

"Laying the Foundation for Healing"

Health and Wellness Ministry's purpose is to minister to and treat the spirit; in an effort to deliver your soul into the hands of God; which will heal your body and promote wellness through wholeness in Jesus name!!!

For the past year I spoke to you about different health conditions. I tried to show the mind, body, and spiritual connection by identifying the spiritual root behind the disease and then give examples of how it can present in the natural. I was inspired by Pastor's decision in December to reestablish our foundation in Christ. So I want to take this opportunity to revisit how to build a spiritual foundation for healing. If you have been diagnosed with an illness and have been prescribed exercise, diet, medication etc. Please follow the recommendations given to you by your health care provider. But understand that there may also be work to do with your spirit, and you can't get that assessment from modern medicine. That's why James told believers to go to the elders of the church when they are sick. The elders can not only offer prayer, but through the Holy Spirit's gift of discernment, you can also receive a spiritual exam with spiritual recommendations to treat your spirit and promote well-being. There are studies to support that 80-87% of diseases have spiritual roots. So by treating the spirit, God has provided us with the means to heal the majority of illnesses people have in this world. All that we have to do is submit to the will of God. I don't know about you, but I like those odds.

Humans are triune beings. As I alluded to earlier, we have a body, a mind, and a spirit. The spirit is our being/essence, what was given to us by God at conception and is the reason we live. The soul is our mind, intellect, personality, emotions, and our will. The soul is what Satan is fighting for ownership of. The body is the physical structure of a person; it houses the mind and spirit. As triune beings each level is connected to and can thereby affect the other. Biological and psychological symptoms manifest in the natural because of disobedience/separation/sin in our spirit. Put it this way: as sin takes root in your spirit, it grows. If unchecked it begins to fester; rotting your soul, taking over your mind like a weed. As a result, you start to see physical symptoms in the body. If you have been diagnosed with a disease or have symptoms, that sin has spread from your spirit to your body. Treating the body has now become necessary! Healthcare professionals have good intent and purpose. Our heart is in the right place. We have been trained to focus our attention on the natural body. It's easier to address what we can measure (did the labs, scan, scale change). We need Godly training to treat from the inside out. So let's lay the ground work. Spiritual prevention and healing is the result of being re-sanctified. **God won't heal unless we measure up to his standard of holiness.**

Deuteronomy Ch. 28 tells us flat out that we will be cursed for our disobedience/sin towards God. I am paraphrasing Deuteronomy Ch 28 but it says, "The Lord will send you curses, confusion and rebuke because of the evil you have done in forsaking him. The Lord will plague you with diseases: wasting disease, fever, inflammation, blight or impairment, mildew, tumors, festering sores, the itch, madness, blindness, and confusion of the mind. Think back to the diseases we covered so far, those diseases are in the scriptures. Deuteronomy 28:45 says, "All these curses will come upon you because you did not obey the Lord your God and observe the commandments and decrees he gave you." Ch 28 also talks about the blessings God will give us for obeying. Thank you God, that there is still hope for us. 2 Corinthians 7:1 says, "let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God." **So if we turn away from sin, turn towards God, live holy, and work at maturing our faith we can get right with God and prevent/heal disease which is our natural consequence.**

There are 3 spiritual root causes of disease: 1) Separation from God (his word, his person, and his love) by sinning and disobeying the will of God we become separated from him. We are opening a door for the enemy to enter, inviting him in. Little do we realize that the enemy is the kind of guest that doesn't want to leave. 2) Separation from yourself (not accepting yourself, not loving yourself, guilt, and condemnation). Please don't take this level of separation lightly because it can severely damage us. Not everyone has a healthy self esteem (I'm constantly working on mine). Not everyone holds Psalms 139:14 "I am fearfully and wonderfully made" in their hearts. And that's why separating us from our authority is the easiest and the most effective battle strategy the enemy has. It can take years if not a life time to take that authority back from the enemy. 3) Separation from others (breaches in relationships, hatred, bitterness, envy, jealousy, lack of nurturing, lack of love). God created us to need each other. We are not made to be solitary beings. So when we are not on one accord with each other the dissension makes it easier for the enemy to divide and conquer.

To start the healing process we need to: 1) get back into alignment with God (his word, person, and his love). We can do this by renouncing our sins and being obedient to God's will for our lives. We can come into a greater understanding of God and his love through studying his word and getting to know him intimately through prayer and fasting. 2) Accept ourselves in our relationship with God self-hatred, guilt, and condemnation is not of God and they are not what God wants for us. We need to hold on to the truth that is in God's word. That we are created in the image of God himself and he is perfect. We are unique and priceless works of art, flawless in God's eyes. 3) Make peace with others. **Essentially, the beginning of healing is restoration!** With that being said, you have to be open and willing to do the work. Uprooting spiritual weeds is going to take more than prayer and fasting. It's going to take honest self-reflection and change. I'm not sitting on my pedestal talking at you about this. I am down in the trenches with you. Over the past year the Holy Spirit has shown me 17 sins within me that I need to be delivered from in order to be healed. He didn't give them to me all at once. It took several acts of prayer and fasting that and I'm sure there are more than 17 sins. But I want to be restored into my rightful place with God. I want healing through deliverance and I want it for you. There is a pathway to restoration that you can't travel on alone and God doesn't want you to take this journey alone. Seek out the Pastor and let him guide you. The office has every healing segment presented to you; ask for a copy if you want help with getting started. Take your sins to God in prayer and ask him to show you how to make wrong right again. Don't let the opportunity for healing pass you by.

With open eyes and greater understanding, I leave you with 3 John verse 2: "Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers."

Resources:

- 1) The Bible (preferably the King James Version; but other translations can be used for better understanding)
- 2) WRIGHT HW. 2005. *A More excellent way be in Health*. Pleasant Valley Publications.
- 3) Fouche, Ria. *Spiritual Roots of Physical Illnesses and Diseases*.
<http://www.bloodlines.co.za/articles/spiritual-roots-of-physical-illnesses-and-diseases.html>