



Empowering People to Change the World

**Kingdom of God Health
Part 1**

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Kingdom of God Health (part 1)
Lining up your Life under the Kingdom of God

One of my passions as the Senior Pastor at The Road is to build the healthiest church in America!

I've grown alarmed by the recent data on our health in America.

- We have become a nation of fear. From 24-hour news cycles that traffic in fear mongering to real issues in our healthcare not being addressed.
- All the current men and women on the health panel for the Biden administration are connected to the pharmaceutical industry.
- With the advent of more and more pesticides in our foods to the consumption of processed food, junk food, our diets are literally killing us!
- Our childhood obesity rates have gone up 300% since the 1970s.
- Our vaccines have increased from four to seventy-four vaccines.
- We were number one in the world in healthcare in 1986 and by 2002 we were dead last among industrialized nations.
- America is now the sickest nation in the world.

At The Road Church we place a high value on strengthening the immune system. I believe God made our bodies, if they are healthy, if we are eating natural God-made food, not processed GMO's, to heal itself 90% of the time.

While in California this past week, God spoke clearly to me to speak on Kingdom of God Health.

- In 2021 we held a Health Conference with Radical Resiliency and Health, with Pam Holloway and others.
- The message I gave was only for those who attended the conference and I feel my message needs to be heard by all of you.

- I have found from experience and from being with people in ministry for over forty years that your health is connected to the Kingdom of God and your future.

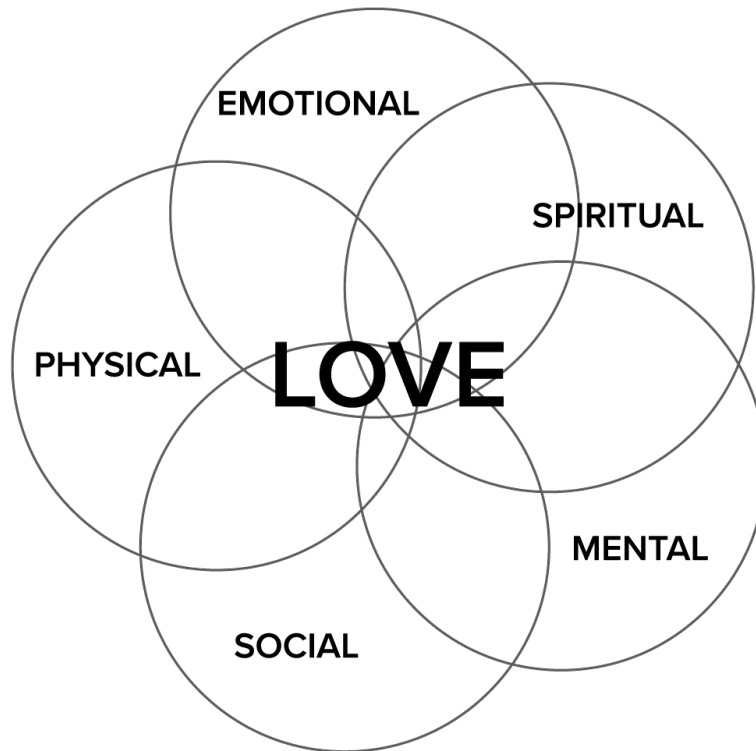
“A healthy person has a thousand wishes, a sick person one.”

- All the studies show that the emotional and spiritual is THE most important thing in living a healthy joyful life!
- Our lives are the complex integration of the physical, emotional, spiritual, mental, and social, all woven together to make up our total life.
- 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.

Turn to Mark 12:29: The Rx from Dr. Jesus:

“Jesus answered him, ‘The first of all the commandments *is*: “Hear, O Israel, the Lord our God, the Lord is one. And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.” This *is* the first commandment. And the second, like *it*, *is* this: “You shall love your neighbor as yourself.” There is no other commandment greater than these.’”

Here is how I would draw out The Greatest Health Prescription ever given:



We are all connected in our emotions, mental, spiritual, and physical, and social combined with the social element of people in our lives.

But what we've done in healthcare is to separate these areas, when true healing often comes through the integration not separation of all these parts.

Thesis: The more you Line up your Life with the Kingdom of God—Spiritually, Emotionally, Mentally, Physically, and Socially—the more Healthy, Vibrant, and Resilient your Life will Become.

Love for God, love for people, and love for the Kingdom of God is the greatest healer in our lives!

Your Immune System is a complex network of cells, tissues, organs, and the substances that helps the body fight infections and other diseases. The immune system includes white blood cells and organs and tissues of the lymph system, such as the thymus, spleen, tonsils, lymph nodes, lymph vessels, and bone marrow.

