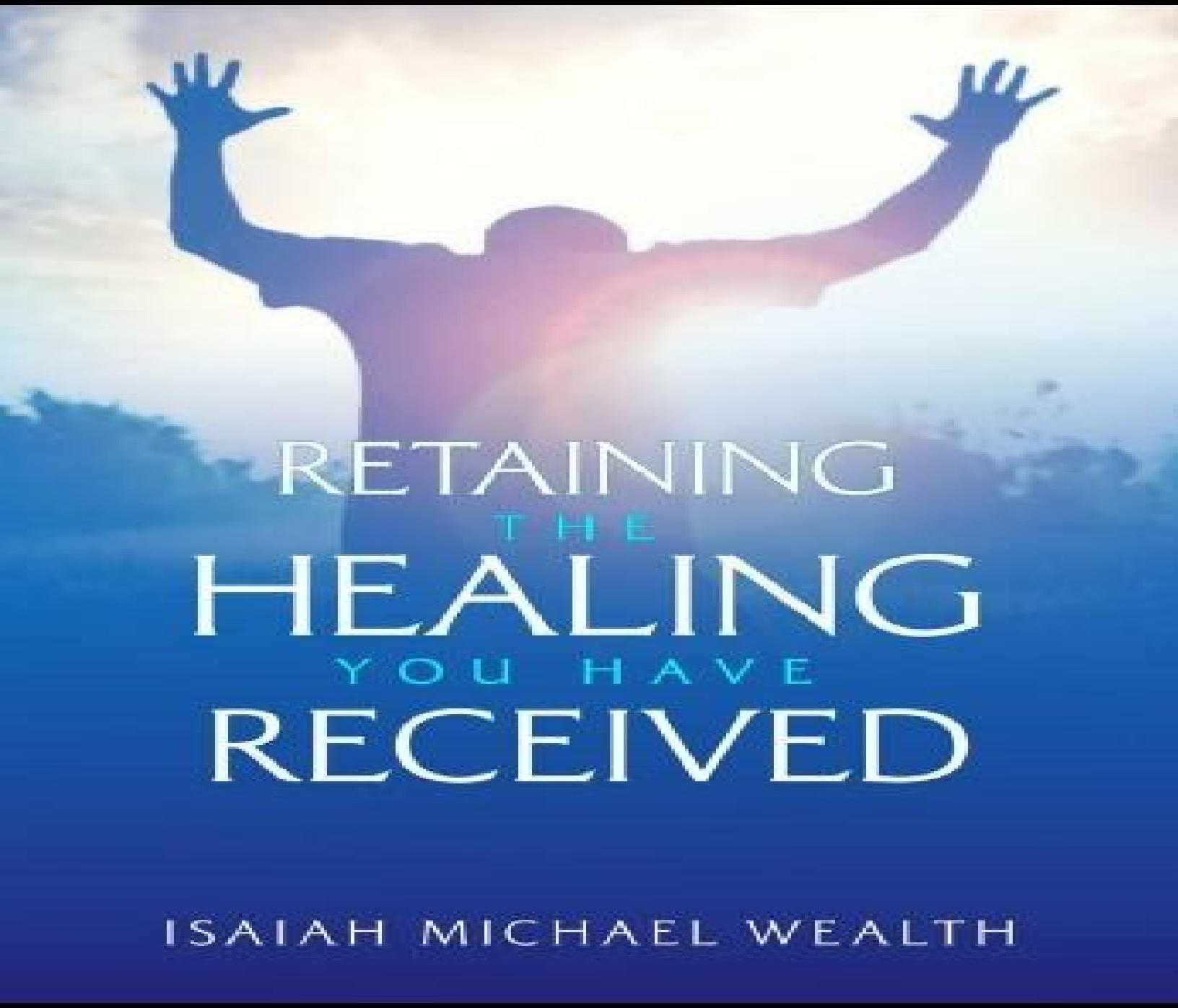

RETAINING
THE
HEALING
YOU HAVE
RECEIVED
ISAIAH MICHAEL WEALTH

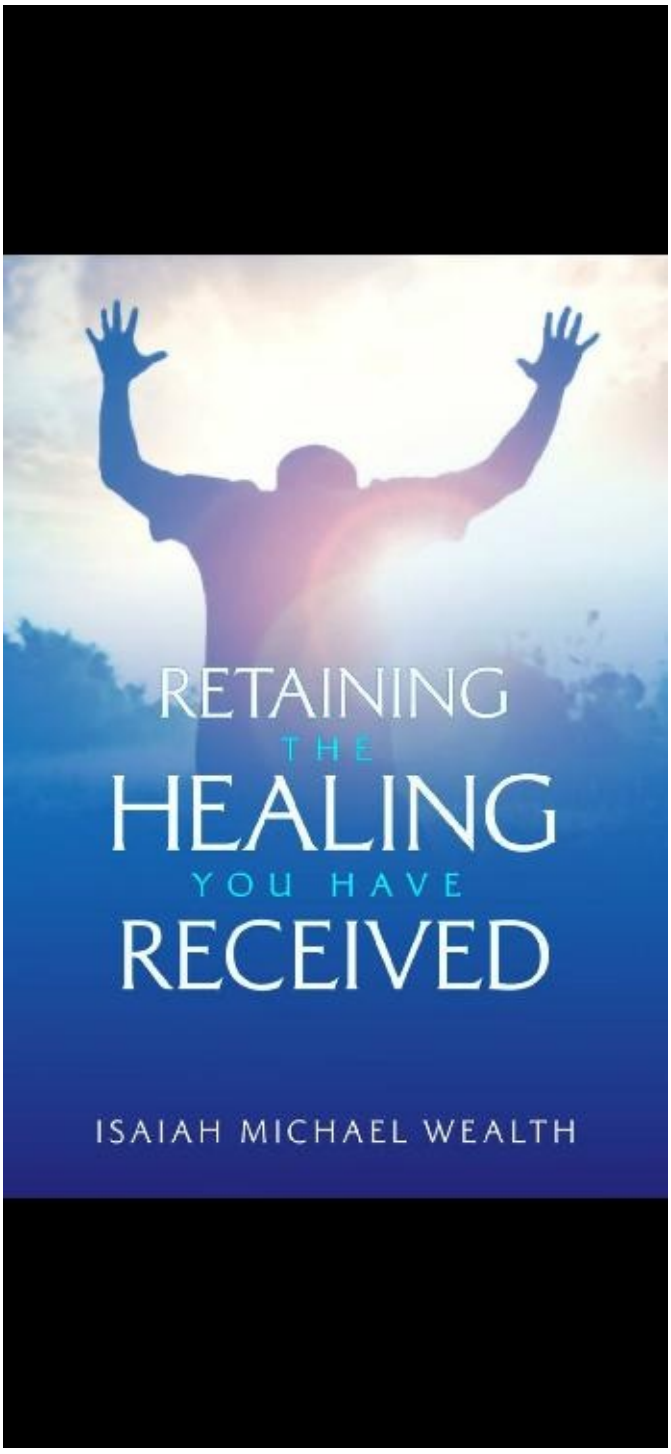

RETAINING
THE
HEALING
YOU HAVE
RECEIVED
ISAIAH MICHAEL WEALTH

TABLE OF CONTENTS

Table of Contents
iiv

Introduction v

CHAPTER ONE: Why People Lose Their Healing 1

CHAPTER TWO: How To Retain Your Healing 10

CHAPTER THREE: From Healing to Health 26

Other Books by the Author

INTRODUCTION

Many people get healed in meetings, crusades and even in their personal time of worship, but it is alarming to see that very few of these are able to keep their healing.

Despite the enthusiasm and joy with which these people receive their healing, over time, Satan brings challenges their way and soon their faith wanes and they ultimately lose their healing.

Therefore it is not enough to receive your healing, but you need to know how to keep and retain your healing. In this book, we will focus on why people lose their healing so that when these challenges arise, you can stand strong and overcome.

CHAPTER ONE

WHY PEOPLE LOSE THEIR HEALING

It is one thing to get healed and another to stay healed or keep your healing. Some people get healed and after a while they return to a sick state again. This is not the will of God. And if you have experienced such, it is not something you should blame God for.

Take for instance, if you happen to leave a thousand dollars of yours on the street, and go back home, expecting to find it in the exact location the next morning, you should not blame God for not finding it because somebody somewhere would have definitely pocketed it. It is obvious carelessness to do so. Yet, this is what many do with what God gives them. They handle it carelessly and Satan the thief comes to steal it.

Satan was paralyzed by the Lord Jesus but many have allowed him to steal from them. Your case is different because you are receiving revelation now.

Let us consider a number of reasons people lose their healing;

1. Observing Lying Vanities

Many people lose their healing because they observe lying vanities. To observe lying vanities is to consider or allow the symptoms you see or feelings affect your conclusion. Your experience is not the truth or reality. God's word is. His word is truth.

> ***Sanctify them through thy truth:***
> ***thy word is truth.***
>
> ***John 17:17***

