

## "We Need Help in Every Area of Our Spirit, Soul, and Body"

By telling things I did to turn my health around in 1983 when I came back from near death with lupus, hopefully may help you. Nutrition had a part in helping restore health after my spirit was healed by confessing healing Scriptures in my King James Bible. Next, I changed my poor eating habits. I supplemented with the natural vitamins that my nutrition doctor suggested. Although I attacked lupus in the spirit realm and the physical, it took one year to restore my health to normal, because I was near death.

The word of God healed my spirit, so I began searching ways to change my bad medical report. God's word was my sure source for mental health on my way to recovery. I knew my body needed much better care or my weakened body's immune system would malfunction and drag my spirit down. No unwilling one is helped until their mind changes and nothing changes our mind like the word. I started in Psalm 91 and I read and claimed my covenant promises. Then my eating habits changed, no more over-eating of improper junk foods, and I needed minimum daily exercise.

This only scratches surface of ways our health can turn around. I was more dead than alive, yet, I turned my health and life entirely around. If you are alive, you too can change also. I am no certified nutritionist and I never had one then. I found information to rebuild my physically weakened body by studying nutrition. My health did improve a lot by taking good nutrition. So then, down again I would go, because I caught contagious things. As then, I knew not what my problem was, but now I do. I now can inform you, so you won't endure all I endured. As then, I had no knowledge that I had three parts to care for as a triune being: 'my spirit,' 'my soul,' and 'body'.

God is: three-part being. I'm three-part being made in His Image. He is: 1: Father God, 2: God manifest as Jesus; He is: 3: Holy Spirit. We are 1: spirit, just as God is Spirit. 2: We have a soul; contains 'mind,' 'will' and 'intellect. 3: We have a physical body to contact others. Angels are spirits without physical bodies and they are with us. But unless God opens spiritual eyes we can't see or touch as they have no solid form to touch, as we have.

Though we are spirit, we must deal with our body, because our

spirit rules our body. By Proverbs; "A broken spirit who can bear?" The spirit of man is a candle, or light. Our spirit candle must be lit shining brightly, or else, our mental soul, and body grows weary. Our spirit has 'a mind' to know happiness or sorrow, just same as our intellect has 'a mind' to make decisions. Jesus said we cannot live by bread alone, though nutrition is important to our body we still must deal with our spirit, plus our soulish mind and our body.

So change 3 things: How you act, how you think and how you eat. If one part of our three-part being is fragmented, its not in harmony with the other two parts, then it will upset our entire physical body's delicate system. God said we were fearfully and wonderfully made, but not made to carry weights of worry. Jesus said to cast cares on Him as He cares for us. It's proven, worry kills, it destroys the body.

We cast our cares on Jesus and let Him deal with them. So, we must train our mind to think godly thoughts by reading our Bible. Jesus said we cannot live by bread alone. Therefore, I changed! I read Psalm 91 through; I claimed my long-life promise in the chapter's last verse, as stated: "God will satisfy and show us His salvation". Salvation covers spirit, soul and body. I knew I could be satisfied to live a long, healthy life by following God's Laws.

I read Joshua 1:8, and stayed on target, by obedience I became successful. I asked a nutritionist at a health-food store what may benefit me. I changed my diet, ate right and took many vitamins, minerals, and enzymes, since food now is void of nutritional value of foods our ancestors ate, because of polluted soil, polluted air, and our acid rain water, caused by harmful factory fallout, etc.

And food is harvested days or weeks before it's eaten is void of nutrients in foods taken straight from a garden. I had tried store bought food; I almost died. I thought eating variety of food I may be healthy but I wasn't until supplementing diet and by enforcing God's Word on my enemy. After a year, lupus left! I am healthy.

I wrote this article to create hunger so you'll seek health answers. My information may not be your answer. So ask God for wisdom concerning your problem. My article is only meant to inform you, that to change, your health can improve just as I changed my life, and health from defeat to victory, in 1983. Read my faith articles on my website to let your spirit be healed as that's how to start

the process. So, take good care of your body, and ask yourself, "Would Jesus eat this kind of food?" If not, why do you eat it?

Our body is God's temple, so treat it well since it holds Royalty, if we are born again by the Spirit of our Savior, and Lord, Jesus Christ. So let's vow to take good care of our temple! I Emily, do pray that I stirred your hunger, so you will start on your journey to seek knowledge, and trade sickness for health just as I did.