H₂O₂. This is the most affordable way to purify water, oxygenate your body and heal from most any illness, including the supposedly “incurable” diseases. Oxygenated water is the answer. Ask for a free E-book called “The Truth about H₂O₂.”

D. **Sunshine.** This is an area of major confusion on today's culture. The sun is critical for life. Life would not exist on this planet without it. God designed our world and we are dependent upon the sun for survival. We must embrace it, not run from it. Plants stretch for the sun, animals lie in the sun every chance they get. Why do we seem to get so little sunshine? Not only do we not get out in the sun enough, but we are surrounded by artificial man-made lights that are detrimental to our health.

“Then God made two great lights: the greater light to rule the day, and the lesser light to rule the night. He made the stars also.” Genesis 1:16

“Truly the light is sweet and it is pleasant for the eyes to behold the sun.” Ecclesiastes 11:7

“Take heed lest you lift your eyes to heaven, and when you see the sun, the moon and the stars, all the host of heaven, you feel driven to worship them and serve them, which the Lord your God has given to all the peoples under the whole heaven as a heritage.” Deuteronomy 4:19

“God is light and in Him is darkness at all.” 1 John 1:5

- The sun does not cause cancer. The sun is trying to HEAL US and PULL toxins from our body. What we call sunspots is God's attempt to heal our bodies. Sadly, **we confuse and misunderstand God's attempt at healing us and instead, we call it disease.** Rates of melanoma are higher with indoor workers than outdoor workers (<http://www.ncbi.nlm.nih.gov/pubmed/8404764>).

- The effect the sun has on us is determined by the health of our internal body

- The human body is designed to absorb light, this is why we have melanin

- The pineal gland absorbs light as it enters the eyes, which starts a cascade of healthy hormonal production. Sunshine in your eyes is how you stimulate a healthy endocrine system. Sunshine stimulates the pituitary to produce serotonin so you feel happy. It also tells the pineal gland to produce melatonin so you sleep well. When we lived in cooperation with God's creation (before artificial lights) we would go to sleep when the sun went down. This is the natural cycle that we should try to follow. Wake up when the sun rises. Go to sleep after the sun sets. Sounds too good to be true!

- The medical industry wants you sick (stay out of the sun, it causes cancer). The sunglasses and the sunscreen industry want your money so they convince you the sun is horrible. We are spending thousands of dollars blocking God from entering our body.

- Do take vitamin D if not in the sun. TAN is healthy! So get in the sun whenever possible.

- Sunshine is how you produce vitamin D naturally in your body. Sun on your skin and in your eyes heals a variety of illnesses. Sun therapy was used throughout the 17th, 18th, 19th and even 20th century before falling out of popularity. Many doctors used only the sun to cure patients of tuberculosis, asthma and other ailments. The more sun you get, the healthier you will be. People living close to the equator have lower amounts of all sickness and disease. The further from the sun, the more sickness that results, especially when a healthy diet is not sustained.

Here are some tips for intelligent sun exposure:

1. Start with 5-10 minutes or whatever your tolerance. Slowly work up to one hour or more daily.
 2. The darker the skin color, the longer you need to be in the sun to receive the benefits.
 3. NEVER get burned. This is common sense. The sun is extremely powerful.
 4. Never wear sunscreen. It blocks light from entering your body. It causes skin cancer by burning toxic chemicals into your skin. You can use natural sunscreens, but you must re-apply often because they don't have powerful toxic chemicals like the commercial sunscreens.
 5. Wear light, white, long-sleeved clothing and large brimmed hats for protection from the hot sun.
 6. Protect yourself with anti-oxidants. Take **Astaxanthin** every day and you can stay in the sun much longer without burning, and you will actually tan beautifully! Other nutrients that help with receiving benefits from the sun include vitamin A (from beta carotene like spirulina, sweet potatoes, carrots, etc.), Vitamin C and Vitamin E.
 7. When able, do not wear sunglasses, eyeglasses, contact lenses or anything else that would block the sun from getting directly into your eyes. Also if you are behind glass or anything else, you will miss valuable benefits from the sun. You want full exposure to as much skin as possible and nothing obstructing your eyes.
 8. Research the benefits of sun gazing upon sunrise or during sunset.
 9. Look into using full spectrum UV lights and light bulbs for your home that have therapeutic effect.
- E. **Minerals**. We are formed from dust of the ground. Minerals are crucial to human function. You can watch the foundation of creation series on Spirit of Health website, based on this scripture.

