



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 live 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.