

Taking Care of Our Body

by Scott Stoll

Taking care of our body is essential because it is a temple of the Holy Spirit and we are ambassadors of Jesus Christ.

Duration: 1:23:02

Scripture: 1 Corinthians 6:19

Topics: "Physical Stewardship", "Holistic Healing"

Description

This sermon emphasizes the importance of aligning our physical health with God's plan, focusing on the impact of food choices, moderation, and resisting external pressures. It highlights the need for repentance, surrendering our bodies to God, and seeking alignment with His will for holistic healing.

Transcript

A little phrase we remind ourselves each day to kind of set our focus for the day is this. We tell each other, speak life, show love, shine your light. And it just helps us to remember what our purpose is as Christians each day.

We are to speak life. We're to use our tongues to exhort, to edify, to encourage, to share the gospel, the good news of Jesus Christ with those around us. We're to show love.

We're told in the Bible that they will know us by our love. They will know us by the love we share with one another and the love that we share into the world. And then we're also told to shine our light.

Jesus said, you are the light of the world. You are the city set on the hill. Every day we go out, we are supposed to shine our lights into the darkness.

So this morning, as we enter this day, we declare that we will speak life, that we will show love, and that we will shine our lights for Jesus Christ. Amen. That's the way we will start this day and live this day.

And every day we speak life, show love and shine our lights for Jesus. So I would ask to talk about some revelations that God has given me as a physician. And I'll just give you some of my history.

I started practicing medicine just as I was taught in medical school and in residency. And I was doing just everything that I was taught, diagnosing disease, writing prescriptions to fix problems. And my patients would come back to me and they would say, Dr. Stoll, I'm falling apart.

Can you help me? You ever heard that term before? I'm falling apart. I hear it every single day. And I would laugh and I would say, you know, that's a that's a good joke.

And they'd say, I'm falling apart. And I didn't know what to do. And then one day I had a woman sitting on my exam table and she said, Dr. Stoll, can you help me? I'm falling apart.

And so I said, just a minute. Everybody tells me that they're falling apart. What does falling apart mean to you? And I expected her to start with my knee hurts and I've got back pain.

My neck hurts. But she started in a very different place that I wasn't expecting. She said, because of all my physical illnesses, I cannot travel to see my grandchildren.

I haven't been in church in three years. My husband and I, our relationship is falling apart because he's exhausted taking care of me. Our finances are falling apart.

We haven't been, we're filing for bankruptcy because of all the medications and the cost of healthcare. And she went on and on to talk about how every area of her life was falling apart. And then she looked me in the eye and she says, can you help me? And I will tell you that all of my years of school and education didn't prepare me to help her.

I had no idea how to help somebody where their life was falling apart. So I left that day and I said, Lord, how am I going to answer the next person that asked me for help when they're falling apart? Medicine was not the answer. Writing more prescriptions and more tests and more surgeries is not the answer.

So what is the answer? And we know that God provides, right? He's our provider. And I knew that he would provide an answer. So I started to read and I started reading diet books.

There's a lot of diet books out there, right? It's a \$40 billion a year industry. And I read all these diet books, Actons to Zone, and when I finished, I was more confused than when I started. It was not the answer because diet industry focuses on what? Weight loss, but it doesn't focus on health and putting your life back together again.

So I started to read some scientific articles and I started to come up with this common thread. The more natural foods, fruits, vegetables, plants that people eat, the healthier their bodies become. I said, Lord, can it be this easy? And the Lord said, yes, his yoke is light, right? His burden is easy.

His provision is full and perfect. It is that easy. So I said, OK, Lord, I'm going to take you at your word.

And I started to use my prescription pad to write breakfast recipes and lunch recipes and dinner recipes and snack ideas and lifestyle recommendations. And I would tear that off and I would give that to my patients and they would go out and they would start implementing these things. They would look at that prescription.

They said, this is the strangest thing I've ever received from a doctor. But if you believe it, I'm going to try it. And they would come back to me and they would say, I can't believe it.

I'm off my medications. My diabetes is gone. My high blood pressure is gone.

I had a guy that couldn't walk to his mailbox without severe chest pain, taking nitroglycerin on the way to the mailbox. Three months later, he's walking miles without any chest pain. And I said, Lord, your food is

healing.

You know, so often we pray for healing, but we don't realize that God's provided healing in some other way for us and it's full provision of the food that grows up from the ground is healing. When we talk about healing, you know, we heal in so many ways. And the first way that we heal is spiritually, right? Without Jesus Christ, we are dead.

And Ephesians 2 tells us this. Even when we were dead in our sins. He hath quickened us together with Christ, for by grace you are saved.

So spiritually, and the most important healing that needs to take care, take place in our lives is our spiritually healing through Jesus Christ, because without Jesus Christ, we are completely dead, dead spiritually, dead emotionally and dead physically and without hope. We have no hope in this life without Jesus Christ, because we will live our lives and just like all those that have passed before us, we too will die and be put into the ground and without Jesus Christ and the hope that we have in Christ, we will not be raised to eternal life with God. And Ephesians 2 goes on, and he hath raised us up together and made us sit together in heavenly places in Christ Jesus, that in the ages to come, he might show the exceeding riches of his grace and his kindness toward us through Christ Jesus, for by grace, you are saved through faith and not of yourselves.

It is the gift of God, not of works, lest any man should boast. For we are his workmanship created in Christ Jesus unto good works, which God hath ordained before that we should walk in them. So as we talk about healing today, I want to make sure that we understand the right context.

The first and the single most important healing that any of us needs to, to experience is the healing of forgiveness in Jesus Christ. Once we can establish that in our lives, we are alive in Jesus for the rest of our lives, and then God will begin to heal us. He'll begin to heal us at the soul level and at the physical level so that we can go forth and walk in the good works that he has created beforehand, that we might walk in them to bring glory and honor to him.

So that's the context of what we are talking today. I want to establish that because that's very important that we don't get upside down like the world is today, where we focus all on physical healing or emotional healing to the loss of the person that they lived their entire life seeking healing, and they missed the most important healing, which is Jesus Christ and accepting the forgiveness that we have through his blood. So I'll ask you this question then too.

Who are you? It's an interesting question. You might say, that's a silly question, Scott. Who am I? My name is Scott Stoll.

I was born to so-and-so. I live in this county. This is my work that I do.

You know, we have different ways that we identify ourselves, but we have a different identity when we are in Jesus Christ and we have to understand who we are. You know, we can understand all of the I am's who tell us that we are a new creation in Jesus Christ. We are the light of the world, but we also can learn something else when we start to look at our identity in Jesus Christ.

