



**Empowering People to Change the World**

**WholeHARD45: Maximum Impact**

**Steve Holt**

© Steve Holt | [TheRoad.org](http://TheRoad.org)

**WholeHARD45: Maximum Impact**

- Last week I presented WholeHARD45, and man, was I surprised how many of you scooped up the booklets and are doing it. Amazing.
- With the Wholehearted Men on Tuesday, we have sold over 500 booklets. Exciting to see what God's going to do with many of you.
- Today's study contains much research that I can't present in such a short time today, so go on our App and download this sermon. I have an Appendix and much more research in my notes.
- Because of the overwhelming positive responses I'm observing, I felt I would do a more thorough work today in explaining how you can have a MAXIMUM IMPACT in your life: spiritually, mentally, emotionally, physically, and relationally.
- Jesus addressed all of this. My sermon covered Jesus last week and what He said. But Paul addressed it too.

### **1 Thessalonians 5:23**

**“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”**

- “Sanctify” means *set apart*.
- I'm challenging you this morning to be set apart to build a new you, a new destiny through training yourself mentally, physically, relationally, and spiritually.
- Your WHOLE spirit, soul, and body—this is truly WHO you were created to be!
- WholeHARD 45!

**My Thesis: To have a Maximum Impact Life, Line up with God's Purposes Spiritually, Emotionally, Mentally, Relationally, and Physically. You will become Healthier, more Vibrant, and more Resilient in Hard Times.**

- **Pam Holloway will talk about Radical Resilience in your health on March 3, after the third service in the Chapel.**

**All the studies show that the emotional and spiritual is THE most important thing in living a healthy joyful life!**

**I will call this the Bio-Psycho-Relatio-Spiritual component.**

**(concentric circles) in the circles put Bio and under it, physical. Psycho and under it soul. Relatio and under it relationships. Spiritual and under it Holy Spirit. In the center, where all the circles overlap, write ME.**

### **Maximum Impact Diagram**

#### **(Concentric Circles)**

- **Becoming healthy in all these areas is the key to MAXIMUM IMPACT with your life. We must grow and mature in all these areas.**
- **WholeHARD45 is designed to help you develop a new mindset and new habits that can develop all these areas.**

**We are a connection of our emotional, mental, spiritual, relational and physical being.**

- **The studies over the last thirty years on neuroplasticity has shown that our brain can continue to develop throughout our lifetime and is key to the way in which we react to problems in our lives.**

- We are finding that how one copes with issues of stress is actually more powerful than the stress itself.

## How We Get Sick? How We Get Better?

**Caveat: I'm not a health professional, so I'm not saying to anyone to not take your medicine or see a doctor. I'm just giving a little history and the new science that is available.**

- **The past one hundred years in medical science has been studying how we get sick. There were two lines or movements of thinking:**
  - 1) The first based in strengthening one's immune system—I will call it the **Immune Strong Movement**. That if we drink clean water, eat God-Made-Food, and get needed rest, most of the time our bodies are made to remain healthy. In other words, if you take care of yourself, and live a healthy life, your body is made to heal itself in most cases.
  - 2) But there became a second movement in medical science. What I will call the **Pathogen Attack Movement**. Science began to study *pathogens* or germs that invariably will cause a virus or disease. Pathogen refers to bacteria, germs, or other microorganisms that have the potential to induce disease.

## John D. Rockefeller and the Rise of Oil Based Pharmaceuticals

There was a shift from rest, eating and drinking better, to taking medicines, pharmaceuticals, and it became a big business! John D. Rockefeller was key in destroying the holistic medicine in our country. As he saw his profits falling in oil, he realized he could create pharmaceuticals with oil-based medicines. He gradually took control of 90% of all the refineries through Standard Oil, and beginning in 1910, working with Abraham Flexner, began research to promote his *petrochemical medicines* to Medical Schools

(always with more money attached) and that became the prevalent way of medicine. They began to call holistic medicine *quackery*.

During this time, therapies such as homeopathy, herbal medicine, essential oils, chiropractic, and naturopathy were commonplace. Big Pharma was born!

Instead of the hard work of strengthening on one's immune system, we learned to take a pill, get a shot, and learned to expect that when we visited a doctor.

**Physician Andrew Weil, research associate in ethnopharmacology at Harvard and author of *Health and Healing* writes, “external, material objects never cause the disease, but these agents are merely agents looking for susceptible hosts. We have poor coping skills, deficient social support and high stress and our bodies become upset and our resistance lowered. An agent of disease then finds fertile ground in which to develop or might act as straw ready for a fire.”**

- All of us are being exposed to pathogens every day. All of us have cancer cells. All of us are around people who hack and cough. All of us eat contaminated food.
- But why do some get sick and others don't. My thesis is that the more you build up your spiritual, emotional, physical, mental, and relational immune system the healthier you will remain.

