

Do Your Part to Walk in Divine Health and Healing

Have you ever wondered why it seems that some people get their healing and some do not?

We all have a part to play in keeping our bodies, minds and spirits active and healthy. Does God sovereignly and miraculously heal? Of course. I've seen it countless times.

I believe in miracles and pray for healing for people every day! But I want you to consider how what we do in the natural may be hindering our healing from the Lord or how it may keep us in better health.

Many times, we may be doing things that counteract the healing process, such as eating the wrong foods, not getting enough exercise or not following doctor's recommendations.

We are spirit, soul and body—and good nutrition, anti-aging regimens and the right supplementation all play a part in melding these three parts of our being together in perfect health and wholeness.

Getting into the habit of speaking God's Word and confessing it over ourselves energizes our faith and helps us believe for healing. It's our right as Christians to be in health. We don't earn good health; we accept it as part of our heritage as children of God.

God's Word says it's His highest desire for us to be in health and prospering in all things (3 John 2). His healing is available for everyone, at all times. It's part of what Jesus died for on the cross (see Isa. 53:5). And it's that same power that raised Jesus from the dead which lives in us. We just have to learn to activate that power that is within us by His Holy Spirit.

I encourage you to begin praying and listening for God's voice in your spirit-man concerning your health, whether it's your spiritual health, physical health or mental health, and then do what He is leading you to do. God wants you to be at your optimum so that you have the strength and stamina to do the things He's called you to do and to remain active well up into your golden years.

For more information on divine healing and health, be sure to tune into this full interview with Dr. Don Colbert on *Expect a Miracle* on Charisma Podcast Network. Don't miss more Spirit-filled content like this; subscribe to *Expect a Miracle* with Richard Roberts wherever you listen to podcasts and turn on your notifications. {eoa}

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