And it's this verse that starts to unlock some secrets for us. Do you not know that your body is a temple of the Holy Spirit within you whom you have from God? And verse 20 goes on, for you are not your own. You were bought with a price, therefore glorify God in your body and in your spirit, which are God's.

So this is interesting, isn't it? Did you not know that your body is a temple of the Holy Spirit? Did you ever think about that? It's an interesting thing to think about when we look at the temple. So this is the ancient temple and it contained three parts. We have, this is the Holy of Holies.

This is where the Ark of the Covenant rested. This is where the glory of God rested in Israel. As we saw last night with Steve Stutzman, the power of God rested in the Holy of Holies.

This is where the veil was established that prohibited men from entering in but once a year. The same veil that was rent in two when Jesus died on the cross, giving us free access now to God's throne and God's kingdom. Then we have the inner court.

This is where the priest would meet, offer daily sacrifices. And then we have the outer court. And the outer court is where a lot of the business took place.

People would come into the temple and they would interact and participate in business. And this is where they actually would sell the sacrifices that were given up. But notice three parts, outer, inner, Holy of Holies, one temple, one temple.

So here it is again. So we have the Holy of Holies, which is the mercy seat and the veil, which is the life. We have the golden altar of incense, the holy place, the inner courts, and the door was called the truth.

And then the outer courts and the gate was called the way. So Jesus said, I am the way, the truth, and the life, three in one. And then when we think about our lives, we are three in one as well.

So when God says you are the temple, you are just like the temple. You are three in one. You have your spirit, the spirit, which is renewed in Jesus Christ.

That is the Holy of Holies. That is now when you are a Christian and you're made new in Christ and he moves into you, he puts his life into you. This is the Holy of Holies now where Christ resides within you.

And then the holy place, the inner court is your soul, mind, will, and emotions. And the outer court is your body, brain, nerves, your organs, and your cells. So we just like the temple are three in one, the outer court, the inner court, and the Holy of Holies, but it is one holy temple.

And so when we, now that when we read that verse and we understand, do you not know that your body is a temple of the Holy Spirit? Every part of you is the temple. Your physical body, your soul, and your spirit are the temple of God. And it's something that we don't think about because there's been some, some Greek philosophy that has slipped into our Christian belief systems, going all the way back to Plato.

Plato promoted this idea of dualism and dualism is that the body and the spirit are separated and that the body is not important. The spirit was the only thing that was important and Plato believed in reincarnation. So your spirit would just keep getting reincarnated into a different body, but the physical body was not important.

And so this dualism creeps into our thoughts and I see a lot in Christian churches. We start to believe that the physical body doesn't matter. It's not important because the only thing that matters is our spirit and then secondarily our soul.

And we then what do with our body? What does that philosophy start to shift in us? What is the mindset that comes with that idea? The body is not important. It leads to two things. You think of the two, neglect.

We start to think this isn't important. I will only focus on my spirit. I'll neglect my body.

And then what's the other one? Indulgence. Indulgence. So that philosophy, that mindset creeps into our life and we start to think differently about our body and we either go down the road of neglect like the ascetics used to do.

They would neglect their body. They would actually beat their bodies to get rid of the sin or it creeps into the indulgence. It doesn't matter.

So I'll, I'll do whatever I need to do to my physical body because it's going to pass away. It doesn't matter. But what happens when we let that mindset in knowing that we are whole first Thessalonians five tells us that you are spirit, soul and body.

Holy one. So if we are neglecting part of the temple or we are indulging part of the temple, how do you think that plays out into our soul and our spirit? I wrote this down as I was thinking, I'll just walk through this. So let's think about like working in reverse.

So we're, we're either neglecting or we're indulging the physical body. And let's think about some of the consequences to our soul, our relationship, our relationship to God, relationship to others and the consequences of those things in our life. So when we are living that way, we are pursuing gratification of the flesh, right? Either neglect or indulgence is gratifying the flesh.

We become dependent. We'll talk about dependence on some of the foods of this age. We can become separated from God because we start walking in sin.

We become self-focused when we're indulging ourselves and even neglect is self-focus. We become pursuers of our earthly appetites. We can then, because we're not taking care of the body, condemnation can come on us from others and from self.

And one of the things that I have seen in the research shows today that the church, the evangelical church in America is more unhealthy than America. Isn't that amazing? Evangelical Christians tend to be more unhealthy and heavier than America. And of all of the religions, Hindu, Buddhist, Islam, the most unhealthy group of people, evangelical Christians.

What happened? Where did we go wrong that we now who are the light of the world, the ambassadors of Jesus Christ set free from our sin are now the most unhealthy religious group in America. I believe it's a blind spot that Satan has created in the church. I believe it's a blind spot from, you know, this infiltration of Greek philosophy that has disrupted the church and our purpose.

And that's why I believe that this message is so important because it's an awakening on so many levels and awakening for us to understand the beautiful provision that God has for us. And that when we pursue his plans and purposes for our lives, we can be confident that he has provided everything we need for health. And strength and life.

And he also is calling us now to stand up and be salt and light in the world in a different way that when people see us and what do they see first? They see our physical representation. When they see us, they will know that we are representing the king of the universe. So just a couple more.

When we are not walking in that, that mindset, we start to indulge the flesh and we start to begin lacking self control and self discipline. Then we acquire guilt. Then if we gain weight or we're unhealthy, we can take on shame.

Then we can take on judgment from others as a Christian walks out. And I hear this and it's a sad story, but they, they may be unhealthy and the world judges them by their physical appearance. It's not right, but judgment falls.

There are accusations that fall. You go to the doctor and what does the doctor tell you if you have a disease? Oh, this is a lifelong disease. You'll probably die from this.

So what happens? Curses are spoken over you by healthcare. Not true, but curses will be spoken over you. There's a tendency then for some people to give up.

But if we shift and we shift the way that we live and we shift into God's plan, which we're going to talk about today, a major mindset shift occurs that leads us into this focus of others and God and not self, not pursuing our fleshly appetites. We are expanding into the kingdom, uh, into God's kingdom. We have financial freedom because we're not bound to the healthcare system.

We have more energy. We have a clearer mind. We don't have any self condemnation, guilt, fear, shame.

We walk in freedom because God's plan is freedom. We have abundance. We have opportunity.

We have gratitude because when we take an eat of the things God has given us, there's a different spirit that comes with that food. It's one of gratitude and not self focus. We have fulfillment.

When we engage in his plan, we are fulfilled. We have peace. We have love.

