

Health

By Cindy Farrington (New Hope Director)

I believe God leads us in the way we should go concerning our individual health needs. God promises in Psalm 32:8: *“I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with Mine eye.”* And Isaiah 48:17 says, *“...I am the LORD thy God which teacheth thee to profit, which leadeth thee by the way that thou should go.”*

I believe that God leads you in the way that *you* should go concerning health and healing. He created us all so different and our bodies all have different needs that only He knows. I have come to know God personally as The Lord That Healeth Me. I have experienced Him healing me of something through a medical treatment. I have experienced Him bringing gradual healing of something through proclaiming and holding fast to His Word. I have experienced Him healing me of something miraculously. And there are things that I have to continue to trust Him with. In Jesus’ earthly ministry, He healed different people in different situations, in different ways. The important thing to do is to seek Him for healing and He will lead you in the way that *you* should go. I believe the bottom line on faith and healing is really what needs to be covered first. The bottom line is trusting God’s love and sovereignty, and concentrating on developing a deepening love relationship with Him.

We have a responsibility to take care of our body, which is the temple of the Holy Spirit. We need to take account of things that may be affecting our health, such as overeating, unhealthy eating habits, not eating enough (a well-balanced diet), smoking, caffeine, lack of exercise, not getting enough sleep, overworking, or excessiveness in any area, etc...

God expects us to take care of His temple. 1 Corinthians 6:19 says, “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?” If we would get a real revelation of the fact that our bodies are the temple of the Holy Spirit, we would take a lot better care of ourselves. Do you know how much difference that would make in our health?

Begin by asking God for this revelation:

*Dear Heavenly Father,
Please give me a deep revelation that my body is the temple of the Holy Spirit and give me the strength, wisdom, and grace to take care of my body according to Your will. Please reveal to me if I am not taking care of my body or abusing my body in any way, and in Your goodness please lead me to repentance. In Jesus’ name I ask this, amen.*

We need to eat healthy, exercise, get enough rest, and not put harmful things into our bodies. Each of those requires a decision. It takes some self-discipline, but even the power for self-discipline comes from God’s grace! But if it is just not a priority for you, then your health is not a priority. Think of how a Godly parent feels about their own child. If their child is living an unhealthy lifestyle (whether spiritually, emotionally, or physically) and it is making them sick, the parent is very grieved over it.

We can't continue to mistreat ourselves and then just expect God to keep us healthy. I believe God is grieved over our condition when it is because we don't take care of ourselves, but we need to cooperate with Him. It doesn't matter how much faith you have—if you abuse your body by overworking, not getting enough rest, not eating right—you will suffer health consequences. *You* are afflicting *yourself*, and over a period of years, you may even develop disease.

You must not be *driven* and push your body past its limitations. Paul tells in Philippians 2:25-30 that Epaphroditus was sick and almost died because he overworked himself. In the James 5:14-16 passage speaking of the sick, one of the Greek words translated as “sick” suggested being *wearied from constant toil*. This same Greek word is used in Hebrews 12:1-3 where we are told to “lay aside every weight. . .lest ye be wearied and faint in your minds.” We must not allow ourselves to get in this condition. Listen to your body. The Holy Spirit warns us of things. We must have spiritual ears to hear and obey Him. John 10:4 says that His sheep *hear His voice* and He wants us to *obey His voice*. The more you obey His voice, the more you will hear Him—and the more He can lead you in the way you should go.

Jeremiah 7:22-23 says, “For I spake not unto your fathers, nor commanded them in the day that I brought them out of the land of Egypt, concerning burnt offerings or sacrifices: But this thing commanded I them, saying, Obey My voice, and I will be your God, and ye shall be My people: and walk ye in all the ways that I have commanded you, that it may be well unto you.” In Malachi 4:2 it says, “But unto you that fear My name shall the Sun of righteousness arise with healing in His wings. . .”, the word “healing” is from the Hebrew word (*Strong's #4832*) meaning: “*a remedy or restoration of health; a cure, medicine, tranquility, deliverance, refreshing.*”

In 2 Kings 20:1-11, Hezekiah was given a prognosis of terminal sickness. He sought the Lord for a miracle healing and God gave him another 15 years of life. But He also directed Hezekiah to apply a poultice of figs as a treatment. God can heal with an instant miracle, and He often does (more often than some of us are aware of), but sometimes He does so by revealing and providing a *remedy*. Either way, the healing comes from God and He is to receive the praise and glory. Sometimes, The Healer reveals *the remedy*, and in this way He also tests our obedience.

