

Build a Bridge Over Your Health Crisis With These 4 Scriptures

Are you going through a troubled situation right now?

Have you built a bridge to carry you over it?

You don't have to be stuck in troubled waters.

Here's how to get beyond them.

Find out what God's Word says about the situation you are facing.

Meditate on that Word in your heart. Let God's Word paint a picture of His will in the situation.

Speak that Word over the situation.

That is your bridge into the Lord's presence. In His presence are joy, peace and comfort.

Whenever your mind tries to get you focused on the situation, cross your bridge to go beyond the situation.

Make the Lord's presence your dwelling place and in time, you will see the physical situation match your spiritual reality.

Consider how Jesus handled troubled waters (see Mark 4:35-41). When a storm came upon the Sea of Galilee, the disciples cried out in fear. But Jesus responded differently.

He rebuked the winds and the waves: "Peace, be still!"

The Lord's word took authority over the troubled water. So it will be with you.

Here are four Scriptures you can use as a bridge over troubled

waters in the area of health:

- “A merry heart does good like a medicine, But a broken spirit dries up the bones (Prov. 17:22).
- “My son, attend to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their body” (Prov. 4:20-22).
- “They shall still bring forth fruit in old age; they shall be filled with vitality and foliage, to show that the Lord is upright; He is my rock, and there is no unrighteousness in Him” (Ps. 92:14-15).
- “Behold, I will bring it health and healing, and I will heal them; and I will reveal to them the abundance of peace and truth” (Jer. 33:6).

See yourself operating in health and healing as you declare these words over your life.

Listen to the Lord as He shows you wisdom on how to occupy this new territory.

He may tell you things that you need to do or advise you of things to stay away from.

Whatever He tells you to do, do it.

Remember, you don't have to be stuck in troubled waters.

Build a bridge over them! {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify to God's healing power to end binge-eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

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