"And the Lord God formed man of the dust of the ground." Genesis 2:7

* When God created us, a physical act took place. He literally constructed us from the dust of the ground. Nutrient deficiencies are one of the main causes of all degenerative illness in America. Our body is composed of the same minerals found in the earth. When we don't have enough minerals, the cells, glands, organs and body begins to break down.

* In addition, our soil has been wrecked by large factory farms. We don't get vitamins and minerals in our food any longer. We have lost our way when it comes to food and understanding what God created for life. For this reason, eating nutrient dense foods and supplementing properly are key if we are going to have any chance for raising future healthy generations. The best book you can read to get an understanding of what has gone wrong with nutrition in America is a book called "Nutrition and Physical Degeneration" by Dr. Weston A. Price.

1. Avoid Standard American Junk Food. It is devoid of nutrition, loaded with sugar, starch and rancid fats and it pulls nutrients from your body. For example, sugar pulls minerals from your bones. Avoid candy, soda, pizza, pasta, boxed, packaged, canned foods, baked goods, donuts, fried foods, caffeine, chips, vegetable cooking oils, high fructose corn syrup, aspartame in diet soda, etc. We must eat whole foods. Think of it this way when you grab something to eat. Did God make this?

2. Nutrient dense foods include the following just to give you an idea: All vegetables (dark leafy greens are best), all fruits (don't overdo fruit, especially high sugar fruits and stay away from too much dried fruit), eggs, fish, RAW dairy if tolerated (fermented best) whole grains like buckwheat, millet, amaranth, quinoa, steel cut oats, wheat berries, rye, wild rice, brown rice, seaweeds and sea vegetables (nori, dulse, bladderwrack, kelp, kombu), grass fed beef, lamb, fish eggs, beans, coconut, olives and olive oil, bone broth soups, wild caught seafood, turkey, chicken, fermented vegetables like kim-chi and sauerkraut, nuts, seeds, cod liver oil and other fish oils, and the list goes on.

Look at the above list! There are LOTS of good healthy food choices we can make!

3. I believe supplementing minerals is critical. Here are some recommendations.

- **Sea salt, Blue Ocean minerals, concentrace minerals, electrolyte stamina tablets or Endure electrolyte minerals** in water

- Sea salt your food (salt does NOT cause high blood pressure) Do not use table salt however. Use himalayan pink salt stones from NHI for best results.

- Take plant minerals daily like **Morningstar Energy Boost 70 and Inner Vitality minerals**

- **Shilajit** is a very dense, powerful mineral source from 7,000 different plants (1 teaspoon + daily)

- Magnesium is the #1 mineral deficiency in America. You can take it orally, such as **CALM**, but the best is magnesium chloride foot baths like **Health and Wisdom magnesium Oil**.

4. Supplementing vitamins is also very important

- Vitamin C comes from camu camu berries, amla, acerola cherry, rose hips, bell peppers, cayenne peppers, citrus fruit, etc. I like **Pure Radiance C by Synergy Company**. Do NOT take synthetic, cheap ascorbic acid for your vitamin C.

- Vitamin E comes from seed oils. Sunflower, pumpkin, sesame, hemp, etc. I like the **Purely-E by North American Herb and Spice**

- Vitamin A comes from Beta Carotene. DO NOT take synthetic vitamin A. Best sources are **butter/cod liver oil by Green Pastures, Spirulina, Chlorella**, Sweet Potatoes, Carrots.

- Vitamin D comes from SUNSHINE or you can take various supplements. Encourage 5,000IU plus daily from a natural D3 source. **Harmonic Innerprizes has a 10,000 IU and Garden of Life has great Vitamin D** Products.

- B Vitamins come from greens and grains, but my favorite source is nutritional yeast. **Synergy Super B Complex** for a complete B-vitamin complex. Bee products like **royal jelly and bee pollen** are high in B vitamins.