Naaman is an example of this (2 Kings 5:1-15). First he was witnessed to about the healing power of God. Then it provides an example of how God deals with our individual needs. Obedience to God's specific instructions to us individually, often precedes healing. If you are abiding in Christ and His Word is abiding in you, you can trust Him to lead you in the way you should go (Psalm 32:8). Where health and healing are concerned, He may lead you with a gift of completely pure faith to believe Him for a miracle healing (1 Corinthians 12:8-11). Or He may lead you to the right doctor and the right medicine or medical treatment that *you* need. Or He may lead you to a knowledge of things that are affecting your health or ways you can improve your health—He may reveal to you the *remedy*—the right one for you. He may lead you differently in different instances. But an incredible piece of information is found in Proverbs 18:9 in the AMP. The last half of the verse is found in the Septuagint (the Greek translation of the OT), but not included in many other translations. It says, “He who is loose and slack in his

work is brother to him who is a destroyer and he who does not use his endeavors to heal himself is brother to him who commits suicide.” I believe this means if God is giving you information to help heal you or improve your health, you are responsible to use it.

Bad things happen when we don't obey. (That's something I often repeated to my children as they were growing up.) I am not saying that anytime something bad happens it's because you've been disobedient. But when we choose to disobey God in something and *we know* we are disobeying, or disregarding information He is trying to give us, we can suffer bad consequences. Or, we could just not get the blessings we could have had.

Take a look at John 21:1-6 to see an excellent example of this. “After these things Jesus showed Himself again to the disciples at the sea of Tiberias; and on this wise showed He Himself. There were together Simon Peter, and Thomas called Didymus, and Nathanael of Cana in Galilee, and the sons of Zebedee, and two other of His disciples. Simon Peter saith unto them, I go a fishing. They say unto him, We also go with thee. They went forth, and entered into a ship immediately; and that night they caught nothing” (verses 1-3). *So they were out fishing all night long and had caught nothing.* “But when the morning was now come, Jesus stood on the shore: but the disciples knew not that it was Jesus. Then Jesus saith unto them, Children, have ye any meat? They answered him, No. And He said unto them, Cast the net on the right side of the ship, and ye shall find” (verses 4-6a). *They could have said, Look, we've been out all night. We're tired. There's no fish here. But they didn't. They obeyed. And what happened?* “They cast therefore, and now they were not able to draw it for the multitude of fishes” (verse 6b). *They received the biggest haul of their life! Because they obeyed, they received extra blessing!* One of the really interesting things about this record is that it says they didn't actually know it was Jesus. But it was Jesus, and He was giving them some valuable information. I believe there was some discernment going on here. They must have sensed that for some reason, it was important for them to receive that information and obey.

There are also things our bodies are subject to just because we live in a fallen, sin-filled world. We will not be in our perfect physical condition until we are in Heaven and in our incorruptible bodies (1 Corinthians 15:52-53). Although I am shooting for the best life I can live here too. But if God is trying to tell me or reveal to me some simple things like, for instance, *the plastic containers you are using are leaching a toxic chemical into your food, or the non-stick skillet you are using is cooking poison into your food and putting off a poisonous gas into your home,* then I had better listen. Those are things that are simple to change if I choose to obey what the Lord reveals to me. If I choose to ignore Him, I will over time suffer health consequences because of it. I believe that God can and does supernaturally protect me from some things I am exposed to that are out of my control. If He didn't, we'd all be dead. But if He reveals to me something to do or change—it is in my best interest to obey.

I had come to know God personally as The Lord My Healer. Like I said earlier, I had experienced Him healing me of something through a medical treatment. I had experienced Him healing me of something through proclaiming and holding fast to His Word. I had experienced Him healing me of something miraculously. Then I began having an increased problem with migraines. I sought the Lord in faith for healing. A short time later, I believe God arranged for me to hear information about the huge health benefits of taking virgin coconut oil (see

www.TropicalTraditions.com) medicinally. I decided to try it and I did not have another migraine after beginning to take a tablespoon of it daily (it is also one of the best oils to cook with and you can take up to 2-3 tablespoons daily for medicinal purposes). This lasted for about a year. I had started out by putting the tablespoon of the coconut oil into a cup of hot tea or coffee for it to melt. I didn't really like it, but I liked not having migraines better. Then I heard of someone who melted the oil and just swallowed a couple spoonfuls straight. It sounded easier to just swallow the whole thing and be done. So I began storing my coconut oil in a small plastic container on the cabinet and zapping it in the microwave each morning to swallow a couple spoonfuls of it in liquid form. I did not make the connection until later, but it was shortly after that, the migraines started up again. It progressively became worse to the point of having one every other day and I was really suffering from it.