**My Thesis: The more you Line up with God's Purposes Spiritually, Emotionally, Mentally, Relationally, and Physically, the Healthier, more Vibrant, and more Resilient your Life will become. The result will be Maximum Impact!**

**Listen to God's Word on health:**

**“Trust in the Lord with all your heart,  
And lean not on your own understanding;**

**In all your ways acknowledge Him,  
And He shall direct your paths.  
Do not be wise in your own eyes;  
Fear the Lord and depart from evil.  
It will be health to your flesh,  
And strength to your bones” (Proverbs 3:5-8).**

**The most powerful prescription to a healthy life came from the Great Physician, the One who can heal all our diseases, who created the body to fight any virus, and has given us everything we need to live a healthy life.**

**WholeHARD45 encompasses the following seven habits.**

### **Seven Habits of Maximum Impact**

#### **1. Be Wholehearted.**

- Seek the King and the Kingdom of God first in your life. Jesus and His way of living life is your purpose for living.
- Put Jesus on the throne of your life! This is the Spirit-filled life.
- It is AMAZING what people can do if they have meaning and purpose to their lives! You can withstand the most horrendous conditions when your life has meaning, purpose, and love.

#### **Listen this is important:**

- If you will give God control of your entire life—spirit, body, and soul, you will be lining yourself up with the Kingdom of God Laws of the Universe.
- When you line up with the Kingdom Laws of the Universe, work within God’s Creative Order, your spirit, soul, and your body’s immune system will get healthier, and you will be more joyful, more fulfilled, and more excited about life!

- Jesus said, “Seek first the Kingdom of God and His Righteousness and all these things will be added unto you.”
- I’m talking about “all these things” being added unto you.

**Dr. McLaughlin of Women’s Medical College in Philadelphia says that “65-85% of all sickness is rooted in the mental and spiritual—99% of headaches, 75% of stomach disorders, 75% of asthma, and 75% of skin diseases.”**

**Write this down:**

**The Kingdom of God is God’s Total Program for Total Health**

**The Greatest Sermon on Healthy Living**

- The “Sermon on the Mount” is about Kingdom healthy living.
- In Matthew 6, Jesus is talking about some of our biggest health issues in this life—relationships, worry, inner struggle with materialism...

**At a medical convention in the 1960s, after much debate, adopted a resolution that the best prescription for total health was the Sermon on the Mount...Instead of “Blessed” they inserted “healthy.”**

- Healthy are those who know who are poor in spirit (humble).
- Healthy are those with a gentle spirit.
- Healthy are those who hunger and thirst for righteousness.

## **2. Meditation in Truth.**

**Meditate in and study God’s Word. Read God’s Word. Meditation in truth—examine yourself and examine your thinking.**

**We have hijacked thoughts. How do you break the cycle? Be aware of your thinking. You can be 10 percent happier.**

- Need a relationship with the profound. What's more profound than truth. You must turn off the lies, confusion, and hyper-alarming of the news and this world's systems.
- It's not just *fake news* it's *unhealthy news*.
- You can tell a lot about one's character by how much truth one can tolerate. The truth sets you free. Jesus said, "I am the way and the truth and the life."
- Find the Jesus way and you will find the truth, and the truth will give you life, a healthy life.
- Truth is like a fire. It burns up falsehood. It's painful. It's hard to change. Life is extremely hard, malevolent and you must develop a relationship with the truth or you will be constantly confused and depressed.

**Turn to Psalm 1:1-3 The Very First Psalm is about Success and Maximum Impact**

**"Blessed *is* the man  
Who walks not in the counsel of the ungodly,  
Nor stands in the path of sinners,  
Nor sits in the seat of the scornful;  
But his delight *is* in the law of the Lord,  
And in His law he meditates day and night.  
He shall be like a tree  
Planted by the rivers of water,  
That brings forth its fruit in its season,  
Whose leaf also shall not wither;  
And whatever he does shall prosper."**



**According to *Johns Hopkins Medicine*, positive thinking is linked to a wide range of health benefits including:**

- **Better stress management and coping skills.**
  - **Enhanced psychological health.**
  - **Greater resistance to the common cold.**
  - **Increased physical well-being.**
  - **Longer life span.**
  - **Lower rates of depression.**
  - **Reduced risk of cardiovascular disease-related death.**
- One study of 1,558 older adults found that positive thinking could also reduce frailty during old age.<sup>5</sup>
  - Clearly, there are many [benefits of positive thinking](#), but why exactly does positive thinking have such a strong impact on physical and [mental health](#).
  - One theory is that people who think positively tend to be less affected by stress. Another possibility is that people who think positively tend to live healthier lives in general; they may exercise more, follow a more nutritious diet, and avoid unhealthy behaviors.