Therefore when you are prayed for and you receive your healing and miracle, you should disregard the symptoms you might feel or experience afterwards. Symptoms are actually not sickness, but when accepted the sickness is surely on the way. Symptoms are lying vanities and if you observe them, you will forsake your own mercies.

> ***They that observe lying vanities***
> ***forsake their own mercy***
>
> ***John 2:8***

Someone that had appendicitis was prayed for and he got healed. He checked and the pain was gone but he kept checking that side of the body to see if anything was there. That ought not to be, you should look out for the glory of God and not the sickness that was there before. On the other hand, when those symptoms seem to return, do not allow them dictate to you that your sickness has returned. Deny any feelings the power to control you.

2. Going Back to the Cause.

Your experience is not the truth or reality. God's word is. To observe lying vanities is to consider or allow the symptoms you see or feelings affect your conclusion.

People can also lose their healing when they go back to do those things they were doing before the sickness came on them. For example, someone who was suffering from sugar diabetes as a result of excessive consumption of sugar should not say because God has healed him, he can eat as much sugar as she want. Wisdom demands that such a person should now cut down sugar intake to an acceptable level; while not altogether cutting off the use of sugar. That may then become contradictory because one may ask the questions that if God has healed you, why not do what a normal person does. I have seen people get free from kidney or liver problem, who just feel they can't stop drinking because they are addicted to it.

We must note that when God heals you, He also empowers you to live a life that can sustain that healing. The healing power of God breaks addiction, corrects abnormalities and disorders. If as a result of depression one develops some form of sickness; when God heals such, He also eliminates the effect and

root of the depression. That means He makes you whole by dealing also with the cause of the sickness. You are then supposed to live a life worthy of God. The desire of the flesh will surely come back but they do not have the power to drag you back except you allow it.