- The studies of the last thirty years on the brain are discovering that we can continue to:

- **Increase our IQ throughout our life.**
- **Increase our stamina throughout our life.**
- **Increase our immune system.**
- The study of the brain has given us the term *neuroplasticity* meaning our brain doesn't have to slow down, but like plastic can expand and develop.
- We are finding that how one copes with issues of stress is more powerful than the stress itself.
- *Pathogen* or germ doesn't mean something that invariably causes a virus or disease. Pathogen refers to bacteria, germs, or other microorganisms that have the potential to induce disease.

Physician Andrew Weil reminds us:

“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.” (Dr. Andrew Weil, research associate in ethnopharmacology at Harvard and author of *Health and Healing*)

- In other words, if we don't have a strong resistance system, a strong immune system, Kingdom of God Health, we become like fly paper to the pathogen flies all around us.

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).**

So, what are the things we need to do that will build up our spiritual, emotional, social, and mental immune system?

- In my new book, ***Breakthrough Courage: 9 Habits to Conquer Fear and Build a Brave Heart***, I talk about some of the following habits.
- I also covered some of this in WholeHARD45 at the beginning of the year.

Perspectives to Kingdom Health

Health Perspective #1: Seek the First Thing First.

“Seek first the Kingdom of God and His righteousness, and all these things shall be added unto you” (Matthew 6:33).

- The resilient life, the high impact life, is a life of seeking first the life of the Kingdom of God.
- We tend to think of the Kingdom of God as something only spiritual, but God made us as one with three parts.
 - 1 Thessalonians 5:23: “We are spirit, body, and mind.”
 - The Godhead is three in one: Father, Son, and Holy Spirit.
- We are created in the image of God.
- 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.

If you’ve never given your WHOLE life to Jesus and the Kingdom of God, do it now!

I am convinced that Liz and I are rarely sick because we seek first the Kingdom of God and have meaning and purpose for our lives. I have not seen a regular doctor in twenty-five years.

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.

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

How do we seek first the Kingdom of God?

Health Perspective #2: New Thoughts New Life.

“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will” (Romans 12:2 NIV).

- The hardest thing to get people to do is THINK.
- It was only a few decades ago that scientists thought that the brain was a fixed hardwired machine. This view saw a damaged brain as incurable.
- Whether the effects were from a stroke, cardiovascular event, PTSD, OCD, depression, anxiety, or a traumatic brain injury, or even aging, the brain damage was irreversible.
- But Dr. Paul here, in our passage, says that our brain is not set and our conditions of depression, anxiety, etc. can be renewed, leading to transformation!
- Even brain scientists are now agreeing with the Bible, and as I mentioned earlier, the new science is called neuroplasticity.

Neuroplasticity means that the brain is malleable and adaptable and changing every day based on your thoughts. In other words, the brain has renewable characteristics and can be changed by your thoughts.

- Listen: your thinking, your mind, determines the growth of your brain, not the other way.
- You may think you cannot change your IQ. But that’s just not true. By renewing your mind, your brain will change.
- You can renew, restore, your thoughts. Either renewing your thoughts toward life or degenerating your thoughts leading to death.

[Dr. Moses] “I call heaven and earth as witnesses today against you, *that* I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live” (Deuteronomy 30:19).

- The choices we make, the way in which we view ourselves, how we handle stress, will determine our overall health.

- Every morning when you wake up, new baby nerve cells have been born while you were sleeping that are at your disposal to either build healthy thoughts that destroy toxic thoughts, or toxic thoughts that create sickness.
- The birth of these new baby nerve cells is called *neurogenesis*.
- Besides God, your mind is the most powerful thing in the universe!
- You cannot control your circumstances, but you can control your reaction to your circumstances and those reactions will determine your future.

Good Thoughts = Good Choices = Healthy Living
Toxic Thoughts = Toxic Choices = Toxic living

- As you think, you produce proteins and these proteins are the choices you make.
- 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."
- Scientists are now saying that only about 15% of your sicknesses are caused by outside agents.
- What are you thinking about daily? Listen up...

[Dr. Paul] "God has not given us a spirit of fear, but of power and of love and of a sound mind" (2 Timothy 1:7).

- You are naturally an optimist! You are wired with power, love, and a sound mind, but you have to renew your thinking daily.
- When you have joyful positive loving thoughts, it produces peace and joy over your whole body.
- **This is why we were the healthiest church in Colorado during the Covid scare!**
- **I can't tell you how many times I have switched on my mind to think healing when I'm feeling like I'm getting sick.**
- **A couple of years ago, I was using a chain saw to cut down a tree and it fell on my head. I was not wearing a helmet (toxic manly thoughts led that**

decision ha-ha). I felt nausea erupting in my body, a sign of a concussion and I told myself, *I'm healed in the name of Jesus and I'm going to start feeling better*, and I did.

This fall, The Road Church Family are not going to choose Fear but Courage. No matter what comes our way (circumstances) we are going to Choose Courage (renewing our mind)!

In the next couple of weeks, we will look at how to renew our minds.