Truth sets us free if we believe it!

### **3. Prayer and Journaling.**

**Journal what God's teaching you. Deep insightful journaling.**

**Prayer—the Bible says, “pray about everything.” Pray about everything, whenever you can, and believe!**

**It is interesting that the greatest sermon on healthy living is the Sermon on the Mount, (Matthew 5, 6, and 7) and just after saying “Seek first the Kingdom of God,” Jesus then says, “Ask and it will be given to you, seek and you will find, knock and the door shall be opened to you.”**

- The rich get richer the poor get poorer.
- “To every one who has will more be given, **and he will have abundance**; but from him who has not, even what he has will be taken away” (Matthew 25:29, [Revised Standard Version]).
- What Jesus is saying is that those who pay the price for truth, who cry out to God for more, get more and there is this exponential nature of the Kingdom of God in which you keep building up what you’re learning and growing in.

**My Thesis: To have a Maximum Impact Life, Line up with God’s Purposes Spiritually, Emotionally, Mentally, Relationally, and Physically. You will become Healthier, more Vibrant, and more Resilient in Hard Times.**

#### **4. Deal with Trauma and Shame.**

**Vulnerability is the key.**

**Freedom and joy breakthrough comes through dealing with your shame. Forgiveness is huge.**

**Men and women wear masks, but really different with each gender. Women have friends, they talk, and they are honest. Men don’t do this!**

- You need to make a contract with yourself. Perfection and drivenness, etc. are socially acceptable addictions.
- All of us have had trauma. Not all trauma is a capitol *T* but rather many small *t* traumas. This will impact your resiliency.
  - Sexual
  - Mental

- Spiritual
- Neglect is a form of trauma too.
- Abandonment
- Enmeshment—forced into a role of a parent with another parent and the emotional burdens.
- Tragic events at an early age.

## **5. Get Outside.**

**Get your daily dose of vitamin D, called the *Sunshine Vitamin*.**

Your body produces vitamin D naturally when it's directly exposed to sunlight. You can also get it through certain foods and supplements to ensure adequate levels in your blood.

**National Institutes of Health recommends 30 minutes a day with no sunscreen to get your daily allowance of vitamin D.**

**What does vitamin D do for you?**

- Vitamin D promotes calcium absorption in the gut and maintains adequate serum calcium and phosphate concentrations to enable normal bone mineralization, bone strengthening, and bone growth.
- Reduces inflammation and optimizes cell growth.
- Strengthens your immune system.

**Recent Studies indicate that Vitamin D does three major things:**

### **1) Vitamin D fights Disease**

In addition to its primary benefits, research suggests that vitamin D may also play a role in reducing your risk of multiple sclerosis, heart disease, and even the flu. (see my Appendix for details)

## **2) Vitamin D reduces Depression**

Research has shown that vitamin D might play an important role in regulating mood and warding off depression. In one [study Trusted Source](#), scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms.

## **3) Vitamin D boosts Weight Loss**

In one [study](#), people taking a daily calcium and vitamin D supplement were able to lose more weight than subjects taking a placebo supplement. The scientists said the extra calcium and vitamin D had an appetite-suppressing effect.

**You need to get outside every day!**

- Take walks, hikes, be outside, biking, etc. Colorado is a great state for this!
- Might I encourage you to have outdoor hobbies that you love! I even work on my sermons and read outside by our fire pit.

## **6. Work Out.**

**Do something you love.**

- **Develop physical exercise habits and lifestyle that you enjoy.**
- **Live what you love. Do what you enjoy!**
- **I love isometrics. I work out alone. You can get apps, get a personal trainer, or take group fitness classes.**

## **7. Bloodstained Allies.**

**Show me someone who has positive, life-giving relationships and I'll show you a healthy, joyful person.**

**You are wired for connection. God made each of us for connection. Be around positive people.**

- One author on health writes,

**“The quality of our relationships may have more to do with how often we get sick and how soon we get well than our genes, chemistry, diet, or environment.”**

- Perhaps one of the most powerful studies ever done on social support and health is from the Japanese, whose culture emphasizes group ties.

