



WORD OF FAITH INT'L CHRISTIAN CENTER

TEACHING THE WORD. DOING THE WORK. TOUCHING THE WORLD.

How to Remain Healthy

by Bishop Keith Butler | Bible Study Notes | Ministered Sun., 5/3/2020

Text: 3 John 2

Introduction Summary

God's will is that we prosper and be in health. Our prosperity depends on the prosperity of our soul (mind, will and emotions). We trust that your soul will prosper as you study with us.

- I. Gods thoughts about you are peace (wellness, safety, prosperity, favor (Jer. 29:11).
 - A. God's Word is higher than any other word by man (1 Cor. 10:4-5).
 - B. Speak Psalm 91 over yourself.
 - C. Your thoughts contribute to the health of your body (2 Tim. 1:7, Psa. 19:14).
 - D. You can control your mind (Php. 4:8).
 - E. Being thankful strengthens the immune system (2 Cor 2:14).
- II. A Harvard University Study confirms a medical relationship between prayer, words and health. Prayer reminds us that God's Word is true (Jam. 5:16).
- III. According to Webmd.com there are six immune busters: not enough exercise, stress, depression, lack of sleep, being too isolated and loss of humor.
 - A. Bodily exercise is not eternal, but it's effective here on earth (1 Tim. 4:8).
 1. Exercise is the most transformative thing you can do for your brain.
 2. Underlying conditions are the result of not doing those things.
 - B. Here are some ways to properly handle stress.
 1. Physical exercise helps to mitigate stress.
 2. Submit and humble yourself under the mighty hand of God (1 Pet. 5:5-7).
 - a. The mighty hand of God is Jesus and the written Word of God.
 - b. The written Word of God is God speaking to you.
 - c. There is a reward for going to the Word (Heb. 11:6).
 - d. Develop your faith by consistently exposing yourself to the Word.

3. In 1 Pet. 5:7 casting means throw. Care is a thorn (Mark 4:18-19).
 4. "Be sober" means don't think like a drunk. The devil is not a lion, he just acts like one. He can't devour you when you resist him (1 Pet. 5:8).
 5. Resist means to stand against.
 6. Steadfast means steadily without stopping.
 7. Other people face the same thing you're facing.
 8. In 1 Pet. 5:10 the word grace means favor and power.
 9. "Suffered a while" means afflictions that satan brings. But God delivers you from all afflictions (Psa. 34:19).
 10. Call those things that be not as though they were (Rom. 4:17-21).
 11. Control your mouth with your tongue (Prov. 18:21; Php 4:6-8).
- C. Depression: Cancer and related diseases are related to our emotional health. Faith in God leads to physical health by activating our stem cells and immune system.
- D. Sleep in peace by reading Psa. 4:8 and Pro. 3:24 out loud before you go to bed every night. Peace means safety, quietness and prosperity.
1. Don't be filled with anxiety (Ecc. 5:12).
 2. The Word is the answer to keep you strong.
- E. Although not mentioned in the study, a bad diet is an immune buster. 1 Tim. 4:8 doesn't mean eat anything you want as long as you pray over it first. You are responsible to find out what helps your body and what hurts it. Use the internet. Repent now and make a change.
- F. Isolation is an immune buster. Fellowship is social interaction (1 Jn. 1:3-7).
1. In 1 Jn. 1:4 the word *full* means *satisfied*.
 2. In 1 Jn. 1:7 Fellowship is important. Prohibiting fellowship weakens Christians.
 3. Strife and unforgiveness breaks fellowship. We need one another.
- G. Loss of Humor is an immune buster. In Pro. 17:22 *good* means *makes well*.
1. Dry bones are deadly.
 2. Laughter produces health in the physical body.
 3. Having joy wards off satan's attack on your physical body.
 4. My doctor said I need 10 belly laughs a day!
 5. Laughter has helped my wife and I through many struggles in life.

Closing Summary

As you apply the answers set forth in this lesson, remember to apply the five elements of faith. Doing so will cause these words to become a part of you and ensure a life of health and peace. Our prayer for you is that you prosper and remain healthy as your soul prospers.