



Empowering People to Change the World

Kingdom of God Health, Part 2

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The Road Church with logo

Kingdom of God Health (part 2)

Lining up your Life under the Kingdom of God

We are the sickest nation in the world among industrialized nations. We spent more than \$4.6 trillion on healthcare and have the worst outcomes in the world. Cancer, diabetes, and mental disorders are overtaking our nation.

But People Want to be Healthy!

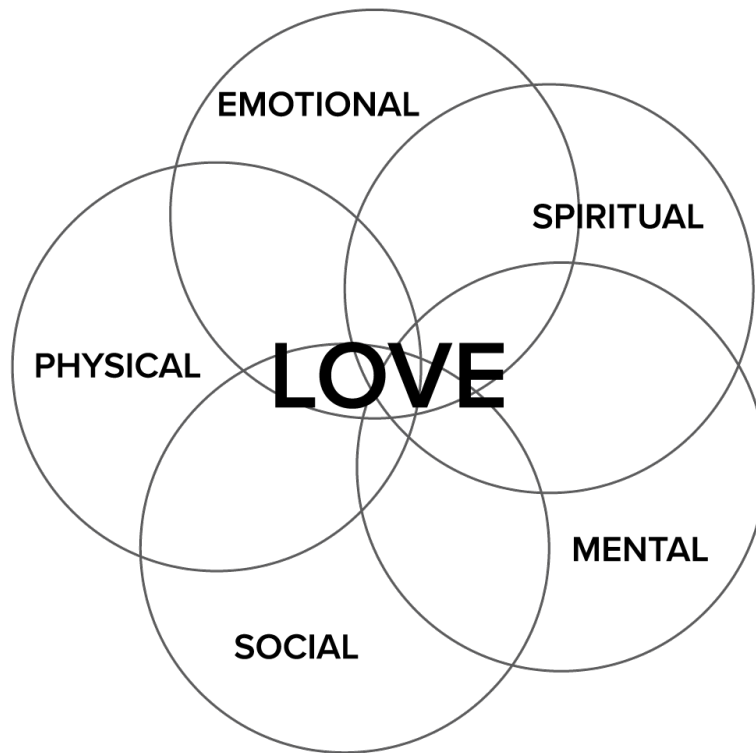
- It's simple: people want to be healthy! People don't want diabetes, or to be obese, or to have some chronic illness. We don't. We must do our best to help.
- The next time I will look more closely at why we are sick, but for our purposes today, I want to zero-in on again the importance of the whole body as a system.
- Over 90% of Medical Schools have no classes on treating the whole person and the importance of nutrition.
- Many MDs who are now learning about this and treating the whole person are amazing men and women. Their numbers are growing!
- Called Functional Medicine, Homeopathic Medicine, Naturopathic Medicine, many doctors are taking a new route to treating patients. This is really exciting.

I have a conviction that each of you be the healthiest, most productive, most innovative, most energetic disciple of Jesus you can be!

Turn to Mark 12:29, The prescription 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.’”

See my Venn Diagram. Here is how I would draw out The Greatest Health Prescription ever given:



- The science of the body and brain are catching up with what the Bible has said for thousands of years. God made us as an integration of body, soul, and spirit.
- 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.

Big Point: Love brings it all together. Loving God and His Kingdom and loving those around you is the most integrative thing you can do.

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.

Quick Overview:

Five 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).

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).

- We have a choice every day that either grow proteins in our body of health or proteins that lead to destruction. Look at our passage.
 - Your thoughts determine your choices.
 - “Do not be conformed to the pattern of this world” meaning in the Greek: Don’t copy the values of this world.
 - Toxic thoughts equal a toxic destructive life. Your choice.
 - Rather, “be transformed by the renewing of the mind.” **Metamorphisoo**. Completely changed into something else. The caterpillar can become a butterfly! Good, wholesome, noble thoughts equal a joyful, happy, and productive life!

Four Fundamental Transformative Principles on Your Thinking

1. **You are not a victim of your biology.** You are in control of your thoughts. Your thoughts can literally change your biology!
2. **Your thinking is the *real estate* of the brain.** You can build new real estate of positivity, truth, and love if you capture your toxic thoughts and change them.
3. **You are *integrated*.** You are created by God as a complex integrated image of God. When you seek first the Kingdom of God and renew your thoughts in a Kingdom direction, God has designed your body to release chemicals and proteins that pour life into your whole being—the physical, mental, emotional, social, and spiritual.

4. **You can't control your circumstances, but you can control your responses.** You have the power to activate your thoughts in how you respond to your circumstances. As you learn to think kingdom truth in the midst of your circumstances, you can turn certain genes on or off, changing the neurons of your brain.

