

LIVE LONG, LIVE STRONG
PART ONE - THE NATURAL SIDE OF DIVINE HEALING
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SUNDAY MAY 20, 2018

“Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.” - I Thessalonians 5:23 [NLT]

The human body is a **LIVING WONDER**.

- Psalm 139:14

Your body is an **EARTH SUIT** that you live in to fulfill God’s will during the time you are given on earth.

- Acts 10:38

Divine Health Defined:

- The continual state of physical strength, vitality, peace, and energy - from the top of your head to the bottom of your feet, to your innermost organs, to the surface of your skin.
 - Psalm 105:37 [AMP]
 - Deuteronomy 34:7
 - Joshua 14:10
- What we **BELIEVE** determines what we **RECEIVE**.

Five Natural Keys to Divine Health

- (1) Our bodies need **REST**.

- Genesis 2:2-3
 - Exodus 20: 8-11
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- (2) Our bodies need **WATER**.

- Leviticus 17:11
 - Exodus 17:1-6
 - Revelations 22:1-2; 17
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- (3) Our bodies need **NUTRITION**.

- Genesis 1:29
 - Genesis 9:1-4
 - Ecclesiastes 7:12
 - II Kings 4:39-41
 - I Corinthians 8:8
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- (4) Our bodies need **EXERCISE**.

- Galatians 6:7
 - I Timothy 4:8 [NKJV]
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- (5) Our bodies need **MODERATION**.

- Ecclesiastes 5:18-19
- Proverbs 24:13
- Proverbs 25:16, 27-28