We have blessings abundant. When we eat the foods that he has provided, we connect with others in a different way and we connect with the land and we connect with the environment in a very different way. We have community.

We have stewardship. We have God as the solution in our life. God's got it.

He can take care of it. God is the solution. Not the doctor.

We have healing that we can praise the Lord for. When we see and we take this in and our body heals, we praise God for his healing that he has given to us and we have alignment with God in this part of our life, which aligns us in so many other ways going forward. It's powerful when we start focusing on this physical aspect and we stop neglecting or indulging that part of our lives.

So when we do this, it's a mindset shift from ownership to stewardship. In about the late 1700s and into the 1800s, philosophically there was the age of enlightenment, which was the age of science and reason and skepticism. And it was also a period of time when a lot of philosophers started shifting away from belief in God to questioning God.

It's also that time period when Darwin rose. It was a pushback against the Catholic church. And at the same time of the age of the enlightenment, there was the industrialized period when we started creating new things scientifically.

We started recreating refrigeration. We started packaging food. We started making food.

We started shipping food on railroad cars across the United States. We developed grocery stores. We developed processed food and food on shelves.

So with the age of enlightenment came the age of industrialization and a major shift occurred spiritually and physically at that time. And the physical change, I think, followed the spiritual change. An interesting thing Steve Stutzman told me last night, he said, it was at that time that we stopped.

We took the bran out of our bread and we started using white flour. And at the same time that we took bran out of the wheat and made bread, we took repentance out of the church. Interesting, isn't it? So this age of enlightenment, the industrialized period, the refinement of food, the separation from God, the separation from his creation and his provision, dependence upon science, dependence upon man and his provision left us physically ill, physically bankrupt, spiritually in the same condition.

Isn't that interesting? So that's why I think this whole idea of returning to God's provision in food opens up so many spiritual doors of understanding that we have forgotten about. When we go back to understanding his provision in food, we go back to some of the foundational principles that we understand about our relationship with God, coming to him with contrite and repentant hearts, understanding that his provision in Christ is complete, understanding that his provision brings healing spiritually and physically. And during that period of time, that industrialized period, an age of enlightenment, capitalism came in.

And capitalism came in with this idea of ownership versus stewardship. And we started to think that we own things. You know, even though we're only here a short time, we buy something and we say, it is mine, right? Not realizing that it's only ours to use for a time.

And then we leave this earth and somebody else gets it. But we think we own it and we treat it like we own it. But it's also crept into our bodies, right? So we always say, this is my body.

And when we start to think along the lines of ownership of our body, it changes the way that we take care of this body. If we start to think that our body is the Lord's, your body is the temple of the Holy spirit. And the verse goes on.

You are not your own. You are not your own. You don't own anything.

You have been bought with a price, the precious blood of Jesus. And then it says, therefore glorify God in your body and your spirit, which are God's. So let's think about this for a minute.

How does an owner think? What are some of the mindsets that come along with ownership so that we can start to separate this out and gain freedom from the ownership mindset and embrace the stewardship mindset? So I know it's early, but I'm going to ask you to activate your brains. We'll get you going. Lizzie, this is mine.

I will do with it what I want, right? Which leads to abuse and neglect, right? Very good. Oh, anyone else? That's right, Jake. I'm not accountable to anyone but me.

And we really even hold ourselves accountable, right? We never even, we think we're accountable to ourselves in many ways, but we often are not even accountable to ourselves. So it's like almost no accountability. What else? What does the owner think? Pardon, man? Fear.

Absolutely. The owner is afraid because you hold on to it. This is mine.

I'm afraid something's going to happen to it. And so fear creeps in. The spirit of fear creeps in and that opens the door for everything else to follow.

That's absolutely right. That's right. Yes.

Don't tell me what to do. Don't trespass. Don't get too close.

This is my body, which distances us from people too. And it creates what? Pride and resistance and separates relationship. What else? Think of any others? Jealousy.

That's right. When we own something, we start to think that it's important. And Jake is absolutely right.

We start to compare ourselves. The spirit of comparison comes into our lives. And you look and you say, well, this is all I got for my life.

You know, that's not good enough. I want that. And we start comparing and jealousy creeps in.

And then we start pursuing other things that we can see, fixing our eyes on the things of this earth and not on the things of heaven. We become earthly focused and earthly minded and physically focused because we're worried that we might not be as good as somebody else. That spirit of jealousy, that conceit.

Yeah, look how good I am. Look how good the great thing that I have. Conceit slips in and pride slips in.

Absolutely. We can take on lies to maintain our position. We don't think about the future.

We think about now. Right. We're trying to to take care.

We want whatever we can get out of it right now. We we seek self-pleasure when we have an ownership mentality. We seek gratification.

We want everything we can get out of life right now, because this is mine. It slips in so deceptively, David. That's right.

Self-defense slips in when we have an ownership mentality. Self-defense. So you see how powerful this this mindset of ownership is over our bodies and how it can inhibit the Lord from working through our lives and create breaks in relationship with the Lord and breaks in relationship with brothers and sisters and lead to so many open doors for the enemy to come in and start working us over with fear and shame and guilt and disappointment and hopelessness.

The enemy can slip in and totally distract our lives. How about a stewardship mindset? How does that look? Just the opposite, Aaron. Freedom.

Right. And why do we have freedom? Because we say, Lord, it's yours. I'll do the best I can to maintain it.

I'll figure out the best options. I'll look for the best way to take care of it. But it's yours, Lord.

That takes a huge burden off, doesn't it? When we release it to the Lord. We have freedom. And what follows freedom? Peace.

Built on trust. And as we trust, what happens? Our faith is built up because God provides. So we have a greater faith as we go forward.

What else in stewardship? Absolutely, Todd. The Bible tells us that one day we will give an account to God for everything that's been given to us as stewards. The Bible teaches in stewardship that there's an accounting day that comes when we go before the Lord and say, OK, this is all that I gave you.

God says, this is what I gave you in your life. How did you use it from my kingdom? So there's a day of accounting which creates a sense of responsibility, not fear, but responsibility, because responsibility says that we can do something with what God's given us through the Holy Spirit's empowerment. Amen.

It creates relationship with the king because we ask him for direction because it's his project. So a stewardship mentality draws you back into a right relationship with God because you are seeking God for direction. Saying, Lord, here's the issue.

How should I handle this? And you pray and he speaks and you follow. And so you're in a right relationship with him. How about in relationship to others? Stewardship mentality creates right relationship with others because we walk in humility.

Right. We walk in kindness. We walk in love.

