

7 Godly Activities That Promote Vibrant Health

“Grandpa, you’re not old at all!” What precious words to hear from my grandson’s lips now that I’m 66! Golden years filled with vibrant health are a cherished gift from God, and having them *is* possible. I don’t need to become an American statistic which says I have two years of healthy living ahead of me, then 10 years of health problem and death at 78. The steps below help ensure long life with health and blessing.

7 Activities That Promote Vibrant Health

1. **Fast:** A three-day water fast totally reboots your immune system.
2. **Celebrate:** An attitude of thanksgiving turns healing genes on and inflammatory genes off.
3. **Nourish:** Excellent nutrition provides the tools your body needs to heal itself.
4. **Cleanse:** blood, organs and stored traumatic emotions from your cells.
5. **Wise counsel:** Listen to experts explain natural means of promoting health.
6. **Pray:** for miracles, healings and revelation on what steps to take to release healing
7. **Monitor:** Listen to your body. How is it responding to the steps you are taking?

Activity 1: Fast, and your health will spring forth speedily (Isa. 58:8 KJV)

Scientists have discovered that a three-day fast of water only completely reboots your immune system! This study by researchers from the University of Southern California (USC)

in Los Angeles was published in the journal "Cell Stem Cell" in a June 2014. Fasting appears to shift stem cells of the immune system from a dormant state to an active state of self-renewal. The following links explore this fascinating research: A three-day fast reboots the immune system—the original "Cell Stem Cell" article is available [here](#), or [here](#) for an editorial on it. Here is an easy-to-read article which includes information on how a three-day fast protected cancer patients from toxic chemo effects. I have decided to do this three-day water fast once every three months ([Explore more](#)).

Activity 2: "A joyful heart does good like a medicine" (Prov. 17:22).

Kingdom emotions of love, joy, peace, thankfulness and gratitude turn on healing genes and turn off inflammatory genes. This has now been proven in hundreds, if not thousands, of studies. So turn off the news, which is constantly negative. Stop negative thinking and negative confessions. Get on with releasing miracle-filled kingdom realities every place you walk.

Activity 3: Great nutrition causes your skin to glow (Dan. 1:15).

Put the highest quality fuel into your body that you can find (Dan. 1). Excellent nutrition provides the tools your body needs to restore itself, which is what God has designed our bodies to do. Remove the junk food, processed food, GMO food and sugary foods (Americans consume 150 pounds of deadly sugar each year, as compared to our grandparents, who consumed 5 pounds annually). Go with the vegetables, fruits and complex starches as your main diet.

Activity 4: Cleanse toxins, demons and traumatic memories (Matt. 8:16).

Dirt in my car engine destroys it. Toxins in my body do the same thing. I need to run clean on the inside. My liver cleans

my blood. My blood is carrying impurities back from my cells. So cleaning the liver is crucial to health. (Milk Thistle is great for doing this, as are various metabolic enzymes.) Inner healing and cleansing of cellular memories remove emotional traumas stored in my soul and physical cells. Casting out evil spirits removes toxins that have attached themselves to these hurts and pains. EMF shields protect my body from harmful energies.

Activity 5: “In the multitude of counselors there is safety” (Prov. 11:14b).

I constantly seek out people who are ahead of me in an area I am pursuing and ask for their wisdom and input. Since I want to discover the most cutting-edge natural ways of restoring health, I regularly access the following websites: Mercola, GreenMedInfo, Josh Axe and Life Extension.

For example, I do searches on such phrases as: refined foods, low fat foods, GMO foods, polyunsaturated fats, trans fats, sugar, artificial sweeteners, sugar substitutes, beets, turmeric, ginger, coconut oil, milk thistle, vitamin B, vitamin D, synthetic vitamins, whole-food vitamins, liver, heart, bladder, cancer, circulation, vaccination, soda, flu shot and so on.

Activity 6: Pray for miracles and revelation of steps to take.

Jesus empowered us to heal the sick (Matt. 10:8). Jesus used many different methods and gave many different instructions to those whom He healed. To some He said, “Go and sin no more.” To others He said, “According to your faith be it unto you.” So ask God what step He wants you to take to release a miracle into your life. Take that step in childlike faith and let God work His miracles in you.

Activity 7: Listening to my body

My body tells me when it is humming smoothly or out of balance. Pain is one indicator that things are out of balance. I am supposed to hear God's counsel through my dreams (Job. 33:14-17), so that I keep my life and body in balance. If I don't do this, the next verse says pain is the follow-up indicator that things are out of balance and needing my attention (Job 33:19). My body is speaking to me. So I listen to my body. For example, after a meal, I am supposed to feel energized and strengthened. If I don't, then I need to make some adjustments. Another way to hear from my body is through MRT. Honor what your body is saying to you. It is the home you will live in for the rest of your life.

May God be glorified as Christians are known as those who live in divine health far into their golden years. {eoa}

Mark Virkler, Ph.D., has authored more than 50 books in the areas of hearing God's voice and spiritual growth. He is the founder of Communion With God Ministries and Christian Leadership University (), where the voice of God is at the center of every learning experience. Mark has taught on developing intimacy with God and spiritual healing for 30-plus years on six continents. The message has been translated into over 40 languages, and he has helped to establish more than 250 church-centered Bible schools around the world.

This article originally appeared at .