

HOW TO KEEP YOUR BODY HEALTHY

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Proverbs 3:7-8

You are probably familiar with the most common ways of keeping your body healthy such as exercising, eating right, etc. In this teaching the most common forms of staying healthy will **NOT** be discussed. This teaching will highlight the ways that are not discussed in mainstream media.

Exercising, eating right, decreasing stress are major components in staying healthy. However, if you do all of the above yet avoid doing the one thing discussed in this teaching you will still inherit bad health. Many people do not understand that you have a natural and spiritual responsibility in maintaining your health.

Unfortunately, most of society only focuses on the natural part while ignoring the spiritual part. When a person chooses to ignore the spiritual side or is ignorant of the spiritual side they will not maximize the health in their body.

WHAT PEOPLE DO NOT KNOW

Proverbs 3:7-8 says, "Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones." The components of your health includes your vision, mind and body. When a person chooses to do what is **EVIL** any one of these components can be affected negatively.

In this context of scripture the word shun means to avoid. **AVOIDING** what is evil can protect your health more than taking medication. Medication can only relieve your body of pain. However, **SHUNNING EVIL** will **PREVENT** pain from attacking your body.

DEFINING WHAT IS EVIL

Everything that is against the Bible is evil. Every action that violates God's Kingdom is an evil deed. Here is a list of deeds that can impact your health negatively.

- **DECEPTION:** Deceiving people to get what you want is evil.
- **LYING:** Telling lies to hide the truth is evil.
- **MANIPULATION:** Controlling people to do what you want them to do is evil.
- **WORSHIPPING IDOLS GODS:** Putting anything before God is evil.
- **PRIDE:** Walking in pride is evil. God called us to be humble.
- **BLASPHEMY:** Insulting the Holy Spirit is evil.
- **STEALING:** Taking something that does not belong to you is evil.
- **ADULTERY:** Sleeping with another's persons marital spouse is evil.

- **PSYCHICS:** Seeking a psychic for counsel is evil. Psychics and mediums do not receive their insight from God.
- **COVETOUSNESS:** Wanting what someone has to the point where you are willing to do what is wrong in order to get it is evil.

There are many more evil acts that can impact your health negatively. If you have a hard time staying consistent in exercising or eating healthy, **START** by managing your curiosity. The saying goes, curiosity killed a cat. However, in this instance curiosity can damage your health.

The primary reason people do what is evil is because they are curious. They want to taste the forbidden fruit. They want to travel to uncharted places. They want to experience what is dangerous and enticing. This is the mistake Adam made in the Garden of Eden.

In the Garden of Eden God gave Adam everything that was good. He wanted for nothing. He was blessed

beyond measure. However, his curiosity led him to do what he knew was wrong, while enticing.

He ate the fruit from the forbidden tree. His curiosity was the catalyst to his downfall. Do not let curiosity be your downfall. Stay away from what is evil. Do not partake in evil deeds.

The temptation of evil will create a feeling of regret. Doing the **RIGHT** thing will always keep you in the **RIGHT** position with God. You may be tired of doing the right thing, you may be tested doing the right thing but you will **NOT** be destroyed doing the right thing.

**IF THE ENEMY CAN STEAL YOUR HEALTH HE CAN
DESTROY YOU!**

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