We walk in generosity and we walk in a way that we're trying to help others what God has given us to help establish his kingdom. It's a powerful mindset shift. And we'll pray about that at the end, that God will shift our mindsets to be stewards of all that he's given us so that we can work for his glory and for his kingdom.

So as we look at what's happened with this, this ownership mindset in our country and try to understand what's what's happened to the Christian church and we shifted away from God's provision. Look at we in 1900, we five pounds of sugar per person per year. And 200 pounds today.

Now, does anybody here buy 200 pounds of sugar? That's a big mountain of sugar. Take a lot of teaspoons to eat that one down. But where is this sugar coming from then? It's in the processed food that we eat.

Hamburger buns, ketchup, mustard, mayonnaise. Everything we buy has sugar. And I'll tell you why in a minute.

Look at oils and fats, four pounds to 74 pounds of oils. Every tablespoon of oil has 120 calories. Isn't that amazing? Cheese has gone up.

Meat has gone up a little bit, but these are not the same animals that roamed the earth 150 years ago. These are industrialized animals. And when we talk about stewardship, we're not stewarding the animals in the right way either today.

Fruits and vegetables. Nobody has gardens anymore. We don't eat fruits and vegetables.

Our calories have gone up by 600 calories per day of food. The amount of nutrients, antioxidants, minerals and vitamins in our food has gone down 40 to 60 percent because we're not stewarding the land. We are trying to get as much out of the land as we possibly can in a year because we're seeking what gain? Financial gain.

So in the pursuit of finances, which is the pursuit of ownership, we are mismanaging the land. Two bathtubs full of soft drinks. In America today, the number one breakfast drink is soda.

And we've added at least four hours of television and maybe six to eight hours of screen time in a day. Isn't that amazing? And what's happened here, this is called incrementalism. Little by little, things have changed and we acquire a new set point where we become comfortable.

And then it changes a little bit more and we get comfortable to the new set point. And it changes a little bit more and we get more comfortable. And so our taste buds have changed now to the point where with all this sugar, if we eat a strawberry, it doesn't taste sweet.

Because the enemy has deceived our taste buds to want to prefer the world's food and not God's food. But the beautiful part of God's plan is that your taste buds change. In as little as two weeks, getting off of the world's food, eating God's food, your taste buds will modify and change in as little as two weeks and you'll start to acquire a taste for the things of God.

Just like spiritually, when we get off of the world's stuff and we start to read his word and enter into prayer and enter into worship, our spiritual taste buds change. And we start to acquire a taste of things of God. So here's just another example.

For most people today, 63% of their calories come from processed food. That's food that didn't exist 100 years ago. And if you, they did a survey and they asked a large group of Americans that eat this way, what percent of you think you have a healthy diet? 86% of people.

Yeah, I've got a healthy diet. You bet. I'm healthy.

But we know that this is the way most people eat because we have a blind spot in our lives and because we are not stewards, we think we're owners. And so we do all of these things and we're blind to what we're doing to ourselves because we're pursuing our physical passions. And, you know, this little section of fruits and vegetables, at least half of this is French fries and juice.

So we are eating very little, probably less than 6% of our calories from the food that God gave us to eat. So here's a cartoon for you to keep you awake in the morning. So these rats are looking at the people in here and they say they appear to be intelligent, but they display an irresistible attraction to sugar.

Sugar is powerful, isn't it? Did you know that sugar, salt, and fat work on the same receptors in your brain where cocaine, methamphetamine, alcohol, nicotine, marijuana, same reward center in the brain. And in fact, when they do studies on rats and rats that are addicted to cocaine are given a chance to either continue giving themselves cocaine or choose sugar, what do they choose? Sugar, 94% of the time. That's how powerful sugar is.

There was a woman in our church who said that when she would eat one bite of sugar, it would send her into a binge cycle. Because just like some people that are, have a susceptibility to alcoholism, the spirit of addiction in that area, sugar can be the same thing. The spirit of addiction can overtake you and sugar can become your addiction.

It was so powerful for her that she would sit in church and if somebody brought donuts at church, she couldn't think about the message, she could only think about the donuts. That's a powerful spirit of addiction in her life, isn't it? Disrupting her connection with God because of a donut. But that's what the

enemy wants to do to us.

He knows that sugar is addictive. The enemy knows that we have this reward system in our brain and that we are all susceptible to indulgence by repeatedly stimulating this addiction center in our brain. And so he has created an entire food system that preys upon our susceptibilities and preys upon our susceptibilities while creating a blind spot in our life.

And then we don't see it coming, we incrementally start eating this way, all this stuff starts to come upon us like we read earlier. Then we start to take on guilt and shame because we don't know what happened and curses from the healthcare system. We become dependent upon the world to try and fix our physical problems and the enemy is laughing at us.

But the solution is powerful. And it's beautiful and elegant just as we would expect our God to come to our rescue. So today in America, we worship food.

You know, Steve Stutzman said last night, idolatry is whatever we bow down to. And how often in America do we bow down to food? We worship food. We have food networks 24 hours a day, 7 days a week where you watch food, watch people make food.

We have restaurants that are almost like temples where people go in and they just can't wait to eat. We have smorgasbords where you can go and load up your plate 12 times, go to eat as much dessert as you want. And what are we doing? We are bowing down to food.

Now, it's not to say that we should not enjoy food because God gave us taste buds and he created food to be enjoyed. But not for self-indulgence, not for gratification, not to pacify the cravings of the flesh, which is what the enemy wants to do. The food industry knows that food is addictive.

They know that sugar, fat and salt cause you to be addicted to food. And they hire scientists to create a hedonistic spot in food. That's what they call it.

Restaurants, big food manufacturers create hedonistic points in food. So, when you eat the food, it has a quick meltdown. It has an early hit like a drug.

You feel good instantly. You associate feeling good with a package and you go back and spend your money and you buy it again. And the other thing that's happened in the same area is that in our brains, sugar, fat and salt, work on pain receptors and they work on the same receptors where valium works for stress.

And so, we have now gone away from seeking the Lord as our counselor, seeking him when we have pain and stress and seeking Twinkies, seeking Turkey Hill ice cream, seeking chocolate to pacify our pain, to treat our stress, to escape difficult situations and relationships. Food has become our escape. Food has become our counselor.

And what do we do? We slip away and we eat by ourselves. We gratify the flesh and we temporarily feel better. But then on the backside, there's a dark side.

You become addicted to food. You start to become dependent on the food as your counselor. You start to become isolated.

And when the enemy knows when he can isolate you and get you away from the flock, you're more susceptible. And then all these other things that we talked about start entering into your life. You feel guilty that you did this and the enemy comes in with more guilt on top of you.

