

## POINTS TO PONDER

- Sometimes you can pray, preach, lay hands on people, evangelize, and look at your gifts, callings, passion, and love for God and not think that your physical life is important.
- We say, “I want Jesus in my heart, and I want to do what I want to do, when I want to do it, how I want to do it, and with whoever I want to do it with.” Then we tag on, “Oh, by the way, God, could You please bless it, put Your stamp of approval on it, and send me money when I need it?”
- Let’s not be so quick to attach every sickness to our food, to our water, and to chemicals. We need to recognize where sickness comes from—sickness comes from the devil.
- Understand that sickness is from the enemy, and rebuke it. Apply God’s principles to your life. But at the same time, steward your temple, realizing that the life you now live, you live by the faith of the Son of God. You want your temple to be healthy and full of energy for the things that God has for you.
- If we are given a diagnosis, we listen to the lies of the enemy and automatically shake our heads and say, “Yeah, that makes sense because I’ve been not eating right. I deserve it. I did this to myself, so it makes sense that I need to live with it now.”
- God is so good that He can redeem you from bad choices. We think that somehow we deserve sickness, so we receive the attack of the enemy to steal, kill, and destroy. We don’t think that God could heal us because we did it to ourselves.
- You can be set free from the lie that says you deserve sickness and it will always be your burden to bear. Now you can start declaring, “No, I’m healed, and with that healing power comes the wisdom to make the right decisions.”
- Even though you’ve made some bad decisions, if you’re willing to hear God, He wants to teach you how to steward your temple.
- You can learn to steward your body in a way, led by relationship and intimacy with God, that your age, your strength, and your health will allow you to walk through the doors of opportunity that He planned for you before you were formed in your mother’s womb.
- Say, “Lord, my life belongs to You, and therefore, the instruction that You bring me is for a reason. I’m going to let You deal with my heart.”

- The Holy Spirit may show you things about your body that you need to do, and it might not make sense. If your life doesn't belong to you, and if God tells you to do something, obey it. You don't have to know all the reasons why.
- One of the most spiritual things you can do is take a nap! Sometimes we try to do everything in a day or don't steward our time wisely.
- You have the ability to hear God's voice, know it, and be guided by it to make daily decisions and changes. If you've been making mistakes and you have a lot of things you need to erase that have done things to your body, the grace of God, the power of God, and the healing work of Jesus can touch your body and teach you how to move forward.

**Want somebody to agree  
with you in prayer?**

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