

## ADDITIONAL THOUGHTS

- There are foundational truths we must know in order to understand how seed, time, and harvest affect our health and our healing.
- God's Word is designed with potential, multiplication, and increase in mind. If it finds the right environment, it will produce; it will not return void.
- You can't change the past, but you can change the future, and you can change your future health. It might require a new kind of seed and a new determination to change how we look at our bodies, how we take care of ourselves, and what kind of Word we sow into ourselves.
- My physical health will be a function of what I've allowed myself to do: the exercise I do or don't do, the food I eat or don't eat, and the amount of sleep I get or don't get. All of those things are seeds that will have a harvest. Some harvests come very quickly; some harvests take years.
- The promise of God that will heal you is near you. Hopefully, it's in your mouth and coming from your heart.
- Your healing is a harvest of the words you choose to believe and allow into your heart. You choose those things to come out as a declaration.
- Just because you believe in healing doesn't mean you will reap healing. You're not healed by what you know; you're healed by what you sow.
- A sickness is only as powerful as your lack of revelation that you have authority over it.
- If you're not taking care of the soil of your heart, you're going to have weeds, and weeds will suck the life right out of you physically, mentally, and spiritually.

- A farmer harvests from the seed he has sown. You can't go harvest from somebody else's field. You harvest from what you have sown. You harvest from what you have watered, what you have fertilized, what you have cared for, what you have watched over, what you have protected, and what you are focused on. If you're not taking care of your seed, you will have weeds.
- Don't mix up the seed. Don't sow bad seed physically and try to sow good seed spiritually; get everything in line. Sow naturally good things into your body, sow good thoughts into your head, sow good words into your environment, sow the Word of God into your heart, and then speak it forth. You will see your health begin to conform to what God had in mind.