

*James Crawford – “14 Keys to Physical Health”
“The Total Health Campaign” Session 2*

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11-14-21

1. Believe That God Wants Everyone to Be Healthy

God was called “The Lord who heals **all** your disease” in the Old Testament and He is still the same willing Healer for those of us who are under the new covenant.

And he brought them (His people) forth with silver and gold, and there was not one weak & sickly person among their tribes. (Psalm 105:37)

...I will bring health and healing...I will heal my people and will let them enjoy abundant peace and security. (Jer. 33:6)

If it was possible for the Israelites to walk in total health it is possible for you and I.

2. Believe in Yourself, God Believes in You!

Some people think they only need to be confident that God will establish their lives in health. God wants us to be confident that we can do this, of course with Him!

Philippians 4:13

I can do all things through him who strengthens me.

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3. Imagine A Healthier You & Stare at That Picture

What is your ideal weight? Your ideal body tone? Health condition? Dietary habits?
Physical appearance?

4. Be Positive, Global Life Expectancy Is Growing

There are some conspiracy theorists who suggest that global life expectancy is dropping. This is not so!

- ~ In 1800 the USA life Expectancy Rate Was 38 years old
- ~ In 1950 it was 69
- ~In 2012 it was 78

5. Be Proactive, Not Reactive

We need to be proactive so that we do not become habitually reactive. Poor effort leads to negative results that cause us to live in “reactive” mode. If we are pushing forward with a “proactive” spirit, we can avoid this reactive cycle.

If we are constantly reacting, we will live in perpetual crisis. Develop a path to get there. Follow our “Total Health Assessment Tool.” We must be intentional in order to stay healthy!

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6. Learn To Accept the Process While You Are Being Sanctified

The Lord loves us at all times. Even so, He is our God and He wants our attention and obedience. Many times God will use our discomfort and disease to deepen our relationship with Him. These are love tests and they are meant to purify us.

This is not always the case but many times it is. Each individual is responsible to walk close enough to the Lord so they can hear His voice and receive instructions including what He wants us not do with our lives.

Deuteronomy 8:1-9

1 “Every commandment which I command you today you must be careful to observe, that you may live and multiply, and go in and possess the land of which the Lord swore to your fathers. 2 And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you *and* test you, to know what *was* in your heart, whether you would keep His commandments or not.

3 So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every *word* that proceeds from the mouth of the Lord.

4 Your garments did not wear out on you, nor did your foot swell these forty years. 5 You should know in your heart that as a man chastens his

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son, so the Lord your God chastens you.

6 “Therefore you shall keep the commandments of the Lord your God, to walk in His ways and to fear Him. 7 For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills; 8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey; 9 a land in which you will eat bread without scarcity, in which you will lack nothing...

7. Experiment With Various Herbs & Vitamins for Improved Energy & Health

8. Compare Naturopath Care with Modern Health Care

9. Glorify God in Your Body

Glorify God through diet, exercise & learning about your physical health.

So glorify God in your body. (1 Corinthians 6:20)

Even if you are bedridden, God forbid. There’s great hope for you! Strengthen your faith and be very proactive!

10. Keep Regular Doctor & Dental Appointments

11. Inspire Your Household to Jump Onboard

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12. Find Healthy Friends to Plan Meals & Work Outs With

Join a healthy church family! Does anyone at Father Heart want to plan weekly health habits? Let's contact each other! I'll start a men's health & fitness group and delegate to someone else. Are there any women who want to head the women's group?

13. Stay Active at a Healing & Deliverance Church

14. Make The Plan Right Now, Not Tomorrow

Examine Yourself. Are You Doing Your Best? I block out 5 hours every Friday morning to examine my total health. Don't examine others. Examine you beloved. We'll go over the assessment tool again together this Thursday as a church.

Step 1. Create a weekly schedule. Go grab a piece of paper.

Step 2. Schedule at least 5 minutes of cardio 6 days a week.

Step 3. Schedule one 3 hour block each week to plan, shop for and research your new healthy meal strategy. Create a weekly menu.

Step 4. Schedule in 2 hours each week to ask God about your physical health, research new strategies on the internet etc.

Step 5. Put 3 key church meetings on your weekly schedule. Come to healing & deliverance night! Request prayer at each small group meeting and as needed by

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your small group leader & members.

14 Is any one of you sick? He should call the elders/pastors of the church to pray over him and anoint him with oil in the name of the Lord. 15 And the prayer offered in faith **will** restore the one who is sick. The Lord will raise him up. If he has sinned, he will be forgiven.... (James 5:14-15)