

Health and Wholeness Week 2 Notes

Health and Wholeness Principle #1: Your relationship with God impacts every area of your health.

Health and Wholeness Principle #2: Take communion with belief in what the elements represent – Jesus' sacrifice on our behalf so we can enjoy fellowship with the Father. Communion is remaining in Jesus, and remaining means dwelling with God in the Holy Place through obedient faith. Healing can happen when we take communion because we are taking into our bodies the life Jesus offered for us. Life is not only eternal life after we die, but abundant life now in daily communion with God.

Scripture gives us insight into the meaning of the communion elements and the healing God desires for us:

1. **1 Corinthians 11:27-32:** Some are sick because of taking communion without self-examination.
2. **Hebrews 9-10, Leviticus 16:** We honor Christ's body when obey him and confess him as the atonement sacrifice who paid our sin debt to get us out of God's courtroom, where the Accuser accuses us, and into the Holy Place of fellowship with God.
3. **Isaiah 53:4-6, Matthew 8:16-17:** Jesus is our scapegoat who removes our sins and sickness from us.
4. **Galatians 3:13:** Jesus took all curses upon himself for those in covenant through Christ, so we are no longer under the curses of Deuteronomy 29, which includes sickness.
5. **Leviticus 17:11:** Life is in the blood of Jesus, our Passover Lamb, as we remain in God's house.
6. **Romans 10:9:** We apply the blood of the Lamb to our "house/body" by faith. To be saved – "sozo" in the Greek – means saved, healed, delivered, made whole.
7. **John 10:9-10, John 14:6:** Jesus is the Door to the Holy Place, the way to the Father in the tabernacle.
8. **John 6:54-57:** We remain in Jesus – in the Holy Place – by eating his flesh and drinking his blood.
9. **John 15:5-12:** We remain in communion when we obey God out of love. All his commands are loving.
10. **John 6:48-51, Matthew 4:4:** Jesus is the Word/Bread from heaven. We eat the bread of God's words.
11. **Numbers 21:4-9:** Jesus was lifted up like the snake on the pole to show us God is for us. It is the serpent who is poisoning us against God and his loving commands when we complain against God.
12. **John 3:15-16:** We look at Jesus on the cross, the demonstration of God's love, and are healed.
13. **Colossians 2:12-15:** When Jesus nailed our sin to the cross, he stripped the Accuser of his legal right to accuse us. By the blood of Jesus we are forgiven and raised to life that overcomes death.
14. **Psalms 103:3:** "God forgives all my sins and heals all my diseases."
15. **James 5:13-16:** Confession of sin and prayer for healing is meant to take place in community.
16. **John 14:12, Luke 10:19, John 20:21-23:** Jesus gives believers authority to continue his work of releasing forgiveness and healing disease, destroying the works of the devil as we crush the serpent who bit us.
17. **Psalms 139:23-24:** Ask the Holy Spirit to search your heart for unconfessed sin. Confess anything he brings to mind at the cross or to another believer. Forgive as you've been forgiven, releasing it to Jesus.

Prepare to take communion, meditating on the life of Jesus – his teaching and example – as you take the bread and receive his blood to give you life. When we take the blood of Jesus, we come into fellowship with the Father in his house, exchanging sickness and death for life. When we take the bread of Jesus' body/words into us as authority over us, obeying out of love because we fully believe every word he says is loving, every curse connected to disobedience is broken because Jesus took our curse upon himself and paid our debt. We look to Jesus on the cross and are saved, healed, delivered, made whole. We then draw near to worship him in spirit and in truth.