If your sickness was caused by a negative lifestyle, after your healing, you should make amends. If it was caused by poor hygiene or bad eating habits then you should put measures in place to avoid doing those things anymore. It is not enough to know you are sick, also endeavor to look into the cause of the sickness as much as possible. Sometimes where the cause is spiritual you should put a check on your spiritual activities or lack of it. Living a carnal life as a believer can open you up to the darts of the wicked.

When Jesus in the temple met the man that was sick for eight years, let's take a look at what he told the man.

> ***Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.***
>
> ***John 5:14***

So we see that returning to sin will invariably cause you to lose your healing.

3. Demons Going Back to their House.

Demons always seek to make their abode in human bodies because they are spirit beings that need a physical body to inhabit for them to be able to function on the earth. They can cause disease and sickness, and when they are cast out, they try to find someone else in whom to stay, and if they do not get, they are going to try to come back to where they come from.

> ***When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest; and finding none, he saith, I will return untomy house whence I came out. And when he cometh, he findeth it swept and garnished. Then goeth he, and taketh to him seven other spirits more wicked than himself; and they enter in, and dwell there: and the last state of that man is worse than the first.***
>
> ***Luke 11:24-26***

For instance, an individual that got free from cancer of the lungs caused by demons ought to ensure that there is a guard put in place against further invasion of evil spirits into his body. This guard is the Spirit and the word of God. 1 Peter 5:8 says for us to be sober and vigilant against the attacks and wiles of the devil. Therefore keep that healing by submitting yourself to living the life of holiness by the Spirit- so that when the devil comes around, he doesn't

find your life empty and prepared for him to



habit.

When the Spirit of God is actively present in your life, there will be no room for the devil. Allow the word to dwell in you richly and be filled with the Spirit. We will study more on this in the next chapter

4) Losing connection with the oxygen of the Healing.

When you get healed, it is important to stay connected to the source of that healing, which is God. When you are disconnected from the Source, you lose the life (oxygen of that healing) and the sickness may return.

If God heals you, He wants you to willingly stay connected to Him. If you then decide to walk away from Him, He does not withdraw His healing because His gifts are without repentance.

> ***For the gifts and calling of God***
> ***are without repentance.***
>
> ***Romans 11:29***

However, you will not be able to maintain that healing apart from Him, because your healing needs the right environment and atmosphere to remain.

If a fellow is healed of venereal disease and then decides to go again into sexual immorality, he should not expect the healing to be sustained, because God is not going to assist the fellow in immorality. Instead, the devil is going to find an occasion against that fellow to afflict him again.

5) Wrong Company

It is a blessing to refuse to keep company with sinners and those who don't have regard for God. Psalm 1 tells us this.

> ***Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper***
> ***Psalm 1:1-3.***

It is important to stay connected to the source of your healing (God). When you are disconnected from the Source, you lose the life (oxygen of that healing) and the sickness may return.

Having experienced the goodness of God, you ought not to be found in the company of transgressors except you are leading them to God.

Some people find comfort in the company of sinners and friends who don't encourage any spirituality about them. If you actually find yourself in that atmosphere, you may soon discover that what they face becomes what you face too. You begin to experience what they experience because what is controlling them is coming your way too. So when they fall sick, you might begin to fall sick too. Also they will not speak to you words that will keep your faith up to help you maintain your healing.

Isaiah 1: 28 shows us more about what happens when we keep company with sinners.

> ***And the destruction of the transgressors and of the sinners shall be together, and they that forsake the Lord shall be consumed.***

Isaiah 1:28

The sinner is already cut off from God and judgment is what awaits him but the transgressor is a righteous man who has chosen to follow what a sinner does, when destruction comes, they will be destroyed together.

So as one who has been touched by grace, keep yourself intact.

> ***We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not.***
>
> ***1 John 5:18***

People who have chosen to keep their ungodly friends, and those who are not in any way converting their friends towards God, will sooner or later join their friends in doing that very thing that God is not pleased with. That becomes a doorway for Satan's affliction. Keeping the wrong company will make you lose your healing. Decide instead to establish yourself in the midst of God's people who will encourage your faith and your walk with God.

CHAPTER TWO

HOW TO RETAIN YOUR HEALING

Healing is God's will for you. It is your birth right as a child of God. However, the devil is constantly seeking for ways to bring you down with sickness and diseases. Nevertheless, you can retain your healing and live in divine health

To stay healed, there are certain things you must do, the first of which is to keep the oxygen of your healing.

1. **Keep the oxygen**: That means keeping the life that produced the healing by staying connected to God who is the source of that healing. You can achieve this by staying connected in worship, by fellowship, confession of the word and walking in faith.

If you are healed and you were not born again before then, you need to get born again so that you can get into a heavenly relationship with God and become His possession. From then, you can begin your journey into knowing Him by regular fellowship (Praying to Him and worshipping Him), studying His Word and hearing from Him.

If you will praise, worship and follow God with a true heart, your life is going to change.

Worship keeps you in close proximity with God in His manifested form. Even though He lives in you, your praise and worship makes Him all the more real to you.

> ***But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.***
>
> ***John 4:23.***

And keeping the oxygen of your healing also involves walking by faith and confession of the word.

All God's provisions are ours to claim by faith, but faith that comes to us by the hearing of the word must be released through our mouth.