I was praying for God to heal me. I know He wanted to as much as I want my child to be well when he or she is sick or in pain. I know the Lord could have done it instantly. But what if He had to give me time to see a truth that had much further reaching health implications, not only for me, but for my family as well?

God began revealing to me the information on storing and heating food in plastic, and microwaves killing nutrients in food. So I started with some fresh coconut oil, stored it in a glass jar, and did not microwave it. The migraines stopped immediately.

What if the Lord had gone ahead and healed me instantly and I had just kept storing everything in plastic containers and zapping all nutrients away in my microwave, and even zapping in poison from the chemicals in the plastic while heating up food that had been prepared in my toxic gas releasing, non-stick coated pans? And because God had healed my migraines instantly without me seeing the need to change anything, I suffered long-range health consequences that I didn't even realize were related. Wow. I had never thought of it that way before. When God is trying to give us information that will improve our health or keep us healthier, why do we sometimes rebel against it or just ignore it?

At one point, we realized that there were many things many people serving with New Hope were being afflicted with. We were all seeking the Lord for healing, and He began revealing to us many things from His Word which gave information on health. I see now that it was more important for us to learn what is contained in His Word concerning health, than for Him to miraculously heal us at the beginning, so that we could be healthier in the long run. I believe it is also so that we can teach these things to His people— for them to be healthier.

When we started seriously petitioning the Lord for health and healing according to His Word, He began leading us to teaching about food and eating according to His Word. In Proverbs 4:20 God says through Solomon, *My son, attend to My words; incline thine ear unto My sayings. Keep looking at them; keep them in your heart. They are life to those that find them* (not to everyone, just to those that find them), *and health* (medicine) *to all your flesh*. If the OT reveals other principles and instructions, why would we think it doesn't reveal health information? In Micah 2:7 the Lord says, "Do not My words do good to him who walks uprightly?"

We also have the Holy Spirit in us to teach us, instruct us, and to guide us into all truth. We began to seek Him in that way, to teach us and guide us to the answers on health issues we were experiencing here at New Hope. Remember Psalm 32:8: “I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with Mine eye.” I have experienced Him instructing me and guiding me in the way I should go concerning my health. I’m not saying everyone should do exactly the things I have decided to do. If you seek Him and abide in Him, He will lead you in the way that *you* should go.

I’m sure not saying that everyone should do the exact same things that I do concerning these things. This is just how God has lead me in the way that I should go for my own individual health needs. You do your own research if you’re interested. He will lead you in the way that you should go concerning your own health. Your main focus should be on a continued deepening relationship with the Lord, so that you will know and follow His leading.

Here are some simple healthful changes the Lord has led me to make for myself personally:

- I don’t use any unsaturated fats. I use coconut oil and olive oil to cook with, and take 1 tablespoon of coconut oil a day medicinally. I have found that www.tropicaltraditions.com provides high quality coconut oil.
- I don’t store food in plastic containers – I use glass. (Plastic is made from petroleum and when heated, research shows that it releases toxins and chemicals also leach into the food being stored in plastic.)
- Most research reveals that plastic water bottles should not be reused. I don’t use plastic water bottles at all. (Research reveals that toxins leach out of plastic into liquids, especially dangerous when plastic water bottles are in any heat, such as in a car.) I found a stainless steel water bottle that I use all the time now.
- I don’t use non-stick coated pans – I use stainless steel or preferably cast iron. (There is research that reveals Non-stick coating emits a toxic gas when heated and poisonous chemicals into food, especially if it is scratched or peeling.)
- I don’t use a microwave (much research reveals that microwave kills the nutrients in food and alters molecular structure).
- I use real butter – no margarine or butter substitutes. (Research finding on margarine is shocking.)
- I don’t use white flour or processed flour. If white flour is absolutely needed for pastry or something like that, I use *unbleached* flour. Much research reveals the health benefits of fresh ground wheat flour. I use a countertop wheat mill to grind flour as I need it from wheat. (*All* of the vitamins and nutrients remain for only 24 hours after grinding, or a little longer if kept in the freezer.)

Do some research yourself on topics such as these. It will lead you to information you may really need to know, such as this from Jordan Rubin’s *Biblical Health Daily* on his website. This article is titled: “How to Get Sick: Keep It in Plastic.”

“Before you store your leftovers in one of those disposable plastic containers, consider that these types of products release carcinogenic toxins into foods. The toxicity is increased when foods contain high amounts of water or when they are highly acidic.

