

# POOR HEALTH PREVENTS YOU FROM WALKING IN YOUR PURPOSE

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3rd John 1:2

No one wants to be in poor health. However, you still have people who voluntarily put poison into their body and mismanaged their health. For obvious reasons, you know the importance of being in good health.

This teaching will provide you with another perspective. God treasures your body. He wants your mental, spiritual and emotional health to be in optimal condition. Have you ever wondered why? Your internal and physical health are connected to one thing in the Kingdom of God...**YOUR PURPOSE!**

A person who is in poor health is **LIMITED** in how God can use them on the earth. 3rd John 1:2 says, "*My dear*

*friend, I know your soul is doing fine, and I pray that you are doing well in every way and that your health is good."*

NCV.

1st Corinthians 6:19-20 says, "*You should know that your body is a temple for the Holy Spirit who is in you. You have received the Holy Spirit from God. So you do not belong to yourselves,*". NCV.

These scriptures prove to you how important being in good health is. In addition, it shows how God prioritizes good health. No one can do anything on the earth **WITHOUT** possessing a body. Spirits have no power on the earth until they possess a body.

When God created Adam the **FIRST** thing He did was create a body. A body that would be able to complete His purpose and fulfill His will. Genesis 2:7 says, "*Then the Lord God took dust from the ground and formed a man from it. He breathed the breath of life into the man's nose, and the man became a living person.*" Secondly, the Lord gave Adam His spirit so he could think and make decisions.

The **PRIORITY** of God was to give Adam optimal **PHYSICAL** health so he could capitalize on his intelligence. It doesn't matter how smart you are. If the body is limited you will **NOT** be able to complete all that you know.

Your health is a key component in fulfilling your God given purpose. Health is the source of your energy, mobility, stamina, strength and endurance. If your God given purpose is to start and run a business how can you do this if you lack the mobility and energy to bring it into manifestation? **YOU CAN'T.**

If your purpose is to preach the Gospel into all the world how can you do this if you lack the physical strength and endurance to travel? **YOU CAN'T.** Only a fool destroys the tool that is needed to please God, which is your health.

**HEALING WAS CREATED FOR THOSE  
WHO DON'T LISTEN.**

God told us what to eat. He told us that participating in evilness will devour our health. He told us that disobedience attracts diseases to our bodies. With all this being said, people **STILL REFUSE** to listen and end up with poor health.

This is why God provided healing. The Lord knew that despite what He said people was still going to do their own thing. God provided an alternative solution to our foolishness because that's how much He **NEEDS** for us to be healthy.

Many people believe that God doesn't need people. However, this is far from the truth. God needs people because He doesn't have a physical body to walk the earth. When Jesus came to the earth the **FIRST** thing He did was wrap Himself in **FLESH**. John 1:14 says, "*And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.*"

God established a Kingdom law that made it impossible for anyone to have dominion on the earth without a body. Psalm 115:16 says, "*Heaven belongs to the Lord, but he gave the earth to people.*" When the Lord gave total authority over the earth to people He **EXCLUDED** Himself from having dominion on the earth. This is why God needs you.

God is a Spirit. Reference John 4:24. The only dominion He has on earth is **THROUGH** His people. This is why your physical health is vitally important to God. His will is done through you. His purpose is fulfilled through you. His power is manifested through you.

If you mismanage your health you limit the things God will do with you. The Lord is loving, caring and compassionate. He will not put you in situations that compromise you. This is why **YOU** determine how much God can give to you. **YOU** determine how far God can take you. When you manage and care for your health the Lord will reward you with things He has planned for you.

Jeremiah 29:11 says, *"I say this because I know what I am planning for you," says the Lord. "I have good plans for you, not plans to hurt you. I will give you hope and a good future."*

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