> ***For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.***
>
> ***Mark 11:23.***

While doubt can cause you to lose what you have received, faith will help you to keep it. Instead of saying 'I don't know if this sickness will come back'; declare boldly 'that

whatsoever the hand of the Lord does, it abides forever'.

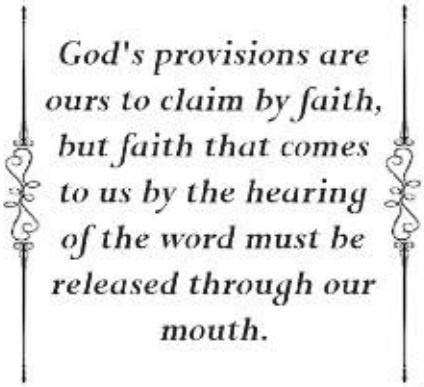
> ***I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it: and God doeth it, that men should fear before him.***
>
> ***Ecclesiastes 3:14***

2. **Testimonies.** After you have received your healing, you need to testify about what God has done for you. Find a way to share your testimonies right where you got healed, with the minister or with other believers. If there is no such opportunity, document it and send it to the ministry of the minister who prayed for you or whose meeting you attended. This is an important step to take so that your healing can remain permanent.

> ***And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.***
>
> ***Revelations 12:11***

When you testify about your healing, you deal a blow to the devil and announce your victory over his plot against your health. This is why you should not hesitate to share your testimony with those around you. Testify of God's power, faithfulness and good-

ness in your life. This can be a witness to someone who God wants to save.



Your testimony is an advertisement of God's work and nature to your sphere of contact and influence. Do not keep it to yourself. We hear about Jesus today because the apostles that were with Him refused to keep quiet. They kept testifying of what they saw and heard of Jesus. Even when they were tormented, they did not stop.

When God heals you, you automatically become a carrier of the Gospel like the Samaritan woman in John 4.

> ***The woman then left her water-pot, and went her way into the city, and saith to the men, Come, see a man, which told me all things that ever I did: is not this the Christ? Then they went out of the city, and came unto him. And many of the Samaritans of that***

city believed on him for the saying of the woman, which testified, He told me all that ever I did.

John 4:28-30, 39

The same goes for the leper in Mark chapter 1 who received his healing.

And as soon as he had spoken, immediately the leprosy departed from him, and he was cleansed. And he straitly charged him, and forthwith sent him away; And saith unto him, See thou say nothing to any man: but go thy way, shew thyself to the priest, and offer for thy cleansing those things which Moses commanded, for a testimony unto them. But he went out, and began to publish it much, and to blaze abroad the matter, insomuch that Jesus could no more openly enter into the city, but was without in desert places: and they came to him from every quarter.

Mark 1:42-45.

As you share your testimony, God receives His glory, someone receives faith, your healing becomes a reference point and remains permanent.

3) Keep the Word in you

To retain your testimony, you also need to attend to the word of God and keep the word in you by meditating on it.

> ***My son, attend to my words; incline thine ears unto my sayings***
> ***Proverbs 4:20***

Also, as you give attention to the word of God, incline your ears to the *Rhema* or light that comes from it. Keep those words in your heart because they become life to you.

> ***...For they are life unto those that find them, and health to all their flesh.***
> ***Proverbs 4:22***

The word 'health' is from the Hebrew word '*Marpe*' which means care or medicine. It connotes healing, wholesomeness and soundness. The Word of God is medicine, far better than any therapeutic medication. So if you spend quality time with the Word, there's no sickness that would have the power or ability to break down your body. Be filled with that word every day.

> ***Let the word of Christ dwell in you richly...***
> ***Colossians 3:16.***

It will guard your heart, and put a sword in your hand to cut down the adversary and lighten every aspect of your life. Amen!

4) Keep the right company

He that walketh with wise men shall be wise; but a companion of fools shall be destroyed
Proverbs 13:20.



If you keep company with healed people, people who believe in healing and are themselves living healthy, you put yourself under the right atmosphere and influence which invariably helps to keep you healed like they are.

To retain your healing, it is important to keep company with people that will encourage your faith and help you to keep the healing you have received. This is why attending church services and meetings is important. You get to fellowship with other believers and you might get better understanding of your healing just by talking with people who may have gone through what you went through.

Our Lord said in Matthew 18:20.....

For where two or three are gathered together in my name, there am I in the midst of them.

Matthew 18:20

Even in discussions among believers, He is present to hear, sanctify, make whole, reveal Himself and be glorified.

The Apostles had their own company of believers they associated with. After Peter and John were threatened by the rulers of the Jews in Acts 4, they went back to their own company and received fresh grace. We see that in verse 23 – 33

And being let go, they went to their own company....

Acts 4:23

And when they had prayed, the place was shaken were they were assembled together, and they were all filled with the Holy Ghost and they spake the word of God with boldness

Acts 4:31

.....And great grace was upon them all...

Acts 4:33

Assuming the company of friends they kept was made up of carnal and unspiritual people, it is possible they would have advised Peter and John to just try and calm down

and stop jeopardizing their lives. They would have being told to use wisdom and obey what the leaders have said. But not these spiritual people! They got together, prayed, and Glory to God, the heavens opened upon them. Instantly there was divine intervention; Peter and John were more emboldened and moved up to another level of grace that their detractors could not fathom.

