

## HEALING FOR YOUR BODY

### What You Feed On

- I. **Attending to God's Word, inclining your ear to it, focusing on it and keeping it in the midst of your heart can bring healing to your body-Pr4:20-My son attend to my words: incline thine ear unto my sayings. Let them not depart from your eyes; keep them in the midst of your heart. For they are life to those that find them and health to all their flesh**
- A. **Attend to God's Word**-Listen to His Word, give your attention to it, be busy with it, to be engaged in it (**Attend-Strongs**-To prick up the ears, that is, hearken; - attend, give heed, regard; **BDB**-Pay attention, be attentive, give attention; **A.Hebrew**-The pricking of the ears to intently listen; **W1828**-Fix attention upon, busy or engage in)
1. **Horses prick up the ears**-If the horse is interested in something he will prick his ears and swivel them toward the subject. If while riding the horse, he pricks his ears forward, he has stopped paying attention to you and he has temporarily gone deaf to anything you may ask of him. Something else has his attention now. Drooping ears are when the ears extend down. This means he is no longer listening to you.
- B. **Incline your ear unto His sayings**-This is leaning into hear what He is saying and leaning away from everything else (**Incline-Strongs**-To stretch; By implication to bend away, extend, offer, outstretched, yield; **W1828**-To lean)
1. **To incline is to choose to lean into ear something**-With that it's a choice to lean away from something else
- C. **Don't let them depart from your eyes**-Keep His Words before you, don't let them out of your sight, keep your focus on them (**Depart-BDB**-Lost from view; **Eyes-Strongs**-Think, **BDB**-Mental and spiritual faculties; **A.Heb**-Watching over something)
1. **Meditate in it day and night-Js1:8**-*This book of the law shall not depart from your mouth, but thou shalt meditate there in day and night, that you may observe to do according to all that is written there in: for then thou shalt make thy way prosperous and then thou shalt have good success; Dt11:18*-*Therefore shall you lay up these my words in your heart and in your soul, and bind them for a sign upon your hand, that they may be as frontlets between your eyes. And you shall teach them to your children, speaking of them when you sit in your house, and when you walk by the way, when you lie down, and when you rise up. And you shall write them upon the door posts of thing house, and upon your gates that your days may be...as the days of heaven upon the earth*
- D. **Keep them in the midst of your heart**-Guard the word in your heart, protect it, retain it [**Keep-Strongs**-Hedge about (as with thorns), guard, protect, regard; **BDB**-Preserve, keep watch, to keep guard, retain, treasure up; **Heart-BDB**-Inner man, heart of man, inner part]
1. **How to get His Word in your heart**-If you attend to God's word, incline your ear to it, don't let your eyes depart from it, it'll get in your heart and if you continue doing those things it'll stay in your heart
  2. **Satan comes to steal it so we must guard it-Mk4:15**-*Comes immediately and takes away the word that was sown in their hearts*
- E. **Why do that? (For-Because)**-Because these words will be life unto those that find them and health to their flesh (**Find**-Attain, acquire, catch, get hold upon, take hold on, secure, learn)
1. **How do you find them**-You do verses 20-21
  2. **They will be life and health to those who do those things in V20-21**-If you don't they won't
  3. **Are most Christians doing this (verses 20-21)? Are you doing this?**
- II. **God's Word is medicine for your flesh -This is a mystery, but let it be real to you**
- A. **God's word is health for your flesh-Health-Strongs-H4832**-Curative, literally a medicine, abstractly a cure; Deliverance, healing, health, remedy; **From H7495**-Mend, to cure, heal, physician, repair; **Flesh**-Body, the body itself; **A.Heb**-Skin and muscle or the whole of the person; **Meat**
1. **God's Word is a healing remedy for your body-Pr16:24**-*Pleasant words are as an honeycomb, sweet to the soul, and health to the bones; Ps107:20*-*He sent His word and healed them and delivered them from their destructions; Mt8:16-TPT*-*By Jesus only speaking a word of healing over them, they were totally set free from their torment, and everyone who was sick received their healing*
- B. **God's Word has curing power in it on all three levels**-You spend time in the word and give the word place in your life and it'll affect your condition in all three areas of your life spirit, soul and body
1. **God's word has effects all 3 part of man, spirit, soul and body-Hb4:12**-*For the Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart; ER*-*Cuts all the way into us...deep to the place where the soul and the spirit are joined...to the center of our joints and our bones.*
  2. **The word recreated your spirit-1Pt1:23**-*Being born again, not of corruptible seed, but of incorruptible, by the Word of God*
  3. **The word can heal your soul-Js1:21**-*Of his own will begat he us with the word of truth, that we should be a kind of firstfruits of his creatures. Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath. Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word which is able to save (heal) your souls*