And it just starts to crumble your life. And that's what's happening to so many people today, because it's a sneak attack by the enemy. But God's provision is beautiful.

God's provision is perfect. God's provision is awesome. And it says in Genesis, the earth brought forth vegetation, plants yielding seed after their kind, trees bearing fruit with seed in them after their kind.

And God saw that it was good. God created something beautiful and God saw that it was good. So what did God do to provide food for us to eat? He grew it in the ground.

This beautiful soil that is alive, takes a seed with the sun that God provides, the rain that falls gently on the ground, springs forth the seed. The seed takes its nutrients and water from the ground and it produces food. And who is the provider? Frito-Lay? God.

God is the provider. Then God said, behold, I have given you every plant yielding seed that is on the face of the earth, every tree which has fruit yielding seed and it shall be food for you. So what did Adam and Eve eat? Plants.

They didn't go to the supermarket, they went to the garden and they picked the food when it was ripe and they ate it and they were satisfied and they were fulfilled. The question is, why do we eat? Why do we eat today? We eat out of habit, right? I think we have to eat three times a day or we're not going to make it till the next day. We eat out of convenience.

I'm busy, I need to run through the drive-thru and just get something to fill my belly because I'm supposed to eat. So we start making compromises at that level because we're eating out of convenience. We eat out of food withdrawal.

We're addicted to food and just like to go through withdrawal from drugs, headaches, nausea, irritability, mental foginess, not feeling right. Withdrawal symptoms, when you eat a lot of sugar, fat and salt, you go through physical withdrawal so we start to not feel well about 10 o'clock in the morning and what happens? We go get something to eat. So we're eating because we're withdrawing from food.

We eat from food addiction. We eat emotionally. We eat a number of different reasons, there are so many reasons that we choose to eat.

But why did God have us eat? You ever thought about that? Why do you think God wanted us to eat? I think it's a beautiful story of why God created food for us. In the garden, God planted these foods that would grow up out of the ground. So Adam recognized that he and Eve, by cultivating the garden, by taking care of the plants, would be able to enjoy the food that was given and they would recognize that when they ate the food, God was providing for them to satisfy their hunger and that's a really important spiritual concept too.

We all have spiritual hunger in our lives. God has created us to desire to have a relationship with him. And we, in today's culture, seek so many different areas to satisfy our spiritual hunger.

It's like seeking junk food to satisfy our hunger and we're never satisfied and always empty. But in the garden, God created something that would bring fulfillment for the hunger of Adam and Eve. He also created something that would bring them joy and bring them enjoyment in the process.

And it brought them into relationship with the land, brought them into relationship with the seasons, brought them into relationship with the plants, and brought them back into relationship with him. That as they walked in the garden, you can imagine they're hungry. You know, they're starting to feel hunger and they start to walk through the garden and their eyes are attracted to a beautiful strawberry patch.

And when they look at the strawberry patch, they realize, I didn't make it. God made it. God gave this for me, that beautiful plant, that beautiful strawberry that's so beautifully organized.

And they recognize there was God who sent the sun and God who sent the rain and God provided it. And they participated in it as a steward, but they didn't create it. And so in gratitude, they reached down and they picked the strawberry.

And as they look at the beautiful strawberry and the way that it's organized, they see the marvelous creativity of their creator in that strawberry. They see how he created it in its perfect shape, how all the little seeds are organized in just the same distance all the way around that strawberry, how it has an outer covering that protects it from the environment, allows them to pick it up and eat it. And then as they bite into that strawberry, they're met with the most amazing, sweet flavor of a strawberry on their tongue.

And what do they say at that point? Mmm, praise God. So they ate the strawberry, they enjoyed the taste. The enjoyment of the taste drew them back into worship of God.

It's beautiful. And they ate and they were fulfilled and they were fully satisfied and they were in relationship one with another and relationship back to God. And that is the beauty of God's provision and creation of food, that when we eat the foods that he has given us, we are eating in gratitude.

We are eating in recognition of relationship of ourselves to the world and the farms and the land and the sun and the rain and the seasons. We're eating and we're in relationship and gratitude to God for providing this food for us. And we're eating and worship and praise that he's given us something so magnificent.

It's a beautiful plan for creating some food and the natural hunger that we have draws us back into that beautiful relationship, day after day after day, that when we eat, we can worship God. That's powerful, isn't it? That's why we eat. It's about relationship with one another, relationship with the land and relationship with God.

Not our relationship to the world and its system. But this is the world system. What color is the food? Brown.

What color is the package? Brightly colored. Because the food manufacturers know your eyes are attracted to color. How does the food feel when you look at that food? Dead, right? Does it feel dead? Contrast it with this.

That's God's provision. Beautiful, bright colors. All of these colors are different chemicals called phytochemicals that God puts into plants.

And the phytochemicals are chemicals in plants that give the plants health and strength. Fights off infections, fights DNA damage, natural hormones for the plants. And they create color that attracts our eyes.

But when we eat those phytochemicals, it does the same thing in our bodies that it did for the plants. It gives us health, it reverses disease, helps fight DNA damage, helps fight infections. It's alive, isn't it? And in fact, when you pick food, it stays alive.

It continues to be metabolically active for days after you pick it. Your food is still alive. And when you eat that food, life comes into your body.

And the life can reverse disease. That was the most profound understanding for me in this whole process, that when we eat God's food, it reverses disease. Not just prevents or suspends, but it reverses disease.

The diseases that people are suffering from and dying from, largely preventable and reversible. The number one killer today, heart attacks in America. This is a doctor that's a friend of mine, Caldwell Esselstyn, Cleveland Clinic.

And he has a 30-year study. And he took a group of patients that were ready for bypass surgery. And that is when the arteries on your heart that supply blood to the heart muscle get filled up with atherosclerosis, cholesterol plaques.

And they start to get very narrow. And then you don't get blood supply to the heart muscle, and the heart muscle starts to hurt, and that's a heart attack. And the way that medicine fixes that, they take a scalpel and they run it up the inside of your leg, and they take the vein out of your leg.

And they open up your chest with a saw, and they spread it open. And they take that little vein, and they bypass that section, and they attach the vein down here. That's called bypass surgery, and then they wire your chest back together.

But that doesn't fix the problem. Five to ten years, people have to go back in for redo surgery. Why? Because they never changed the underlying problem.

They never fixed the food and the lifestyle. All they did was bypass this problem and wait for the next surgery. But when we rest on the foods that God's given us, these foods that grow out of the ground, these plant-based foods, it reverses heart disease.

