

HOW TO AVOID GETTING DISEASES

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Psalm 91:1-3

This teaching is not written from the perspective of a medical professional. It is written from the perspective of a Kingdom citizen. There are medical treatments a person can do to build their immune system to fight off diseases. However, there is also another way to protect yourself from getting a disease.

This teaching will focus on the **ALTERNATIVE** way. The information in this teaching is not to override medical advice. It is to present another alternative if modern medicine is disappointing you.

The woman with the issue of blood went through a situation where modern medicine was disappointing her.

Mark 5:25-26 says, "Among them was a woman who had been bleeding for twelve years. She had suffered very much from many doctors and had spent all the money she had, but instead of improving, she was getting worse."

The woman with the issue of blood was suffering under her doctor's care. The medication she was taking was making her worse. Her disease was breaking her spirit. When medication failed her she searched for another alternative. She sought King Jesus.

The woman with the issue of blood utilized her faith to access the garment of Jesus to be healed. The garment of Jesus did not heal this woman. The **BELIEF** in King Jesus and His Kingdom healed this woman.

"Mark 5:31-34 says, "His followers said, "Look at how many people are pushing against you! And you ask, 'Who touched me?' " But Jesus continued looking around to see who had touched him.

The woman, knowing that she was healed, came and fell at Jesus' feet. Shaking with fear, she told him the whole truth. Jesus said to her, "Dear woman, you are made well because you believed. Go in peace; be healed of your disease."

WHAT DID THIS WOMAN DO?

The woman with the issue of blood sought the Kingdom of God. When she pursued King Jesus and touched His garment what Kingdom law did she activate? She activated Psalm 91:1-3.

Psalm 91:1-3 says, "Those who go to God Most High for safety will be protected by the Almighty. I will say to the Lord, "You are my place of safety and protection. You are my God and I trust you." God will save you from hidden traps and from deadly diseases."

The woman with the issue of blood **WENT TO GOD MOST HIGH FOR SAFETY** per psalm 91:1 She wanted to be saved from suffering. She wanted to be protected from

death and because she activated this Kingdom law she was healed.

Her wisdom to activate this Kingdom law caused her to be saved from hidden traps and deadly diseases per Psalm 91:3. **IN ORDER TO AVOID BEING STRICKEN WITH DISEASE** activate the Kingdom laws of God!

The Kingdom laws of God is the perfect solution to avoid getting diseases. Are you studying the Kingdom? Are you studying righteousness? If not, you should. You cannot access what you do not know. You cannot activate what you are not aware of.

Mathew 6:33 says, "[Seek first God's kingdom and what God wants. Then all your other needs will be met as well.](#)"

IF you seek the Kingdom and it's righteousness all things will be added unto you, that includes health and healing. If you want to avoid getting diseases **SEEK** the Kingdom

of God, it's righteousness and it's laws like the woman with the issue of blood did.

She is the example of what to do when your back is against the wall. Even though she had a disease God healed it. If you want to **AVOID** getting a disease follow her example. Every disease has to submit to the authority of King Jesus and His Kingdom.

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