Water is one of nature's most effective solvents, and unfortunately it is quite effective at drawing out toxins from plastic. According to *The Safe Shopper's Bible*, cling film contains carcinogenic by-products..., while regular plastic wrap contains residual traces of vinylidene chloride. If you wash and reuse plastic water bottles, be aware that repeated washing and reuse of disposable water bottles may accelerate the breakdown of the plastic, increasing your exposure to potentially harmful chemicals. Do not use plastic water bottles more than twice at the most. As for aluminum wrap, you already know it's bad. Some aluminum inevitably leaches into the foods it touches.”

What do you need to do to take better care of your body (the temple of the Holy Spirit)?

Health Tip: We have also learned some important information about antibiotics from studying about healthy living. Antibiotics should not be taken unless truly necessary, because our bodies build up immunity to them and they will no longer work. Another reason is because they kill not only the harmful bacteria in your body, but also the good bacteria. Our bodies need the good bacteria in order to work properly. There is a solution to this problem, though. You can purchase something called “pro-biotics,” anywhere health supplements are sold, which actually replenish your body with the good bacteria you need. Whenever you have to take antibiotics, when you are finished taking the entire round of medicine, taking a round of pro-biotics afterward is very important.

Many doctors and health experts recommend taking extra vitamin C when you first begin to feel a sickness coming on. The medical community is also finding that vitamin D deficiency is responsible for many illnesses and even diseases. You can ask your doctor to do a simple blood test to check your vitamin D level.

Concerning vitamins and supplements: it is much better for us to get what our bodies need through foods that are rich in vitamins and nutrients. If supplements are needed, it is better to take whole food supplements (which come from the food source, not synthetically produced).

Recommended Resources:

What the Bible Says About Healthy Living, by Rex Russell, M.D. is a good resource on the topic of health and wellness as recorded in God’s Word.

Another excellent resource for health and whole food supplement recommendations and health related information is www.anneelliott.com/anne'shealthyplace .

2 Corinthians 5:7 says we are to *walk by faith and not by sight*. “Now faith is the substance of things hoped for, the evidence of things not seen” (Hebrews 11:1). Faith is the evidence of things not yet revealed to the five senses, being convinced of their reality, considering them as fact even before they can be seen. We must be totally certain of those things we are hoping for, but cannot see yet. It is the unseen things that are eternal, and the Word of God stands true forever. “For

which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal” (2 Corinthians 4:16-18). The unchanging character and nature of our Almighty God, His power, and the absolute truth of His Word are what our faith is based upon. We must hold fast to His Word and the promises He has made to us, no matter what things look like, no matter what things feel like, no matter how long it takes. Whether we see the fulfillment now, later, or in Heaven, it doesn’t matter. That is walking and living by faith— knowing it is your faith that God will bless and reward— and whether it is now, later, or in Heaven, doesn’t even matter. That is a life of great power and great internal peace and rest. *It is being spiritually-minded—life and peace.*

I want to share with you a personal experience I had with living out your faith in real life:

When God began teaching me all of these things about faith and healing, I embraced it and received it from the beginning, and I experienced it in my life. I went for over four years without having so much as a head cold. I went from having several sicknesses every year to having absolutely *none*. I just did not get sick. Then at the beginning of 2009, there were a lot of sicknesses going around, and I started having a cough. I went to the Lord with it in faith and trust. The faith and trust I have in Him, and all that He has provided for me, allowed me to do all of the things I’m telling you about in this book, without wavering when the cough didn’t stop instantly. Even though it got really bad and hung on for a long time, I still knew I was walking in God’s Divine health and healing. I believe it was because of this, that the sickness was not worse than it was, and God was able to lead me in the way that I should go. I had no other symptoms, no sore throat, no fever, no sinus infection, nothing in my lungs. My body actually felt well, but the cough drug on and kept me from being able to sleep good at night. I got tired, and it started to wear me down.

From the moment it had started, I went through the Health and Healing checklist, asking God to reveal to me if there was any bitterness or anyone I needed to forgive. I asked Him to reveal to me if there was any area in which I was not submitted to Him, or not taking care of my body. I started taking extra vitamin C. I proclaimed and spoke aloud, my absolute faith that my God is the Lord My Healer. I drew from the wells of salvation. I verbally and spiritually resisted the devil. I spoke to that mountain of coughing and told it to be removed from my body, just as God’s Word instructs. I also spoke aloud and daily focused on health and healing Scriptures. But the cough hung on. After several weeks of persisting, I went to the doctor (but I also did not stop doing everything else God’s Word reveals to do). The doctor could not find anything wrong with me. After a couple weeks more, with no change in my symptom, I went back and they gave me an anti-biotic. I don’t like anti-biotics, but I believe God *can* use them for healing. The doctor said they were seeing more people with the same thing and it would probably take two rounds of the anti-biotic to get over it. While I was taking the medicine, the cough went away, but returned full strength when the medicine was gone (both rounds).