5. **Protein.** We need 40-80 grams daily depending on size and situation. We can get it from raw milk, grass fed beef and other quality meat sources, eggs, nuts, seeds and plants. Plant proteins are best and most easily absorbed, and whey is ok if pure and un-denatured. If you choose to supplement, **hemp protein powder, sprouted brown rice or a pea protein (Vega or Vibrant Health are good brands).** For pure straight amino acids 99% perfectly digested and assimilated use **Perfect Aminos by Body Health.**

F. **Essential fatty acids.** Essential fats are key building blocks to numerous basic physiological functions. Fats are key to feeding and assisting glandular function. Fats are key to the production of hormones which are essential components to a healthy person. Fats are key for proper cardiovascular health and heart function. Fats are critical for weight management and proper metabolism. Fats are necessary for proper fuel and energy levels. Fats are a critical component in the health of your skin, muscles, joints and ligaments. Fats are an absolute necessity for brain function because the brain is 85% fat. In fact, human breast milk is loaded with saturated fat for baby development. We still need saturated fat today which comes from coconut oil and butter.

G. **Probiotics.** Our body is teeming with billions of living organisms. Our immune system is largely determined by the health of these living bacteria that serve to protect us, digest food and eliminate waste.

* Approximations say we have 75 trillion cells. If so, 90% of those are living bacteria. We should have a symbiotic and healthy relationship with bacteria. Often we don't because of poor diet, lifestyle, drugs (pharmaceutical & recreational) and continuous rounds of antibiotics. Antibiotics destroy our immune system by destroying all of our healthy living bacteria that is critical for good health.

* When we are born vaginally (not c-section) the baby is given a host of trillions of healthy bacteria from the mother. This is the start of the child's immune system. If you had a c-section, it unfortunately puts the child at an immune system disadvantage from the start. The next critical stage of a child's immune system is the first three days of colostrum from the mother's breast. A newborn's digestive tract is very porous upon birth and breastfeeding is the number one way to fill the newborn's body of healthy life sustaining bacteria.

* Living, healthy probiotics balance the health of our gut. Our gut is our second brain! This is where 80% of our serotonin is produced. This is where B-vitamins and vitamin K are produced. It should be working like a factory, producing nutrients your body needs. It also fights off incoming invading organisms like yeast, candida, fungus and the like. They assist with bowel regularity and proper absorption of our nutrients. When these get wiped out, your health suffers in a major way. To keep healthy intestinal bacteria you need to make sure your colon is clean and functioning. Eat fermented foods on a regular basis or invest in a quality probiotics supplement! Energy also comes from these little bacteria.

Here are some probiotics tips:

1. Eat fermented foods daily! Learn how to make them, have fun with it. There are three types:
 - a) Yogurt and Kefir - should be made with RAW dairy products. You can also do water kefir and coconut kefir as a dairy alternative.
 - b) Fermented vegetables (kim-chi and sauerkraut) – easy & more affordable to make at home
 - c) Kombucha – Although many people benefit from this food, this is made through “wild fermentation” which has the potential to feed unhealthy bacteria. Kombucha is usually made with caffeinated tea, and if not fermented properly can have too much sugar for the body to process at one time. Use this food only if you are healthy and free of chronic infection.

2. Take probiotics supplements. I like **Renew Life 50 Billion** as a basic daily probiotic. **Udo's Super 8** is also a quality product. For those with lower bowel disorders such as crohn's, colitis, diverticulitis, IBS, etc. you need HIGH BIFIDUS bacteria. **Udo's also make a high bifidus** product that is great.

3. Every culture around the world fermented something in their food supply. It has been a key to good health and longevity for centuries. We used to do this in America when we lived on family farms and made our own food. It is time we get back to this ancient tradition. Fermented foods are so critical to our health and key to the health of a newborn child. If mom eats it, baby will receive the benefits through breastfeeding! This is key to their little immune systems!

4. Supplement **colostrum from Immune Tree**. If colostrum was not received as a newborn, this is an alternative to help restore an immune system at any age. This is critical for children who have not been breastfed!

H. **Greens and Foods**. We have discussed this many times. We should eat foods God designed, because the cells of our body can only resonate with things of God. Man-made creations are foreign to God's creation and make the cells sick.