Therefore you should do everything you can to choose the right company. And how do you know the right company? The right company are believers, who speak the right words; the word of God, they encourage your faith, walk in love, and are filled with the Holy Ghost power.

5) Ask the Right Questions

To retain your healing, it is important for you to ask yourself the right questions especially as the devil will come with lies to discredit your faith and what God has done for you. He did it to Jesus and he will do it to you. Same old tricks.

After a voice came out of heaven, announcing Jesus as the Beloved Son of God,

> ***And lo a voice from heaven saying, this is my beloved son, in whom I am well pleased***
>
> ***Matthew 3:17***

The devil said to him in the wilderness saying

And when the tempter came to him, he said, if thou be the son of God, command that these stones be turned to bread.

Matthew 4:4

Although God had already declared Jesus his son, Satan was asking him to prove it. And Jesus would not listen to him but replied him with the word.

But he answered and said, it is written, Man shall not live by bread alone, but by every word that proceedeth out of the word of God

Matthew 4:5

Jesus did not try to prove himself but rather, he answered with God's word; God's conclusion.

The devil might say to you; "are you sure you are really healed?" "If you are really healed, why not go out and play around"? He will try to make you question God's conclusions or make you prove your healing. Do not listen to him. If you have such thoughts in your heart, ask questions.

If you have asked yourself the right questions, he will not be able to cheat you out of God's gift to you. Ask yourself "how did I get healed, what did I do before I got healed? In God's kingdom, it is the things you did to go up that you do to remain up. If you only believed and you received your healing, then

you should not throw away your believing to resort to other things to sustain your healing. When doubt arises, you have to put up your believing and declare that you are truly healed.

On the other hand if you did nothing to get healed, maybe you were just passing by and someone prayed for you, you then need to turn your faith toward God and know more of Him. Otherwise, you are going to snuff out the oxygen of the healing.

Some people find themselves in an atmosphere of God's glory (may be they were invited to a healing meeting for instance) and they received their healing without even expecting it. Such people need to learn about what has happened to them and how to sustain it by reading a book like this or be taught how to keep their healing.

6) Refuse lying symptoms

After you have received your healing, you might still feel some symptoms of the sickness you got healed from. That should neither bother you nor should make you hurry to the nearest hospital, because symptoms are not sicknesses. If you feel one of the symptoms of say stroke; that should not automatically translate to mean that you have stroke. The devil can play with your body and its feelings. That is why we are to walk by faith and not by sight (sensory perceptions).

> ***For we walk by faith and not by sight***

2Corinthians 5:7.

Feeling sick is just a mirage that you should not accept. Many make the mistake of cooperating with the devil by stamping the contract papers of their proposed sickness by yielding to the symptoms.

Understand that the devil cannot force himself on you without you giving him the access. He can throw a feeling on your body waiting for you to declare yourself sick with that sickness. For instance, if you feel a sudden pain on your head, do not go about saying you have headache. Immediately you declare you have it, it becomes yours. You ought to quickly rebuke that pain and command it to go in the name of Jesus based on your understanding that Jesus has healed you already.

> ***But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.***
>
> ***Isaiah 53:5***

Know that the devil was not planning to congratulate you after you received your healing. So do not think the symptoms will never come back. They may. But whether or not you keep your healing depends on your response to the lies of the devil. He may try to tell you, "look, be careful. You are not completely healed;

Many make the mistake of cooperating with the devil by stamping the contract papers of their proposed sickness by yielding to the symptoms. Feeling sick is just a mirage that you should not accept.

you cannot do that". Face him squarely and declare your healing in Christ Jesus; and keep acting on the word in the name of Jesus.

The power in that name is enough to cancel and neutralize the devil's antics. Do not confess symptoms into sickness, instead confess the word of God and your healing. Lay your hands on that part of your body where you feel the lying symptom and command it go to in the name of Jesus

> ***And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.***
>
> ***Matthew 17:20***

> ***For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and***

be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

Mark 11:23

Take charge of your body and refuse it to determine whether you are sick or not. Your body should not tell you how you feel. Do not ask your body how it feels, tell it how you want to feel.

Isaiah 33:24 says this

"...and the inhabitants shall not say, I am sick..."

Isaiah 33:24

It does not say they will not feel as if they are sick, but they shall not say so. Does that mean we are denying reality? Far from it! Reality is not what you feel but what the word says about healing. God's word is your reality. Do not go to the extent of saying you are sick in a 'coded language' by saying such things as "my enemy is sick" or "all is well" when you actually mean to say you are sick. Just because you did not say "I am sick" word for word does not mean that it was not implied.

Locate the word of God about your healing and speak them instead of speaking empty words that have no basis of faith. When you say all is well, it should be based on the revelation of the word. That means all is well

because I know I already have the victory as revealed in the word of God.

Keep what God has given to you, guide it jealously and resist that devil. Resist him with your faith and he cannot stand you. Halleluyah.

7) Keep speaking daily dose of the word

Another way to retain your healing is to consistently speak the word of God about your healing and divine health daily. You must profess your faith on daily basis

> ***Let us hold fast the profession of our faith without wavering. (for he is faithful that promised)***
>
> ***Hebrew 10:23.***

The word 'profession' in this verse is translated from the Greek word *"homologia"* which is the same word for "confession". The word actually means to speak the same things in consent or agreement with another. Speak therefore in accordance and agreement with the word of God.