This is actually an angiogram, so they squirt dye into the arteries of the heart when somebody's having a heart attack. And these actually, this is the arteries of the heart from a friend of Dr. Esselstyn's who was a cardiologist who had a heart attack. And he said, I don't want to bypass surgery.

He understands what's going to happen to him, and he says, I don't want my chest cut open. So he walked down the hall, and he talked to Caldwell. And he says, can you tell me more about this food thing that you're doing, because I don't want to bypass surgery.

So Caldwell told him about all the beautiful fruits and vegetables. He started eating those foods. Sixteen months later, heart is normal.

Artery is open. And he is free. No medications, no surgeries, no more doctors.

God healed the artery through the food that he gave him. By 2030, they tell us cancer is going to be the number one killer. More than three quarters of all cancer is preventable with the right food and lifestyle, and removing from our lives fear and bitterness and anger.

We remove those soul-based, we heal at the soul level. We pursue the healing God gives us through the food level. And most of these diseases never have to afflict Christians.

It's powerful when we live in alignment with God. The power that he brings into our life is incredible. And the healing that can come.

And just like spiritually, physically we have junk food that kills us. And in America today we have acquired soul level and spiritual level issues that kill us too. And we feast on these things just like we feast on the food.

But this is feasting on God's provision. It's his word, it's in prayer, it's in fellowship, it's in revelation. We feast on what God gives us spiritually.

It heals the soul. It purifies us. And it directs us and brings us into alignment.

This is a friend of mine. His name is Mylon. And this is Mylon about 18 months ago.

Mylon was originally 525 pounds. Mylon came to one of our immersions where we spend a week teaching people and feeding people and helping them gain freedom. And when Mylon came to the immersion, not only was he physically unhealthy, but often the outward appearance can sometimes give evidence of what they're struggling with.

And Mylon was struggling with bitterness and anger towards his mother. They had a dysfunctional and separated relationship. And they did not reconcile before she died.

And so he had tremendous guilt that he had these feelings toward his mother and that she passed away and they never were able to reconcile their relationship. So that led Mylon down this road of emotional eating. And he ate and ate and ate and he had a heart attack and he had diabetes and he had high blood pressure.

And his relationship with his son was strained. You can see his son's not even very happy there. He couldn't play with his son.

He would have to go out and sit in a chair and throw the ball with his son in the backyard. His relationship with his wife was strained. His wife was struggling with MS. So Mylon came to the immersion.

He got free emotionally. He released guilt and anger and he released bitterness. And he got free and healed emotionally.

And then he likes to say he released 225 pounds. He didn't lose it. He says he released it.

Because the release came from the emotional peace. And then understanding God's provision and embracing and aligning with God's provision. All of this was released from his life.

And now Mylon, you can see how happy they are. Vibrant, alive, serving the Lord, free. His wife's multiple sclerosis symptoms are all gone.

Powerful. And he is a completely different person at every level. Spiritually, emotionally, and physically.

And he's an amazing servant now of the Lord. That's the power of aligning with God's plan. That's the power of this whole food system.

And it's all linked. Food, soul, and spirit. It is all linked.

It's all one. There's no way we can separate these things out and say one is more important than the other. Alignment with God's plan in every area of our life brings joy.

So I'll just stop right there. I wanted to take a few minutes and make sure we have time for questions. Yes, sir.

Yes, he asked about the role of fasting. So this is really an interesting area, especially as Christians. When we understand first, Jesus told us, when you fast.

It is supposed to be a part of the Christian's life. We are supposed to be fasting. Not if you fast, but when you fast.

But the interesting thing about fasting, too, when we are living with all these food addictions. And I see this with Christians. They're addicted to food.

They don't know it. They try to fast. And when they try to fast, their mind is cloudy.

They don't feel well. They can't focus. You know, they start thinking about food two hours into a fast.

Their stomach is grumbling. They feel weak. So it really inhibits the Christian's ability to fast.

When you're eating the food that God gives you, you can go for days without food and feel fine. In fact, do you know how many days you can go without eating? Safely? 40 days. You do not have to eat food for 40 days.

Can you believe that? Most people can't miss a meal. They start to think, boy, is it lunchtime yet? So fasting, fasting is something that Jesus told us we need to do. Fasting can be hindered by our relationship to food.

And when we eat the right foods, it frees us up to focus on the Lord because we're not hindered by the addictions and emotional issues around food. The other thing, physically, when we fast. It's a period of time of healing of the body.

More than 50% of your metabolism every day is involved in processing food. So most of the energy of our body, our day, is processing food. When we fast or we go for a few days without eating, all of that energy can be redirected.

And it can pay attention to healing damaged areas in our body. It's also a period of time when growth hormone goes up. So our body can start to repair.

It's a normalization of other hormones in our body. It's a time of like our body detoxing and purifying. So God wove into the idea of fasting an opportunity for the body to heal.

So we fast, we focus on the Lord. It brings power through the Holy Spirit into our lives. But at the same time, God in his amazing creation, when we fast, it also brings health to the body as well.

So it's a healing process. When we step back from the world and the satisfying of our personal hunger, the physical body. And we say no to the physical body and say yes to the Lord.

It allows us to get away from the things that cause distraction in our life. And it's a way of personal sacrifice. It's a sacrifice of worship to the Lord.

And that separation from the world, separation from the pursuit of fleshly appetites, and the focusing on the Lord are wonderful worship that the Lord honors. And we can focus on the Lord and not on our bodies. And it gives you a lot of time.

If you decide not to eat, you know, there's hours and hours in the day that you can spend time praying instead of eating. So it creates time that we didn't have before, even in the midst of a busy day, that we can bow down and pray for an hour or two that you would spend at dinner. There's more time.

It's an amazing, wonderful opportunity. Bonnie? Yeah, I've been told all my life, you are so lucky you never gain weight. I have a very, I guess, high metabolism.

And my sister, I only have one sister, and she's the opposite of me. She's always struggled with weight. So what I want to say is, everybody thinks I'm lucky, but you know what? I'm not, because what the food I eat does not go on my body.

So it does not trigger me to say, ooh, there's something wrong with that food. So could you explain to me, you know, and then also for people who weight gain easily, to not feel bad, because just because I look thin doesn't mean I'm healthy. So I know I would like to have other benefits from my food and like more energy and, you know, things like that, how the intestines work, and you know what I mean.

I do. Thanks, Bonnie. So that is, you know, because we have a diet industry that's always so focused on weight, we have this mindset that if somebody's heavy, they're unhealthy.