- C. God's words are life-giving words-**Hb4:12**-Alive and full of power [making it active, operative, energizing, and effective]
1. Life to those that find them-**Life-Strongs**-To live, whether literally or figuratively; to revive, keep alive, make alive, nourish up, preserve alive, quicken, recover, repair, restore to life; **BDB**-Live prosperously, restore to health, revive from sickness, discouragement, faintness, death
  2. Any area of your life where you heed these words, believe these words, speak these words, act on these words, it'll bring life to that area-**Jn6:63**-It is the spirit that quickens (cause to live, make alive, give life); the flesh profits nothing: the words that I speak unto you they are spirit and they are life
  3. Your physical body can be affected by exposure to God's Word-It's medicine to your flesh because it's life
  4. Your mortal body is going to be quickened by the Spirit-His words are spirit and they can quicken your body-**Rm8:11**-Quicken your mortal bodies by the spirit that dwells in you
- D. For the power of medicine to be released and work you have to consume it
1. The Word of God is full of power to heal-**Hb4:12**-For the word that God speaks is alive and full of power
  2. When we consume the Word the power of it is released-When you give your thoughts, eyes, ears mouth to His words and keep them in you that's when the curing power is released
  3. You don't have to understand how it works to receive the benefits of it, but you must consume it-You don't know how physical medicine works, but you believe it does so you take it and let it do it's work – Do that with the Word
  4. Take your medicine-When battling sickness and disease keep consuming the Word

### III. Your spiritual diet affects your physical health

- A. According to this verse the condition of my spirit can affect my body-**Pr17:22**-A merry (joyful) heart does good like a medicine (cure, healing); but a broken (afflicted, not joyful) spirit dries the bones
- B. The words you consume affected the condition of your spirit-**Jer15:16**-Thy words were found and I did eat them; and thy word was the joy and rejoicing of my heart
- C. To be full of joy is to be strong inside-You get that way by feeding on the Word-**Neh8:10**-The joy of the Lord is my strength
- D. Words are spirit food, that you consume everyday-**Jer15:16**-Thy words were found and I did eat them **Jb34:3**-For the ear tries words, as the mouth tastes meat; **Ps119:103**-How sweet are thy words unto my taste
1. There are words that will nourish you and words that will destroy you-**2Tim2:16**-Shun profane and vain babblings: for they will increase unto more ungodliness. And their word will eat as doth a canker; **1Tim4:6**-If you put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine
- E. The condition of your spirit affects your body-When you're spirit is strong, in faith, full of joy and peace this helps your body; When you're weak inside and live under the thumb of fear, anxiety and depression this hurts your body
1. **Health Notes:** Many studies show that chronic exposure to stress, anxiety and negative moods generally can affect physical health to a large extent. Poor emotional health can weaken your body's immune system. A study was done and the least happy people were almost three times as likely to develop the common cold compared to their happier counterparts. Stress hormones are designed to trigger a response designed to protect your body in an emergency by preparing you to react quickly. Your heart races, your breath quickens and your muscles ready for action. When stress hormones keep firing day after day it puts your health and risk and eventually will take a toll on your health. When you laugh it increases serotonin and endorphins in the brain, and simultaneously decreases stress hormones in the body. Smiling is good for the health of your heart lungs, muscles, heart and immune system.
- F. You must keep your spirit strong when you're battling symptoms on your body-**Pr18:14**-The spirit of a man will sustain (contain, restrain) his infirmity (sickness, disease); what a wounded (smitten, broken) spirit who can bear; **CEV**-Being cheerful helps when we are sick, but nothing helps when we give up; **AC**-The strong spirit of a man sustains him in bodily pain or trouble; **ISV**-A man's spirit can sustain him during his illness, but who can bear a crushed spirit?
1. If you're spirit stays strong, full of joy and faith you can receive your healing-If get weak inside your finished
- G. Anything that affects my faith affects my ability to receive my healing and what we feed on affects our faith-**Rm10:17**-So then faith comes by hearing and hearing by the Word of God

### IV. There's power in repeatedly hearing the Word-**Js1:8, Dt11:18, Js1:25**-Whoso looks into the perfect law of liberty and continues therein he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed; **Jn8:31**-If you continue in my word, then you are my disciples indeed; And you shall know the truth and the truth shall make you free

- A. Your spiritual diet affects your health on all three levels, spirit, soul and body-**Mt4:4**-Man doesn't live by bread alone, but by every word that proceeds out of the mouth of God