The words coming out of your mouth are seeds, they produce for you a harvest. When you put a seed into the ground, it should naturally grow and produce fruit under the right environment. It is unlikely to produce fruits from the first day it is planted, but it would definitely start growing. And as it is watered it would definitely start growing and someday you will see the stem, and before long, the leaves and fruits. That is the same way

your words work. Keep speaking God's word to your body and you are sure to reap a harvest of continued divine health, success and godliness.

CHAPTER THREE

FROM HEALING TO HEALTH

Just as we began to discuss in the previous chapter, it is not enough to have received your healing. You must continue to take active steps to ensure that Satan does not rob you of your healing.

In this chapter, I want to highlight a few more steps you can take in order to retain the healing you have received.

Some of these are highlighted below:

1) **Breaking of bread**

The Lord left us a commandment before He went to heaven about keeping the communion. We see it in Luke 22: 19-20.

> ***And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me. Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you.***
>
> ***Luke 22: 19-20***

We are to take the communion in remembrance of Jesus and all that He represents to us. The purpose of the communion is remembrance. When we remember, we ac-

tivate and the power of Christ on our behalf. Jesus is the healer, redeemer, deliverer, saviour, provider, and sanctifier. And when we take the communion with this revelation, we release his healing power upon us.

Paul explains more of this in 1Corinthians 11:26.

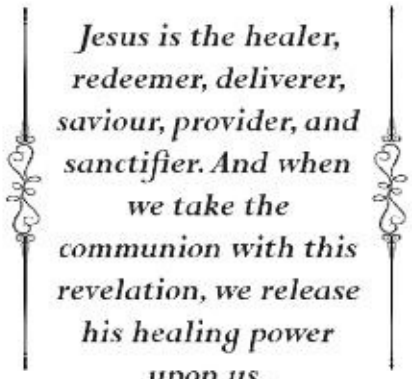
> ***For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.***
>
> ***1Corinthians 11:26***

When you take the communion, you declare or show the benefits or provisions made available by the Lord's death which includes divine health.

Furthermore he says this in verse 28.

> ***But let a man examine himself, and so let him eat of that bread, and drink of that cup.***
>
> ***1Corinthians 11:28***

As you take the communion, you are to check or examine yourself to see if your experience is consistent with the divine health Christ has made available. You check yourself and see if there is any abnormality. If there is any inconsistency, command it to be corrected or changed in the name of Jesus. Glory to God!



You release eternal life each you eat that bread and drink that cup with revelation. That life will flush out every dead situation around you. As you eat and drink, proclaim that Jesus has carried your sickness and diseases. Announce it to the devil and to the Angels that you have been set free and is no longer under the bondage of sickness and the devil. As you do so, the life of Christ will be made manifest. Whatever cannot stand Jesus cannot stand you because you are living by His life.

Remember the reason Jesus came to earth each time you take the communion. As you break that bread and drink of the wine, call to mind how by His stripes you were healed, how He took away your sickness and infirmity and died to give you life. Faith will be stirred in your heart to lay hold on the miracle you need.

2) **Speaking to your body**

Speaking to your body may sound absurd to some people as if it does not look dignifying.

Some persons worry if others will think they are mad if they see them speaking to themselves? Not exactly! It is actually not because of people around you that you are talking to your body

Your body sometimes might behave sick or feel down with an ailment. Your immediate response should not be to rush to the nearest hospital or make a call to your doctor. The first thing you should do is to open your mouth and speak. Place your hand on your body and command whatever it is to go. Speak to your body that it is healed and refuse to allow any symptom to stay.

With your mouth you can tell your body how it should feel. Your mouth can control what happens in your body. Take a look at what the scriptures say.

> ***Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!***
>
> ***James 3:4-5***

You need to understand that you are the captain of your ship and you responsible for the course of your life. Therefore control your body with your tongue. Reign over the sys-

tems of the world with your tongue. That means your words are not empty. They are potent; they have the ability, overcoming and prevailing power over devils, sicknesses and all negative circumstances of life.

The scripture above likened the tongue of a man to the rudder of a ship. Though very small, the rudder controls the big ship in spite of the waves that beat against it. It is the instrument that directs the course of the ship. No wonder the bible says in Proverbs 18:21 that "death and life are in the power of the tongue".

> ***Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.***
>
> ***Proverbs 18:21***

The painful thing is that whether you know what your tongue is bringing into your life or not, it gives you its fruit anyhow. The bible did not say that death and life are in the hands of God; it says that they are on the power of a very tiny part of the body- the tongue.

Your mouth can control what happens in your body. Speak to your body that it is healed and refuse to allow any symptom to stay. With your mouth you can tell your body how it should feel.

The tongue may be small in size, but its results are mighty. Many of God's children only know how to whine and cry when they want a change in their lives; they do not realize that the power is in their mouth. God has given you His word and the tongue to speak according to His will for your health. No matter what you feel in your body, speak God's word and you will see the changes. Is it a pain in your body, growth in your body or a chronic ache in your head? Your body is intelligent and whatever is afflicting that body has intelligence as well. Speak and they will obey.

There were times when I felt a sharp pain in my body, some of them would naturally feel like the symptom of a heart problem.. My immediate response is to command that pain out in the matchless name of Jesus Christ. And you know what? Each time, the pain disappears. Sometimes immediately and other

times gradually; but the pain has no option, it has to go. Halleluyah!.

Your body is the temple of the Holy Spirit.

