

## Are you slowly killing yourself because of ...(part 2)

### **Your spirit**

We need to keep our spirit healthy by doing the following.

Thanksgiving, praise, worship, praying and singing in the Spirit, creativity/dance, shouting, communion, serving, being in a community.

We thank Him for what He has done

We praise Him for who He is

We worship Him because He is holy

Psalms 100:1-5

1 Corinthians 14

In everything give thanks 1 Thessalonians 5:16

### **Your soul (mind, will, emotions)**

'As a man thinks, so he is' Proverbs 23:7

Live in harmony with each other;

Rejoice in the Lord always:

By prayer and supplication with thanksgiving make your requests to God;

The peace of God which passes all understanding will guard your hearts and minds;

Whatever is true, honourable, right, pure, lovely and of good report think on these things;

If there is any excellence and anything worthy of praise, DWELL on these things.

Philippians 4:1-9

Walk by the Spirit not by the flesh. Galatians 5:16-26.

Take every thought captive. 2 Corinthians 10:5

Renew your mind. Romans 12:2

### **Your body**

The Temple

The cost 1 Chronicles 29

Building the temple 2 Chronicles 3-5

God filled the house 2 Chronicles 5:11-14

We are the temple. 2 Corinthians 6:16, 1 Corinthians 3:16

How are we treating the temple where God dwells?

What do we put into our bodies?

Illegal drugs, prescription and over the counter drugs, nicotine and other inhaled substances, alcoholic drinks, other drinks, food etc.

What is suitable for His Temple?

Avoid addictions to anything, such as illegal drugs, nicotine, alcohol, other inhaled substances.

In medicine, small amounts of chemicals have a great effect. Prescribed medication and over the counter medication is measured in milligrams of the active substance.

Paracetamol, aspirin doses are usually 200mg or 300mg. Many prescription medicines are 100mg or less.

If these small amounts of substances affect us, then small amount of things in our food will also affect us either for good or ill.

## Food

Do you live to eat or do you eat to live?

Avoid/minimise the amount of processed food eaten.

Avoid fast food.

Avoid the SS. **Salt** and **Sugar**. Sugar is highly addictive.

Verified experiments under controlled conditions have shown the following:

Athletes consuming the diet of someone who is overly obese for a period of 14 days. The measurements before and after showed their health had badly deteriorated. It took 3 months for the athletes to return to normal.

Another similar experiment where only fast food was eaten for 10 days showed the same type of results.

## Digestive tract or 'gut system'

70% of your immune system lives in your digestive tract. In the digestive tract live good bacteria and bad bacteria. Therefore we need to eat food that feeds the good bacteria.

**Fast food destroys the good bacteria**

**Sugar immediately starts destroying the good bacteria**

## Polyphenols

Polyphenols feed the good bacteria. They are found in many fruits and vegetables. Other fermented foods also boost the good bacteria to make sure you have a healthy immune system. These include sauerkraut, kefir, kimchi.

## Speaking and singing in tongues

Activates a part of the brain which is not activated in any other way and produces chemicals that increase your immune system between 30% and 40%.

## Stress

A small amount of stress can be handled by our body. e.g. Jumping out of the way of a car. However continuous stress is not good as it keeps chemicals in body that effectively destroy the body.

**God wants us HEALED but also wants us to be HEALTHY and WHOLE**

## **Small Group Exercises**

Review all the scriptures given. Carry out a personal audit on your spirit, soul and body. What characteristics of a healthy spirit and soul do you need to improve upon? What, in practical terms are you going to do to make your spirit and soul healthy?

Make a diary of what you eat. Is it healthy/unhealthy? What changes are you going to make to change the way you eat?