If somebody is thin, they're healthy, right? But it's not true. Some of the most unhealthy people that I meet are thin, believe it or not. And I have some heavier people that I take care of that don't have any diseases.

Part of the reason, like Bonnie said, you know, we're all biochemically different. We all come genetically, enzymatically, we're all different. Some people have a propensity to gain weight more than others, and it's just, it's a part of who we are biochemically.

But you're right, Bonnie. One of the risks of not gaining weight is that you can eat anything you want. And so it almost is like a free pass for a lot of people.

You know, we say, oh, I can eat a half a gallon of ice cream and not gain a pound. But the ice cream still has the same effect in your body. You know, the food from the world, when we eat it, causes damage in our body within two hours.

Lots and lots of studies show that within two hours of eating sugar, with eating a McDonald's hamburger, there is measurable change in your artery. There's inflammation in the artery wall and constriction of the artery within two hours of eating those foods. So you may be thin, but you can eat a lot of unhealthy food and it starts to erode your health, but you don't see it because you're thin and you're still in the mindset

that thin is healthy.

Healthy is when we are feasting on God's food and pursuing a lifestyle that brings honor and glory to him in stewardship. That's health. Healthy is not thin or normal body weight.

And when we feast on those things, you know, our body gets healthy and you may stay thin, but you'll have more energy, more clarity. You'll get up in the morning and feel well. You'll heal more quickly.

You'll get fewer colds. If you get a cold, it's shorter-lived. Children don't need to ever see the doctor because they never get sick.

So you're absolutely right. They did a study over in Great Britain where they took a bunch of people that were thin and they were unhealthy and they wanted to see what the inside looked like. And so they put them in a cat scanner and they took pictures of the inside and they had more fat around their organs, which is more dangerous fat than some of the heavier people.

So they created a term, thin on the outside, fat on the inside, TOFI. And it's just an evidence that some people may appear thin, but they are not healthy either. So health comes from aligning with God's plan, not on pursuing a weight.

Yes. About protein, you know, they recommend that you have so much protein every meal. What do you say about that? Here's the beauty of God's provision again.

In America, we equate protein with strength, right? In fact, the name protein means of prime importance. And so we've come to believe that we need protein to be strong and healthy. And the only source for protein is what? Meat.

So the average person needs about 60 grams of protein per day. The average American is consuming 100 to 120 grams of protein. So we're eating excess protein.

When we eat too much protein, it acidifies our body. It causes inflammation. We start to leach calcium out of our bones.

So the beautiful thing about protein is it's in all foods. In fact, there's more protein per calorie in kale, romaine lettuce, broccoli, than a piece of steak. More protein per calorie.

And when you're eating a variety of these foods, beans, lentils, you know, all these foods, you're getting enough protein. But your protein is packaged. And that's the concept that I think is so important.

We're eating protein, but a protein's coming packaged with vitamins, with minerals, with fiber, with antioxidants, and with phytochemicals. So you're getting your protein, but it's coming with all of these beautiful benefits and blessings that God's put into these foods. That help your body become healthy.

And when we consume these foods, in two hours, the phytochemicals actually go down all the way to the cellular level, and they impact your DNA. Within two hours of eating these plant-based foods. Now, I'm not advocating that you have to be vegan or vegetarian.

Because in Genesis 9-3, God told Noah that, just as I gave you the green plant, so I have given you everything that creepeth on the ground. And it's my opinion that he said that, because the world was so radically changed after the flood, that God knew that there would be people living in different parts of the

world that couldn't grow enough food out of the ground. So God provided another means for them.

But his first provision is plants. And that's where I think we rest on that. First provision, plants.

Secondary, smaller amounts of animal products. The body is healthy. Yeah, Todd said under the law, God said some meats were clean and some meats were not clean.

And that, you know, we're to pursue those meats. So here's a, Todd has, brings up an interesting question. And it's a really good one.

He says, what I hear you saying is, eat healthy but in moderation. So the question is, because this is a really interesting philosophical question, what is moderation? My spiritual grandma, who's over at Landis Homes, and she just turned 100 at the end of June, she said, leave the table still a little bit hungry. And she said, in a meal, eat only about as much meat as you can put in the palm of your hand.

And I'm thinking, can I stack that up high in the palm of my hand? But she was unhealthy. And then around the age 30-something, 40-something, she started studying health and diet and changing things. She turned 100 at the end of June, and she's still gone strong.

She can still walk with a walker and so. The question with moderation that's so important, moderation has no standard. So what's moderate for me might be excessive to you, or what's moderate for me might seem too restrictive.

And the other problem with moderation is, you know, we're not very good at maintaining accountability in our minds. And so our moderation concept can change over time. And that's what we see.

People say, well, you know, a moderate amount of ice cream for me is once a week. You know, a year later, they're eating three times a week, and that's moderate. So we have to be careful understanding, you know, our nature as humans that we can start making compromises around moderation.

I always tell people, you know, the goal is really to just be a good steward, but allow some flexibility. And there's no legalism in food. You know, we don't want to become legalistic.

We don't want to divide around food. It's meant to bring people together. It's not to be built on condemnation or judgment.

It's built on freedom and joy. And so, like the Bible says in 1 Corinthians, all things are lawful, but not all things are profitable. All things are lawful, but I will not be mastered by any.

And so I think, like you were saying, she, your mother, spiritual grandma, tried to do the best that she could, but gave a little bit of flexibility. You know, if you're at someone's house, and they're serving food, you enjoy the meal they give you in fellowship. Yes, in the back? Did you recommend a book, have any guidelines or recipes for somebody that wants to switch over? And what's your take on organic versus regular? Yes.

Everything in the Garden of Eden was organic, right? That was optimal. Organic is always better. And it's not just better because it's a lack of pesticides.

It's better because there's so many more nutrients in the food that enhance your health. And it's better for the land. It's better for the environment.

It's better for the farmer. It's better for everything when we go organic. Our books are right out there.

Those are a good start. My wife's cookbook is the best reference. It's what we still eat today.

So they're easy, kid-tested, delicious meals. All right, I want to, we have one more question? We have one more question or comment. I took my daughter to the dentist about a year ago and I filled out one of these papers, you know, they wanted to know who's your family doctor and all that stuff and I put down none.

And he proceeded to tell me for about five minutes how irresponsible I am that we don't have a family doctor that we see on a regular basis at least two or three times a year, you know, to make sure that our children stay healthy. What's your take on that? I don't blame you. My kids have a family doctor right here.

The challenge with the health care system today, David, I think is what you're referring to, is when you take your children to see the doctor, if they're a conventional physician, they're going to recommend lots of immunizations. Their solution for problems is antibiotics and prescriptions. They know very little about helping to improve the health of your children and they're not interested necessarily in what it takes to create a healthy lifestyle for a child.