### **The Amae Effect**

Leonard Syme, professor of epidemiology at University of California Berkeley, says “the causes of our health problems are often attributed to industrialization, urbanization, technology, pollution, smoking cigarettes, and the fast pace of life. But the Japanese have all these. Indeed, they smoke more than any other nation. They have worse problems in all of the areas mentioned. But despite these health hazards, Japanese have the highest life expectancy in the world, the lowest heart disease rate among nations and the lowest rate of death from all causes. How is this possible? What we believe explains the protection found among Japanese is ‘Amae,’ a characteristic they value. Amae emphasizes a belief that the well-being of the individual depends on cooperation with others and goodwill from a person’s group. In other words, social support is central to the values of Japanese practice and continues to provide resistance to disease.”

Bloodstained Allies are people in your life you can have an honest, life-giving, loving relationship with.

**Maximum Impact Diagram**

**(Concentric Circles)**

- Becoming healthy in all these areas is the key to MAXIMUM IMPACT with your life. We must grow and mature in all these areas.
- WholeHARD45 is designed to help you develop a new mindset and new habits that can develop all of these areas.

**Next Week: Peter's Principles for Processing Problems**

## APPENDIX

For further reference and study, go to:

[www.HealthRecoveryMinistry.org](http://www.HealthRecoveryMinistry.org)

[www.draxe.com](http://www.draxe.com)

### **Beware of D-ficiency (Vitamin D)**

Many factors can affect your ability to get sufficient amounts of vitamin D through the sun alone. These factors include:

- **Being in an area with high pollution**
- **Using sunscreen**
- **Spending more time indoors**
- **Living in big cities where buildings block sunlight**
- **Having darker skin. (The higher the levels of melanin, the less vitamin D the skin can absorb.)**

These factors contribute to vitamin D deficiency in an increasing number of people. That's why it's important to get some of your vitamin D from sources besides sunlight.

The symptoms of a vitamin D deficiency in adults include:

- **tiredness, aches and pains, and a general sense of not feeling well**
- **severe bone or muscle pain or weakness that may cause difficulty climbing stairs or getting up from the floor or a low chair, or cause you to walk with a waddling gait**
- **stress fractures, especially in your legs, pelvis, and hips**

Doctors can diagnose a vitamin D deficiency by performing a simple blood test. If you have a deficiency, your doctor may order X-rays to check the strength of your bones.

If you're diagnosed with a vitamin D deficiency, your doctor will likely recommend you take daily vitamin D supplements. If you have a severe deficiency, they may instead recommend high-dose vitamin D tablets or liquids. You should also make sure to get vitamin D through sunlight and the foods you eat.

### **Recent Studies indicate that Vitamin D does three major things:**

#### **1) Vitamin D fights Disease**

In addition to its primary benefits, research suggests that vitamin D may also play a role in:

- **reducing your risk of multiple sclerosis, according to a 2006 study published in the [Journal of the American Medical Association](#) *Trusted Source***
- **decreasing your chance of developing heart disease, according to 2008 findings published in [Circulation](#) *Trusted Source***
- **helping to reduce your likelihood of developing the flu, according to 2010 research published in the [American Journal of Clinical Nutrition](#) *Trusted Source***

#### **2) Vitamin D reduces Depression**

Research has shown that vitamin D might play an important role in regulating mood and warding off depression. In one [study](#) *Trusted Source*, scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms.

In [another study](#) of people with fibromyalgia, researchers found vitamin D deficiency was more common in those who were also experiencing anxiety and depression.



### 3) Vitamin D boosts Weight Loss

In one [study](#), people taking a daily calcium and vitamin D supplement were able to lose more weight than subjects taking a placebo supplement. The scientists said the extra calcium and vitamin D had an appetite-suppressing effect.

#### **You need to get outside every day!**

- Take walks, hikes, be outside, biking, etc. Colorado is like the best state!
- Might I encourage you to have outdoor hobbies that you love! I even work on my sermons and read outside by our fire pit.

#### **Food sources of vitamin D**

Few foods contain vitamin D naturally. Because of this, some foods are fortified. This means that vitamin D has been added. Foods that contain vitamin D include:

- **salmon**
- **rainbow trout**
- **sardines**
- **egg yolk**
- **shrimp**
- **milk (fortified)**
- **cereal (fortified)**
- **yogurt (fortified)**
- **orange juice (fortified)**

It can be hard to get enough vitamin D each day through sun exposure and food alone, so taking vitamin D supplements can help.