* I find it interesting that God often specifically refers to GREEN herbs and plants to be used as food. There is something special about green foods. The greener the food, the more chlorophyll, the more sunlight and essence of God it contains. God is light. Light starts photosynthesis. The more green the food, the more light contained therein. It's beautiful. The greener the food is, the more oxygen is released into your body by consuming this food. Greens are like a blood transfusion. Chlorophyll can actually be used for this and was during World War II when blood supply was short. Liquid greens actually become blood in your body!

* Green foods are essential. Within green foods are vitamins, minerals and numerous other nutrients too many to mention. They are the basic foundation of life. Plants are what have been given to us as our main food source. All animals eat plants either directly or by consuming other animals that feast on plant life. Many people eat animals, but those nutrients originally came from plants, which is important to understand.

* Greens cleanse the blood as well. They are one molecule away from the same structure as blood, therefore, acting as a great blood-cleansing agent. Greens are missing from most people's diet because of the overconsumption of standard American processed foods. Our bodies can become very acidic because of the foods we eat in our industrialized, processed way of life. Greens are incredibly alkalizing to the body, and a valuable way to regain health. Greens will strengthen and cleanse your blood, build strong bones, give you energy, and assist with weight loss without even thinking about it.

Here are some tips:

1. Get a good greens powder. I like a few such as **Daily Greens Formula by Aloe Life, Pure Synergy Greens and Vibrant Health Greens**. You can add them to shakes, smoothies or even just water or juice. They taste better than you might think!

2. Take **chlorella and spirulina from Ultimate Superfoods or Nutrex**. This is an amazing blood cleanser, heavy metal detoxifier, liver purifier, immune system booster, blood builder and much more!

3. Eat dark, leafy greens like kale, spinach, chard, arugula, watercress, mustard greens, etc. You can eat salads, steam them or make soups. You don't have to eat 100% raw to be healthy. I believe eating based on the season is important (raw in summer and more cooked in the winter for example).

4. Get into **wheatgrass juice by Pines or grow your own!** Yes it's weird to many, but very, very, very powerful!
5. For children, put greens in a fruit smoothie or find other creative ways. If kids eat greens from the start, they will love greens. If children eat sugar from the start, you will have a battle on your hands. Contrary to popular belief, the parent's food choices can strongly impact the taste buds of the child.

I. We must fully realize that our physical body is important. Is our spiritual life more important than our physical bodies? I think it is fair to say yes. However, is it ok to have a strong spiritual life and ignore our physical bodies? We are body, soul and spirit. **The reality of the Christian walk is that we can have a strong spiritual life and the enemy can still destroy our physical body leading to death. If the devil knows he can't have our spirit because we are sold out to Jesus Christ than his goal is to limit our potential, dumb us down, confuse us, keep us sidetracked with dull, mindless entertainment, weaken and sicken our body and mind and keep us from obtaining the power and authority that is our potential in Jesus Christ.**

III. ALIGNMENT WITH GOD IN SOUL

A. Our God is an emotional God. We have emotions because God has emotions. Ideally, we are not driven by our human emotions, but strive for our emotions to be aligned with the heart of God. When we are gripped with stress, fear, worry, anxiety, anger, jealousy, impatience, hatred and other negative emotions it can greatly affect every aspect of our lives, and can lead to physical manifestations of sickness and disease.

B. God understands there are different times and seasons in life, as described in Ecclesiastes; a time to weep, a time to laugh, a time to mourn, a time to dance... It is ok to express emotions based on different seasons in our life. One of the most powerful healing tools can be our tears. Jesus wept for Lazarus. God loves and appreciates our tears, especially for the lost, the broken and the lack of justice in the earth. God uses our tears to shift things for the Kingdom and also to heal us from emotional traumas, which can result in physical healing.

C. God created emotions, and a body that produces various hormones, neurotransmitters and chemical reactions to create reactions in the body. Food can create positive sensory feelings and positive emotions. However, food can also be used as a numbing agent to disconnect from life and from God in a negative way. Processed man-made foods and synthetic chemicals in our foods make the problem worse by stimulating pleasure centers in the brain such as dopamine, creating addiction. This is the same "high" that is often achieved with cocaine and other drugs. We often use food as a crutch to "legally" abuse and stuff our feelings and emotions, instead of asking God or others for help.