> ***What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?***
>
> ***1Corinthians 6:19***

> ***Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.***
>
> 1Corinthians 3:16-17

Therefore, you have the duty to cater for your body, so do not tolerate evil in your body. Be bold therefore and order any sickness or devil out of your body. Keep guard over it and chase out trespassers without relenting.

We have seen people develop a harmless little looking swelling on their bodies which after a while becomes a case of the incurable cancer. Likewise, people have woken up from sleep and found certain marks on their bodies that develop into life-threatening health conditions. These are works of the devil and you must keep your guard against them.

> ***Be sober, be vigilant; because your adversary the devil, as a***

roaring lion, walketh about, seeking whom he may devour:
1 Peter 5:8

Even a little sore should not be taken lightly. Assume you were busy in the kitchen and you accidentally had a cut in your hand, before you go for first aid, give yourself a spiritual aid. Command the wound to be healed and for it to close up, then you can clean up. Glory to God!

3) Listening to the voice of the Holy Spirit.

To enjoy divine health, you must also make a commitment to listen to the voice of the Holy Spirit. The Spirit lives in you and knows very much about how to take care of your body. He will be speaking to you as one sent into your life to help you be the best God has destined for you.

It is possible that you begin to take some things for granted and the Holy Spirit emphasizes them to you again. He is smarter, wiser, and more alert that you are. He knows everything about you; your past, present and future. If you are beginning to get addicted to a particular food that might be detrimental to your health, say excess sugar, The Holy Spirit can bring it to your attention.

Of course, you have to have already know His voice to be able to discern that He is the one talking to you. So you must spend time fellowshipping with him so you will recognize

his voice when he speaks to you. He not only tells you to pray and study your bible, He can also speak to you about keeping a good hygiene in your home. He is the Spirit of excellence, and He will give you a heart to be clean, eat responsibly and drink the right things. Listening to His voice will lead you to a land of bliss in your health.

4) Eating a Balanced Diet

A balanced diet means getting the right types and amounts of foods and drinks to supply nutrition and energy for maintaining body cells, tissues and organs, and for supporting normal growth and development.

A balanced diet provides enough energy and nutrition for optimal growth and development.

Food sources of balanced diet include; milk group (Cheese, milk or butter milk, yogurt), meat and beans group (legumes, meat nuts and seeds, soy-protein), fruit group (apples, bananas, berries, oranges, etc), vegetable group (carrots, cucumber, tomatoes, spinach), Grain group(rice, cereals, pasta), oil (light or low fat salad, vegetable oil).

Side Effects

An unbalanced diet can cause problems of maintenance of;

- body tissues
- brain and nervous system function
- growth and development

It can also cause problems with bone and muscle systems.

The term 'balanced' simply means that a diet meets your nutritional needs while not providing too much of any nutrients. To achieve a balanced diet, you must eat a variety of food from each of the food groups.

You will need to know;

- How many calories you should consume everyday
- What size portions you should eat. Taking too much of a healthy food may no longer be a healthy choice.
- Which are the healthy choices from each food group.

The most important step to eating a balanced diet is to educate yourself about what your body needs and to read the nutrition labels and ingredients of all the food you eat.

Despite what you see on some books on diet and television programs, healthy eating can be really straightforward.

A diet based on starchy foods such as potatoes, rice and pasta; with plenty of fruits and vegetables; some protein rich foods such as meat, fish and lentils, some milk and dairy foods, and not too much fat, salt or sugar, will give you all the nutrients you need.

When it comes to healthy diet, balance is the key to getting it right. This means eating a right variety of foods in the right amounts

of food and drink to achieve and maintain a healthy body weight. Consuming some foods excessively are detrimental to our health. For example; most of us need to cut down on foods with added sugar. Instead of a bottle of soft drink, try a bottle of table water.

Some recommendations for a balanced diet include;

- Eat roughly the same amount of calories that your body is using. The amount of work you can do in a day would definitely not be the same as one I can do. A healthy weight is a balance between energy consumed and energy that is burnt off.
- Increase consumption of plant foods, particularly fruits, vegetables, nuts, etc
- Limit intake of fats, preferring the healthier unsaturated fats to saturated and trans fats, and limit the intake of granulated sugars
- Eat essential micronutrients such as vitamins and certain mineral, avoiding directly poisonous and carcinogenic substances. E.g Benzene.
- Avoiding foods contaminated by human pathogens (E.g E. coli, tapeworm eggs)
- You can visit a dietician for professional advice

5) **Knowing Your Body**

There are different kinds of body types as there are different factors that affect every one's health. The amount of work you can do in a day would definitely not be the same as I can do. This is largely due to the fact that our bodies have different trainings and capabilities. Everyone does not eat the same amount of food nor require the same amount of rest. It is important to understand your body chemistry and not over burden your body.

The fact is, no one knows your body, its state, what is likely to break it down or keep it fit and strong more than yourself. You should be able to know with previous experiences what amount of rest you need to function at your best capacity and also to able to change some ways your body has been trained to behave.

If you do not understand your body, whatever happens to you all seem mysterious. It is worth paying attention to your body because it may be telling you where you need extra support in your health. Understanding your biochemistry – the mechanics of the body – gives you the ability to take better control of your health and fitness.

In order to work in divine health, the wisdom of God will also guide you in relation to the workings of your body, so that you do not harm yourself. Remember, ignorance on its own is already costly enough.