Research shows that 75-98% of mental, physical, and behavioral illness comes from one's thought life.

- Practically, here's how this works. If you are stressing out over something—fixating on a problem that is creating anxiety, fear, and panic, you are literally releasing toxin into your bloodstream, cortisol, that is shredding your immune system. You will get sick.
- Let me give you a personal example. Last week, I awoke at 2 am fixated and overwhelmed with the thought that I don't know what to do about a situation. It was dramatically impacting my sleep. I could physically feel my heart pumping. I got up and chose to pray. I read Proverbs 3:5-8. Meditated in God's Word, and God showed me the solution. I thought about the solution and peace came to me and I went to sleep.
- And that leads into health perspective number three.

Turn in your Bible to Joshua 1:9

Health Perspective #3: Meditation and Obedience in Truth.

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success” (Joshua 1:9).

Underline four parts of our passage (starting at the end of the verse):

- Underline “good success.”
- Underline “prosperous.”
- Underline “Observe to do.”
- Underline “meditate in it day and night.”

There is a correlation between meditation and all the other parts that lead to prosperity and success.

Meditation on Truth plus Obedience to Truth equals Prosperity and Success

- We all need a Truth Encounter every day!

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

We have hijacked thoughts. How do you break the cycle from fear to faith? Meditate in truth.

- Need a relationship with the profound. What's more profound than truth. You have to turn off the lies, confusion, and alarmism of the news and this world's systems.
- It's not just *fake news* it's *unhealthy news*.
- 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 and malevolent, and you must develop a relationship with the truth, or you will be constantly confused and depressed.

We have heard of Positive Mental Attitude, PMA, but I want to rename it Kingdom Mental Attitude, KMA.

According to Johns Hopkins Medicine, positive thinking (what I am calling Kingdom Mental Attitude) 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.

- A longer life span.
- Lower rates of depression.
- Reduced risk of cardiovascular disease-related death.

We have this *hurry up sickness*. I like what one scientist calls “multi-tasking milkshake” in which we are constantly confused and multi-tasking with our computers, phones, social media, and then you have our marriages, roommates, family issues, as well as our jobs! Right?

- All the studies show this is killing us.

“Poor focusing of attention and lack of quality of our thought lives is completely the opposite of how the brain is designed to work and causes a level of brain damage...like making a milkshake with your brain cells and neurochemicals.” (Dr. Caroline Leaf)

- According to a report in *Archives of General Psychology*, “simultaneous exposure to electronic media during the teenage years—such as playing video games while watching TV is directly associated with deep levels of depression and anxiety for young adults, especially among men.”
- Over the last twenty years multi-tasking among our teens has increased by over 200%.
- Every cell is connected to the heart. Your thoughts don’t just control your brain, they control your heart—your emotions, your soul, and your spirit.
- God designed us to think in a focused, quality, direct manner. You are at your best, doing the most quality work, when you are focused one thing at a time. Focus brings energy, vitality, and purpose.

Biblical Christian Meditation is Slowing Down, Focusing on God’s Truth, with Deep, Intellectual Thought. This is the only way to find Daily Soul Harmony.

- In Quantum Physics, there is a principle called the Quantum Zeno Effect (QZE) that says repeated focus and effort causes learning to happen.¹
 - When you think on something, meditate on something, read it, and write it down and repeating it in your thoughts, you grow new nerve cells.
 - The neurons in your brain line up, fire together, because you are firing synapses over and over, which causes genetic expression to happen and make the synapses and proteins stronger.
 - The QZE is basically saying that you *Become what you Behold*.

PB&J: You Become What You Behold!

We call it PB&J. Prayer, Bible, and Journaling. Instead of focusing on your problems and worries, focus on God and His Kingdom.

End of Service: tables in the lobby. Pick up the flyer of different Community Groups.

¹ “I love quantum physics, but the quantum physics principle that really caught my attention is called Quantum Zeno Effect (QZE). QZE is the repeated effort that causes learning to take place. When you go over and over something, reading it, thinking about it, writing it down, and repeating the process, you deepen your knowledge and understanding, direct your attention, and grow nerve cells. The neurons in your brain line up and fire together because you are firing synapses over and over, which causes genetic expression to happen which makes the synapses and proteins stronger. The changes in your brain caused by this deep, repeated, intellectually targeted focus can be seen with brain imaging techniques. Basically the QZE stipulates that your brain become *what* you focus on and *how* you focus.” (Caroline Leaf, *Switch on your Brain*, page 108. Her footnotes for this paragraph come from Schwartz and Begley, *Mind and the Brain; You are not your Brain*, Schwartz, Stapp, and Beauregard, “Quantum Physics in Neuroscience and Psychology)