



Session 8:

Walking in Divine Health!

- * We must not just understand divine healing, but we need to learn how to walk in divine health.
- * The Bible teaches us how to live a long life and a strong life.

1.) Walk in the fear of the Lord

Proverbs 3:7-8; Proverbs 9:10-11; Proverbs 4:10

- * When we don't fear God, we bring trouble on ourselves.

2.) Meditate on God's Word

Proverbs 4:20-22

- * To meditate on God's Word is to ponder on His Word.
- * As you meditate on God's Word, His Word will work in you.

Proverbs 3:1-2

3.) Honor your father and mother

Ephesians 6:2-3

- * God places a high value on honoring parents because He has placed them in our lives for our own good.
- * Even as our parents' role changes in our life, we need to honor them.
- * Honoring our parents is an important key to a healthy long life.

4.) Watch your tongue

Psalms 34:12-14

- We must not let evil speech come from our mouth.

Proverbs 13:3

- When we "guard" our lips, we are helping to keep a hedge of protection around our lives.
- * Life and death are in the tongue.

Proverbs 18:21

- * We must make sure that our speech is confessing the promises of God concerning divine health.
- * The tongue can be deadly if we don't yield control of it to the Holy Spirit.

James 3:5-6

5.) Don't give place to the Devil

Ephesians 4:27

- * If you live a life of sin and rebellion against God, you give access to the works of the enemy in your life.
- * Don't give place to the enemy in your mind.

6.) Take care of your body

I Corinthians 6:19-20

- * Some sickness and disease we bring on ourselves by making poor choices.
- * God expects us to do our part when it comes to remaining healthy.
- * There are different keys to taking care of our bodies.

- A.) Drink plenty of water
- B.) Eat the right foods
- C.) Get quality rest
- D.) Get quality exercise

7.) Look to the Lord as your sustainer

Psalms 91:1-2; Psalms 119:114

- * Abide in Christ and expect the Lord to sustain you.

Nehemiah 9:21

- * When we take communion we remember the Lord's death and we receive of what Christ accomplished on Calvary for us.