D. So to heal the soul, here are some ideas to consider:

1. Stop band-aiding, medicating, numbing or stuffing back in the emotions through food, alcohol, media, entertainment or anything that would divert your attention from the real issue.
2. As the negative emotions arise, we must take them before the Lord. These negative emotions have ground in us that keep us in bondage and until we deal with them, we continue to struggle in our own flesh, and block the full healing.
3. Negative emotions affect the physical body leading to sickness and disease. For example, Chinese medicine has well documented the link between emotional and physical health. We can use fasting, cleansing, herbs, sunshine and other tools from God to heal our souls as well as our bodies.
4. Whatever you do try hard not to stuff the problem back inside. This is what the enemy would like, because what we are doing is actually exposing the strongholds that the enemy has over our lives. The key is to reveal and heal the emotions, not continue in broken patterns.

IV. ALIGNMENT WITH GOD IN SPIRIT

A. This is our ultimate goal of course, to live a life rich in the spirit. When we are born again, we become a newborn baby, mostly ignorant of things of the spirit. It takes time to grow spiritually. Remember what Jesus said to Nicodemus? "If I have told you earthly things and you do not believe, how will you believe if I tell you heavenly things?"

B. A life in the spirit means choosing God over worldly things and pleasures. It also means overcoming temptation, overcoming sin and overcoming the battle against the flesh.

" For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. ⁶ For to be carnally minded is death, but to be spiritually minded is life and peace. ⁷ Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. ⁸ So then, those who are in the flesh cannot please God. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live." (Romans 8:5-8, 13)

C. Positive affirmations and positive words are powerful and healing. Negative, condemning and hateful words can be destructive.

"The tongue has the power of life and death." Proverbs 18:21

D. We have discussed the importance of healing emotions. Here is a tool commonly used in deliverance ministries. It is important to discover lies that have been spoken over us in the past. Agreement with lies gives the enemy ground to influence us in negative ways and keep us in bondage. Breaking those lies in the name of Jesus can often provide immediate healing and freedom.

Examples of lies or negative thoughts:

- You are stupid, worthless, good for nothing, etc.
- I wish you had never been born
- You have BLANK illness or disease and there is no cure (God can cure ANYTHING, ANY TIME)
- You have no value or self-worth
- I am never going to change or I will never be healthy

How to break lies and break demonic spirits coming against you:

1. Recognize the lie from your past that you agreed with or the negative words that were spoken over you
2. I NAIL _____ TO THE CROSS. (insert the lie here or the negative emotion, for example, I nail (depression, anger, the lie that there is no cure for my illness, the lie that I have no value) to the cross.
3. I BREAK ALL AGREEMENTS I'VE MADE WITH _____ KNOWN OR UNKNOWN AND I REPENT OF JOINING WITH _____.
4. I ASK YOU, FATHER, TO SEND _____ AWAY FROM ME! FATHER, WHAT DO YOU WANT TO GIVE ME IN PLACE OF _____?

E. Very simply, this is a step of faith. It is saying; yes God you can do anything and I agree with your unlimited power and possibility. It is also saying no to the enemy and not allowing him to hold you in captivity to that lie or negative emotion. Understand that sometimes the result is immediate, with complete freedom, and sometimes it is a step of faith, requiring partnership with God and continued fighting, perseverance and small victories over time.

F. One of the most crucial aspects to life rich with God in the spirit is connecting with God in the secret place of prayer and talking to Him throughout the day.

1. We can go to church, read the Bible, attend small groups, volunteer, do good things, and learn things ABOUT God.

2. The other option is to KNOW God as a FRIEND through intimacy, prayer, talking to Him, spending time with Him, learning to hear His voice, being obedient to what He asking you to do in your life and turning away from worldly pleasures.

V. CONCLUSION

A. God desires deep, intimate and personal relationship. This is achieved through life in the body, soul and spirit. If we ignore ANY of these three areas we will not have fullness in God based on His design, because we are made in His image.

B. The enemy has done a great job of blinding us and deceiving us to ignore our physical bodies. Because of this, we continue to see epidemic sickness, disease and premature death. It really matters how we steward the holy temples that God gifted to us. The Kingdom of God is truly found in us!