

WORSHIPPING GOD KEEPS YOU HEALTHY

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Exodus 23:25

When people think of worship they think of lifting their hands, kneeling to the ground, singing slow songs and speaking in tongues. When people think of the **BENEFITS** of worship they usually think about how God will bless them.

With all this being said, He will bless you. However, as it pertains to your **HEALTH** He will bless the food you eat and the water you drink. Very few people if any, correlate worship with food, water and health.

Worshipping God determines if your food and water will be blessed. Exodus 23:25 says, "If you worship the Lord your God, I will bless your bread and your water. I will take

away sickness from you.” The word blessed in this context of scripture means to **BENEFIT**.

When the Lord blesses your food and water the substance of these resources will benefit your health. Eating food and drinking water **WITHOUT** God’s blessing attached to it will not ensure the quality of your health.

Food without substance will have no impact. Water without substance will have no impact. The **BLESSING** provides the impact. The blessing provides the substance. The blessing provides the nutrition.

People can plant seed and water the ground but **ONLY GOD CAN GIVE THE INCREASE**. This principle applies to food and water. You can eat healthy and drink fresh water but **ONLY GOD CAN MAKE IT BENEFIT YOU**. You cannot stay healthy in your own strength. You need the Lord’s blessing!

WHAT IS WORSHIP?

In this context of scripture worship is defined as **SERVICE** unto the Lord. People who serve the Lord protect their health. The Lord will care for those who serve Him.

Service unto the Lord will cause you to live for Him. When you serve the Lord your actions, agenda, values and decisions are centered around God's will. People who serve the Lord lose their independence yet establish dependency with the Kingdom of God.

The Lord will always preserve the people who belong to Him. He will always protect the people who are loyal to Him. He will always maintain the health of those who serve Him.

Serving the Lord requires you to give yourself to the **ASSIGNMENT** that God has over your life. You may be thinking how is service correlate with health?

When someone serves you they become **VALUABLE** to you because they are helping you get what you want.

This same concept applies with God. When you serve the Lord you become **VALUABLE** to Him. God will always preserve what benefits Him.

He will always guard who is exalting Him. If you are serving God you become an asset to Him. When you are disobedient and unrighteous you are a liability to Him.

Anything valuable will be protected, nurtured, cared for, appreciated and treasured. The Lord understands that righteous people are not easily found in this world.

This is why He puts so much effort in shielding righteous people from walking in bad health because they are rare commodities. Righteous people are like palm trees. They are hard to locate. However, when you find one they are very **EFFECTIVE**. Wicked people are like grass, they're everywhere and of no use.

Psalm 92:7-13 says, "[Wicked people grow like the grass. Evil people seem to do well, but they will be destroyed](#)

forever. But, Lord, you will be honored forever. Lord, surely your enemies, surely your enemies will be destroyed, and all who do evil will be scattered.

But you have made me as strong as an ox. You have poured fine oils on me. When I looked, I saw my enemies; I heard the cries of those who are against me.

But good people will grow like palm trees; they will be tall like the cedars of Lebanon. Like trees planted in the Temple of the Lord, they will grow strong in the courtyards of our God.”

NO WORRIES

If you are serving God you have no worries! God will not allow anything to happen to you when you are bringing Him glory. This is the comfort and security that a **SERVANT** of the Lord is blessed with.

No evil thing will harm them. No wicked thing will touch them. They are shielded from injury, damage and destruction. As long as they are serving the Lord and

fulfilling the assignment that He has given them they are
teflon to the world's judgment and devices.

**SERVING THE LORD BRINGS HEALTH TO
YOUR MIND, BODY AND SOUL!**

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