They're interested in solving disease problems. But the solutions they have are only Band-Aids and they lead to more problems. In fact, when children take antibiotics, it kills off the bacteria in their gut.

75% of the health of your immune system comes from bacteria that live in your gut. When you kill off the bacteria, they're more susceptible to illness. So they get sick again and they go to the doctor and they get more antibiotics.

It sets up this lifelong dependency on health care. So is it true that doctors are trained to put fear into you, like a fear-based message that if you don't do this and... The system is built on fear. Because it really came across in a fear-based way when he was talking to me.

Absolutely. The system is built on fear and we're not trained, but we're trained by osmosis. We absorb it from the system.

We absorb it from our teachers. And that's how we tell patients. Oh, you have a really bad disease.

This is the worst I've ever seen. It's never, this might kill you. You're never going to get better.

And the people leave utterly hopeless and afraid and it's an open door for the enemy right into their lives. Jake. Can you give us a two-minute snapshots on your opinion on immunizations? I can give it to you in like 20 seconds.

We don't immunize our children. So the immunizations, you know, initially they, you know, they came up with immunizations to try and combat some of the diseases like smallpox and polio. And it may have been helpful at that time with this idea of herd immunity.

The problem with immunizations, there's no long-term data to show that they're helpful. There's no long-term data to show that they really make people healthier and there's a lot of emerging data that says it may erode your health in many, many ways. You know, there's, they always try to push off this idea of autism, that it's not related to immunizations, but there's more and more and more evidence that suggests that yes, and if you talk to parents of children that may have autism, many of them will tell you it started the day after the immunization.

So I know there's other spiritual things around these immunizations and I think it's maybe an open door into a lot of people's lives. And, you know, the poor little child, you take them in and they're like six months old and they come in with four needles, you know, and they'll hit them four times with four different immunizations that turns their immune system upside down. And they, you know, they're just trying to get started in life.

It affects the nervous system and the whole body. Oh, yes. When you get in a wrong pattern for a while, it's very hard to get out of it.

But in my experience, once I can get out of it and get in the right pattern, I do very well up until I have pressures from the outside. Going to people's houses and, come on, you can eat just this one time. Our daughter, come on, it's our, it's your granddaughter's birthday.

You can have a piece of cake, you know, and all that. And we were by ourselves for a while and we started going to a conservative plain church. This is a few years ago.

And it was a church that was very friendly and right away, of course, they have somebody inviting you over their homes for Sunday lunch and then it's this big spread and then you feel like you have to eat because the Bible says to eat what's put before you if you go to visit. And it just, every week it was that and I would try to take my own food or something. Well, then that makes the hostess feel strange because you're not eating her food and you're, it's just really awkward.

So then we just stopped going because it was just awkward. So can you talk about how to combat the pressures from without? First, I think first in response to your question about making a change, I found that the most important when you're shifting your life, repentance on your knees, repenting for what you may not have been in alignment with God, bringing yourself into alignment with his plan, declaring that you will walk forward with him and by his strength, you will succeed not on your own strength. And so it's by his power, not your own that you will be successful and we bring ourselves into that level of alignment.

God will be your victor. We are not called to like separate ourselves over food. So what we always suggest to people when you're coming together, you have several options.

You can always bring something that's delicious and healthy that everyone enjoys, which gives you an opportunity to eat something to share and that way you're contributing to the meal. You're contributing something that brings health and life into somebody's life and you're engaging in relationship and fellowship. You can always take small amounts.

You can pick vegetables. So you always have a plate full, but you know, you want to still come together in relationship and not let food be a separator. So we always tell people just bring a lot of food.

People are always happy. If you bring a big salad, you can bring hummus, you can bring, you know, beans and broccoli and you can bring delicious food to the meal that contribute and share and in that way you give yourself an option. You give other people an option and it's very helpful.

You know, I want to be sensitive to time because we have a tight schedule. So we will continue this conversation. We'll have more of these things.

I'm here all day. If you have any more questions. One more thing.

Can we get you to lead us all through a prayer of repentance and calling our bodies into alignment? Yes, Heavenly Father. We are so honored to be in your presence today. We are humbled by your greatness.

We praise you for the provision of Jesus Christ, which brings ultimate healing for our lives for eternity. And we align ourselves with you Lord in every way. Father, we thank you for the spiritual healing of Jesus.

We pray you would bring healing into every aspect of our lives Lord that we will be ambassadors for you. We will be lights in this world will be world changers father will be unhindered by our physical bodies or by the hindrances of our souls Lord, but we will go out in the power of the Holy Spirit and change the world for Jesus Christ making disciples as we go healing the sick casting out demons and bringing the good news of the gospel father. Lord as we see these areas of our life that you bring the light upon father such as the area of caring for our bodies and managing them as stewards.

We recognize father that everything that we have everything that we see and can touch the gifts and talents and abilities the very breath in our lungs the life that we have even this day is a gift from you God. We do not own anything. Nothing is ours Lord.

It is all yours and father in the name of Jesus. We bring ourselves before you in full and complete surrender giving everything up to you Lord because you gave everything for us. We surrender ourselves to you.

We submit ourselves to you. We submit our bodies. We submit our appetites.

We submit our cravings. We submit our emotions that drive us to eat unto you Lord asking for your healing in every area that you would heal us emotionally and physically in every area Lord father. We are your temple.

Jesus drove people out of the temple Lord when he saw impurity in the temple. He drove out the money changers Lord and father. We pray that you would send your Holy Spirit to drive those things out of us Lord that are hindering us from walking in victory as overcomers for you Lord father.

We repent in the areas Lord where we have compromised and made agreements with the world and with the enemy and father. We renounce those things in Jesus name. We renounce fear and guilt and shame and self-condemnation and judgment in the name of Jesus.

We renounce our ignorance Lord that we did not know and now that we know father we pray that you would empower us through the Holy Spirit to walk victorious. We pray that you would change this Lord. We pray to remove the spiritual hindrances in our life and the strongholds that drag us down in the name of Jesus.

We break those off in our lives Lord. We come against those in the name of Jesus and Lord we welcome your freedom. We welcome your grace.

We welcome your healing and we welcome your Holy Spirit into our lives now this day and it's in the power of the name of Jesus Christ that we lay these things before you in worship and adoration of the great King.

Source: <https://sermonindex.net/speakers/scott-stoll/taking-care-of-our-body/>

Grow in Your Walk with Christ

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

www.sermonindex.net