

HROCK CHURCH

HOW TO RECEIVE YOUR HEALING AND WALK IN DIVINE HEALTH KINGDOM COME SERIES

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TEXT: Acts 2:43 “Then fear came upon every soul, and many wonders and signs were done through the apostles.”

INTRO: Peter preached about Jesus in Acts 2:22 “Men of Israel, hear these words: Jesus of Nazareth, a Man attested by God to you by miracles, wonders, and signs which God did through Him in your midst, as you yourselves also know.” When he refers to signs and wonders, Peter is talking primarily about the miraculous healings Jesus did. Acts 2:43 affirms that the Apostles were moving in signs and wonders, a prelude to chapter 3, where the man who was born lame was healed on the temple steps.

Today I want to talk about healing. Healing is a core value to HRC. I would like to talk about the theology of the body first. Let me begin with a disclosure. I am sharing as a layperson when it comes to nutrition and health. I am not an expert. However, I am sharing Biblical truths that I have endeavored to live out, and as a result, by God’s grace I have been for the most part, healthy for the last twenty years. For example, I have not had the flu in 19 years. So, let’s begin with what God has to say about your body.

I. THEOLOGY OF THE BODY

A. GOD MADE US IN HIS IMAGE AND LIKENESS

- 1. Genesis 1:26** “And God said, Let us make man in our image, according to our likeness...”
- Every human being is sacred because all are made in God’s image and in His likeness. That is why murder and especially killing an innocent life through abortion is an abomination to God.
- 3. Psalm 139:14** “I will praise You, for I am fearfully *and* wonderfully made...”
- The body was created by God to heal itself. You cut your finger and the blood begins to coagulate. You catch the flu and the white blood cells immediately start to attack the virus. Amazing!

B. GOD REDEEMED YOU, SPIRIT, SOUL, AND BODY

- 1. 1 Corinthians 6:15** Do you not know that *your bodies* are members of Christ? ... **1 Corinthians 6:19** “Do you not know that *your body* is the



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temple of the Holy Spirit *who is in you, whom you have from God, and you are not your own?*”

C. YOU ARE TO GLORIFY THE LORD WITH YOUR BODY

1. 1 Corinthians 6:20 “For you were bought at a price; therefore glorify God in *your body* and in your spirit, which are God’s.”
2. Romans 6:12-13 “Therefore do not let sin reign in your mortal body, that you should obey it in its lusts. ¹³ And do not present your members *as* instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members *as* instruments of righteousness to God.”
3. Romans 12:1 “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service.*”
4. I have prayed for people with lower backaches and they would get healed, but the pain would return to them because they were not glorifying the Lord with their bodies. They were either overweight or they did not know how to properly exercise and stretch.
5. Hosea 4:6 “My people are destroyed for a lack of knowledge.”

D. HOW TO GLORIFY WITH YOUR BODY - THE BIG FIVE

1. **FOOD-** “*It Starts with Food,*” by Hartwig (picture of the cover of the book). Avoiding the terrible threes: Carbs, Sugar and Salt. Loma Linda, the healthiest city in America.
2. **REST-** God worked six days and rested on the seventh. He placed the Sabbath in the Ten Commandments. You need to get a good night’s sleep 7-8 hours of rest.
3. **WATER-** 75%- 98% of the Body is water. You need to drink 6-8 glass of water per day (and this doesn’t include coffee). The number one health risk globally is dehydration. 75% of Americans go much though life dehydrated. Blood is life. You get your nutrients and oxygen from your blood. If your blood doesn’t get enough water, the blood doesn’t deliver the nutrients and oxygen that you need. Many of you are fatigued because of lack of water.
4. **EXERCISE AND STRETCHING-** A study was done among 90- year-olds to study the key to their longevity. Their diets differed but the one thing that they had in common was that they exercised. Aerobics and weight lifting. As you get older your muscles shrink and you have to lift weights to prevent the shrinkage. Weight lifting keeps the fat burning around the clock. Go to You-Tube for exercises for your situation. **STRETCHING-**The older I become, the more I realize the importance of stretching.
5. **SUPPLEMENTS-** Vitamin D. Shop around, Costco, Wal-Mart, etc.



II. THEOLOGY OF HEALING

A. SIN, SATAN AND SICKNESS (Where sickness comes from.)

- 1. Genesis 2:17 “But of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely *die*.”**
- 2. Acts 10:38 “How God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.”**
- 3. Luke 13:16 “Ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?”**
- 4. John 10:10 “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.”**

B. HEALING AND THE WILL OF GOD

1. God loves you and wants to heal you. Jesus went about doing good healing all oppressed of the devil.
2. We emphasize God’s power more than we do His love. But, the Bible does not say, “God is power,” but it does say “God is love.” It is not faith in His power that will heal us, but faith in His love and His will.
3. As a parent and a grandfather, I want my children healed.
4. The leper that came to Jesus Mark 1:40

C. KINGDOM THEOLOGY

- 1. Matthew 4:17 “From that time Jesus began to preach and to say, “Repent, for the kingdom of heaven is at hand.”**
- 2. Matthew 4:23 “And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people.”**
3. There is no sickness, pain or anyone demonized in heaven.

CONCLUSION: Invite people to give their hearts to the God who made them and loves them.

