

Step Off the Hamster Wheel and Into Your Healing

What's on your to-do list? A few tasks? Three pages of stuff you wonder if it could take three lifetimes to finish?

We can blame it all on Adam and Eve. After all, they had it pretty perfect for a while. No sin, no sickness, no hostility and no hurt. God provided everything. Then sin entered. Man didn't fight the changes; he embraced them.

What a shock it must have been to be outside the garden and wonder, "What do we do now?" They hadn't had to take care of anything themselves before. And so the to-do list was born!

We wear ourselves out by rushing around, taking care of so-called urgent tasks, then get sick and blame God or hope for a miracle. Why? The answer has to do with more and more people "believing" in their sickness rather than "believing" in their healing.

If you believe in something, you'll create that reality—whether it be healing or sickness.

Find out how to experience everyday healing in this episode of *Hope & Health with Drs. Mark and Michele Sherwood*, featuring Jim Hockaday.

In this episode you will discover:

- Headlines: "If it bleeds, it leads."
- Redneck algebra.
- Answered prayer as a marker of a church.
- Coming into the closet.
- Constantine: "You dirty rat!"

The disciples turned the world upside down by what they said and did. And then what happened? Religion was brought into the mix as a means of adding confusion and distraction.

How do we fix this? Take time to get quiet, to look inwardly. Find God because he is everywhere. He will become more real to you, more real to your heart. He's speaking to you, and you will hear him.

Let him show you things in your daily routines. Life will be fun and animated. You will get your prayers answered. Remember, the reason we have lights in our homes is because the wires are connected. {eoa}

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