

Health and Wholeness Class Week 3

Resources: Blake Healy's *Indestructible, Profound Good*; Caroline Leaf's *Who Switched Off My Brain*

Health and Wholeness Principle #1: Your relationship with God affects every area of your health. Daily abiding in Jesus keeps our Sympathetic Nervous System in check and removes trauma from our cells, moving us from predisposition to disease back into the health God desires for us. God is our Healer.

Health and Wholeness Principle #2: Take communion with belief in what the elements represent. Jesus' blood gives you access to the Father's presence and his body is the Word that feeds your soul. By his wounds you are saved, healed, delivered, made whole in communion with God.

Health and Wholeness Principle #3: Thanksgiving and praise are the foundation of health. Science shows how our thought life has an immense impact on our health. Giving God thanks for his provision and promises helps us override the world's mindset of lack and releases health-producing chemicals into our bodies. Praise for who God is – perfectly loving toward us at all times – takes us out of toxic thinking that creates a toxic environment in our bodies, predisposing us to disease.

The Bible has a lot to say about how we think:

- **Psalm 136:1:** At least 9 times the Bible says “Give thanks to the LORD, for he is good. His love endures forever.”
- **1 John 4:18:** There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.
- **Isaiah 41:10:** So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
- **Colossians 3:2:** Set your minds on things above, not on earthly things.
- **Romans 8:5-6:** Those who live according to the flesh set their minds on the things of the flesh; but those who live according to the Spirit set their minds on the things of the Spirit. The mind of the flesh is death, but the mind of the Spirit is life and peace.
- **Romans 12:2:** Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God.
- **Colossians 2:8:** Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ.
- **2 Corinthians 10:5:** We demolish arguments and every presumption set up against the knowledge of God; and we take captive every thought to make it obedient to Christ.
- **Isaiah 55:8-9:** “For My thoughts are not your thoughts, neither are your ways My ways,” declares the LORD. “For as the heavens are higher than the earth, so My ways are higher than your ways and My thoughts than your thoughts.”
- **Philippians 4:8:** Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on these things.
- **James 1:5-8:** If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. ⁶ But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That person should not expect to receive anything from the Lord. ⁸ Such a person is double-minded and unstable in all they do.