

## POINTS TO PONDER

- We all have certain kinds of expectations depending on the input from our culture, from our teachers in school, from our parents, and from our friends. The kinds of input that we have had sown into us form the outlook on life that we have. That outlook will be positive or negative, and it will have a lot of influence on how we walk in health, peace, and relationships.
- The way we think about God, ourselves, the world around us, and the subject of health comes from our hearts. The way we allow our hearts to think or to view life is what we will harvest in life.
- We often speak about ourselves the way we feel about ourselves, and those words and attitudes impact how we live and our health—physical, mental, emotional.
- People who see themselves sick have identified with the sickness, and it has become their new identity. Whereas a well person will have a completely different approach and say, “This shouldn’t be.”
- Sickness is a snake. It comes to steal, kill, and destroy. But it will live in your house as long as you’ll let it.
- The world wants to squeeze you into an image of expectations according to the decade of age in which you are living. They are conforming you to the image of the medical advice they want you to take in each decade of your life.
- The joy of the Lord should be our strength, and we should have an attitude of joy, looking forward to tomorrow and not dreading it.
- Your body is going to begin to conform to the prevailing way that you live your life. It’s already being conformed to the negativity, to the fear, to the anxiety, and to the depression. But you can flip it around. This means changing the way you think, changing what comes out of your heart, and changing the words that you speak.
- Your body is a temple of God, and He’s given this body to you to care for and to reign over. You become the ruler over your body. You don’t wait for your body to tell you you’re healed. You tell your body what’s up!
- Job didn’t have what we have. But we have the Word of God to meditate on day and night and to get our vision, understanding, and hearts changed so that we might have a godly attitude about our lives and against sickness.

- You can't be in faith for your healing if you have a negative outlook on life. It's impossible. The two are contradictory.
- You've already set the parameters of what you'll allow God to heal based upon how you judge yourself.
- Overcomers have gotten a revelation of how good God is and that their worthiness or their righteousness isn't from themselves; it's from God. It's a gift. It's called the gift of righteousness.
- The attitude, "If this is how it used to be, then that's what it's going to be like going forward," discounts the Word of God.
- If you can't go into the abundant promises of God with your own spiritual eyesight, you're not going to have them. You're approaching life the way the disciples approached the loaves and the fish—this isn't enough.
- The multitudes wouldn't have chased after Jesus if He was busy criticizing and judging and rebuking and making fun of people or healing some and not healing others. The reason multitudes followed Jesus was because they expected goodness from Him.
- Your expectation will either be biblical hope, based on the promises of God, or fear and defeat like the rest of the world.

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