Jesus was able to function with such intensity and not break down, achieving so much in three years of ministry. So you need to ask yourself these questions, 'How much work am I supposed to be doing?' 'How much work does my body permit me to do?' 'Am I eating as I ought to eat?' 'If you notice that your body is not permitting you to work as you should, or you eat less or more than necessary as the case may be, I will not advise you to rest and let the problem persist. Instead, put out your faith and tackle that issue squarely.

6) **Exercising**

Research shows that exercise can reduce your risk of major illness such as heart disease, stroke, diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.

Research shows that exercise can reduce your risk of major illness such as heart disease, stroke, diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.

It's free, easy to take, has an immediate effect and you don't need millions of money to get some. There is strong scientific evidence that being physically active can help

you lead a healthier and even happier life. People who do regular activities have a lower risk of many chronic diseases such as heart diseases, type 2 diabetes, stroke and some cancers. Research also shows that physical activities can boost self-esteem, mood, sleep quality, and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

Health benefits

Giving the overwhelming evidences, it seems obvious that we should be physically active. It is essential if you want to live a healthy and fulfilling life unto old age. Engage in moderate-intensity aerobic activities like brisk walking, water aerobics, riding a bike, pushing a lawn mower, etc. daily chores such as shopping, cooking or house work do not count enough to get your heart rate up. People are less active nowadays mostly because technology has made our lives easier.

We drive cars or take public transports, machines wash our clothes, and we entertain ourselves in front of a television or computer screen. Fewer people are doing manual work and most people have jobs that involve little physical effort. We move around less and burn off less energy than people use to. Research suggests that many adults spend more than seven hours a day sitting down at work or in their leisure time. People aged over 65 spend ten hours or more each day sitting or lying down, making them the most sedentary age group.

Common examples of sedentary behaviors include watching TV, using a computer, sitting down to read, listening to music or talk. And such behaviors are thought to increase your risk of many chronic diseases, such as heart disease, stroke, as well as weight gain and obesity.

Whether it is limiting the time babies spend strapped in their buggies or encouraging adults to stand up and move around frequently, people of all ages need to reduce their sedentary behaviors. At sixty, some people are already calling themselves old men and old women and begin to think of their grave and heaven, making them unwilling to exercise their body. Do not wait for life to just pass you by at any age. Take a hold of life and maximize it. Moses was called by God to lead out the children of Israel at age 80 and before he died, no account of sickness was given. He died at 120 years, still strong, his natural strength remained and his eyes were not dim. Halleluyah!

> ***And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.***
>
> Deuteronomy 34:7

Maintain the divine health God has given you by doing regular exercise. The bible also acknowledges that physical exercise will profit you.

<u>For bodily exercise profiteth little:</u> but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

1Timothy 4:8

7) **Taking Adequate Rest**

Physical (bodily) stress is a major enemy of a divine health. You are obligated to rest the body after a period of work, to rejuvenate itself. The body is a complex machine specially designed by God. Just like normal machines suffer wear and tear, your body goes through the same. As you exert your body on work, the cells and tissues start to work until sometimes you get to a point of exhaustion. Many have gone ahead to stretch their bodies beyond normal limits to achieve something. In the long run, that body may not be able to function to the utmost capacity.

God who made the human body, instituted a Sabbath for us, showing us a principle, and an instruction- to rest and not over use the body. It is natural to rest after work, but because of the rapid changes in the economic life in the nations of the world, humans have increased their rate of toiling to be able to meet up with the demands of life.

We often use our bodies to acquire all the 'good things of life' and spend all these things in trying to fix our bodies in the end. To show you the importance of rest, just try to go three days without rest/sleep. You find

out that every part of your brain would almost pack up and you might even go unconscious. Rest is so important that our bodies call for it every single day with night rest. In a bid to economize rest, some people take a one hour nap in a day and stay awake for the other twenty three hours. That is not adequate rest and the body is going to react to that sooner or later.

8) Desist from smoking and drinking

Fresh air is essential to life, this is a fact known to all. This assertion is obvious and reinforced by medical pronouncements on the relationship between lung cancer and smoking. Therefore, our candid advice if you desire to live in divine health is to quit smoking if you still do.

Also, heavy drinkers of alcohol are at a high risk of harmful and potentially life-threatening liver problems. Other serious liver complications may also arise as a result of prolonged and excessive consumption of alcohol. If you therefore desire to live in divine health, then this cannot be a part of your lifestyle.

> ***Give strong drink unto him that is ready to perish,***
>
> ***Proverbs 31:6a***

> ***Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.***
>
> ***Proverbs 20:1***

9) Control your thoughts

Man is psychosomatic i.e the mind and body are related. Medical science asserts that the mind exerts an incredible influence on the body. A striking example is that of pseudo-pregnancy where a woman may so desire pregnancy so she begins to produce in her all the symptoms of pregnancy without an actual conception. Therefore, desire good health, think good health, talk good health and expect it.

10) Develop a positive attitude

The cobweb of bad habits, negative emotions and wrong attitude make life a gloomy affair. Such attitudes include pessimism, inferiority complex, tendency to worry, bitterness, unforgiveness, hatred, malice, and such like. Decide on some new furnishings like introducing selflessness, love and patience into your life. Do something to help others. Dwell upon your uniqueness because nobody else has those qualities that you possess. Love the Lord with all your heart, soul and mind, let go of old wrongs done to you and be happy with yourself.

OTHER BOOKS BY

ISAIAH MICHAEL WEALTH