During that time, as I continued using the Health and Healing checklist, God revealed some pride I had over not having been sick for years, which I confessed. He revealed something that I

needed to forgive, which I did, and also my need to get more exercise, which I'm still working on. I think He also gave me a pride vs. humility *test* by asking me to tell you all of this. I want nothing to stand in the way of His perfect will and plan for my life. I want nothing to keep me from fulfilling His purposes. I want to be found faithful. It was the very next day after writing down this story to share with you that my dad showed me something he had found in a book he was reading on natural cures. It said that *oil of oregano* and *oregano capsules* are used to treat coughs and respiratory infections.¹ I felt what I can only explain as *a sense of knowing* that God was working through my father to lead me in the way I should go.

My doctor had told me to come back if I didn't get any better, so I did, but I also started the oregano treatment the very same day. My doctor even said she had heard of that and encouraged me to go ahead with it. She did take a chest x-ray and blood work to make sure there was nothing else going on. The tests were all fine and we decided to try the oregano for a week. I felt improvement almost immediately and within a few days, I was as good as new. The doctor had told me that they were having to put other people on a stronger, six week anti-biotic to get over what I had. Viruses are becoming more and more resistant to anti-biotics and we need to know about other natural alternatives. In Exodus 15:26, where God revealed Himself saying, "I am the LORD that healeth thee," the original Hebrew word means: *physician, to cure, heal thoroughly, make whole*.² The Great Physician can heal instantly, He can give medicine, He can lead you to natural cures which He created. We need an ever deepening walk with the Lord of faith and obedience, so that we can know and follow His leading.

Do I believe God made me sick, so that I could give you this example? *Absolutely not!* But I know He is going to bring good out of anything we go through. It sure doesn't mean that if you get sick, none of this is true. It's when you get sick that you most need to have your believing firmly in place and a determination that nothing you *see* or *feel* is going to change the truth of God's Word, and His love and care for you. This is when you *prove* your faith and trust. This is when we are to be faithful to do what His Word reveals and be close enough to Him that He can lead us in the way we should go. We don't give up, we don't quit, no matter what.

I want you to believe what God's Word says, because *it says it*, not *only if you see it*. I want you to be able to place your faith in what the Lord Jesus Christ did and accomplished for you on that cross. I want you to know Him, *really* know Him. I want your faith to be strengthened to the point of believing and receiving the *completeness* of the atonement, which covers all areas of your being. I want you to experience Him leading you in the way you should go and be able to enter into His rest. I want you to be so close to Him that He can even lead you with His eye. I want you to believe, no matter what, knowing it is your faith that will be rewarded.

Faith is believing *without* having to see something happen immediately. Faith is continuing to believe even if you don't see anything happen over a period of time— even if it is a *long* period of time. This has more to do with than just healing. It applies to everything! For instance: if you are praying for the salvation of an unsaved spouse, you can hold fast to God's Word in 1 Peter 3:1-2: "Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the Word, they also may without the Word be won by the conversation (*behavior*) of the wives; While they behold your chaste (*pure, genuine, uncorrupt, free from barbarous words*)³ conversation (*behavior*) coupled with fear." Holding fast to this Word of God may require a

continuous, long term commitment. Don't give up and quit after a couple days, or a couple months, or even a couple years. God wants you to hold fast and continue for as long as it takes.

Note: The book: *The Cure is in the Cupboard (Revised Edition)*, by Dr. Cass Ingram, says that medicinal Oregano is not the same as the common garden herb. The best infection fighting benefits are from an Oregano plant found only in the Mediterranean and is identified as P73 Oil of Oregano. Oil of Oregano that is *not* identified as P73 should be avoided. To combat illness or infection, it is recommended to take 2 drops of the oil (in a drink works best) every 4 hours and 2 Oregamax (which is the crushed herb in a capsule) 3 times a day until you start feeling better, then cut down the amounts gradually as you get better. The many different things Oil of Oregano can cure is absolutely amazing, and the book has many testimonials and examples. We order the Oregano Products from: www.vitadigest.com

¹ *The Cure is in the Cupboard (Revised Edition)*, Dr. Cass Ingram, Knowledge House Publishers, Buffalo Grove, Illinois.

² *Strong's Exhaustive Concordance*, Baker Book House, Grand Rapids, Michigan, 1982, 7495.

³ *Noah Webster's 1828 Dictionary*.