

The Bible's Promises to Restore Your Health, Youthful Appearance

The Bible is packed full of promises that God's people can walk in divine health and have their youth restored, even in their advanced years. Yet few are seeing the full manifestation of these truths. Instead, most are suffering some sort of pain, disease or disorder, and many are physically and mentally worn out.

To add insult to injury, every glance in the mirror confronts us with the loss of our youthful looks. It's in those moments that we toy with ideas about cosmetic procedures in a desperate effort to restore some semblance of our glory days.

In those moments, it's easy to wonder whether it's truly possible on this earth to live disease free and unrestricted by pain.

I have battled all of this. I also have fought and, thankfully, conquered many physical disorders. But certain lingering issues have refused to submit. As the producer and host of an international TV show, I face more pressure than most to look great. After all, millions are watching as I age, program by program. Many viewers compliment me, but over the years, some well-meaning people have also made hurtful comments about my weight or appearance.

The Bible makes some audacious claims concerning health, long life and the restoration of youth. Check out these examples:

Job 33:25 says, "His flesh will be fresher than a child's; he will return to the days of his youth." Proverbs 3:16a (TPT) says, "Wisdom extends to you long life in one hand and wealth and promotion in the other." And The Message paraphrases the

promise of Proverbs 3:7b-8 as, “Run to God! Run from evil! Your body will glow with health, your very bones will vibrate with life!”

When I first read these Scriptures, their daring assertions astounded me. It seems preposterous to believe that you can live a long life and have strong bones and flesh fresher than a child’s. Yet the Bible says His Word is absolute truth that does not return void but accomplishes that for which it was sent (Isa. 55:11). This leaves us with the burden of believing what He says, no matter how impossible it seems. To do less is to take from Christ the just reward of His suffering. After all, we have been healed by His stripes (Isa. 53:5)—and that encompasses all disease, including disease associated with aging.

Is it really possible to tap into the youth-restoring guarantees the Word brags about—and if so, why isn’t everyone running faster, serving stronger, lasting longer and looking better while they do those things? That’s what I set out to discover in my book *Be Revived* (Charisma House). What I learned was a game changer, to say the least. I witnessed biblical truths manifesting in my life and the lives of others that left me bowing at God’s feet, overwhelmed by His goodness and downright ecstatic.

The Mountain

More than a year ago, the Lord showed me a vision of a huge mountain that was blocking my access to the next level. As I looked intently at it, I became troubled by the enormity of its cliffs and elevation. When I asked God what the mountain was called, He said, “Aging, death and disease.”

People say there are two things you can always count on: death and taxes. Both are considered inevitable. As believers, we understand that death is only a transitional moment. However, aging, death and disease are at work in our bodies every

single minute until we make that glorious passage. They slowly and insidiously drain our vitality, one precious drop after another, until all that remains is a withered corpse.

That day, as I stared at the mountain before me, I wondered whether it was even possible to climb what seemed so impassable. Thankfully, Jesus said that it was, and He made it sound easy in Mark 11:22b-23 (MEV): “Have faith in God. For truly I say to you, whoever says to this mountain, ‘Be removed and be thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, he will have whatever he says.”

Have you ever read this verse and pictured the impossibility of a mountain jumping into the sea at your command? I have. Yet I knew God was calling me to take this mountain not with my puny faith but with His faith. That’s what happened to Zerubbabel when he returned from Babylonian captivity. Amid the most adverse conditions, God called him to rebuild the temple and assured him that his “mountain” would become a mere molehill: “Who are you, O great mountain? Before Zerubbabel you will be made level ground, and he will bring out the top stone amidst shouting of ‘Grace! Grace to the stone!’” (Zech. 4:7).

Zerubbabel and I were both called to complete essentially the same task. He had to reconstruct the temple structure; I had to learn how to rebuild the temple of the body. Each of us faced a mountain of obstacles. Zerubbabel dealt with people problems, whereas I encountered the obstacle all humans face: battling the slow, deliberate process of death that occurs over a lifetime.

As I read Zechariah 4, I could hear God mocking the enemy: “Who are you O great mountain! My people will bring forth the finishing stone of this new temple!” It would happen exactly as Zechariah prophesied: “Not by might nor by power, but by [His] Spirit” (Zech. 4:6b).

As soon as I committed myself to the battle, in my mind's eye I saw the mountain again. This time, an eagle soared over its crests. Immediately I knew that massive formation would be thrown into the sea by a revelation of renewed youth! Psalm 103:5b says, "Your youth is renewed like the eagle's." Isaiah 40:31 adds, "Those who wait upon the Lord shall renew their strength; they shall mount up with wings as eagles, they shall run and not be weary, and they shall walk and not faint."

Taking the mountain of death includes walking in renewed youthfulness and beauty. So many people today have cultivated enormous influence through social media. Some make millions, even billions, just by flaunting their looks. Sadly, followers allow themselves to be manipulated by celebrities who are beautiful and seem to have flawless looks. As Christians, we know our value does not come from our outward appearance. But I believe that we should still look amazing—not because we want to keep up with reality TV stars, but because we have conquered the mountain of unhealthy aging, death and disease and understand the supernatural power we possess to restore our youth.

I don't know about you, but I'm tired of thinking about how I look and feel. I want the freedom to serve God and think of others first. I want to tap into His supernatural power to look and feel great.

New Wine

Certain revelations come into the earth in specific seasons. I believe this is the time for youth to be restored. After I saw the mountain vision, the Lord gave me a word: He said He was going to create new wineskins for His people.

What does that mean?

A wineskin is simply a container for wine. Your body is the wineskin (or vessel) that contains your spirit and soul. Age, stress and the traumatic state of this world can cause your

body to get old fast. The Bible says that when new wine is poured into an old skin, the skin bursts, and the wine is spilled (see Matt. 9:14-17, Mark 2:18-22, Luke 5:33-39).

The Lord has made clear through many prophets around the world that He is pouring out the new wine of revival in ways we have never seen before. A violent wind of change is coming from heaven that will blow in masses of people hungry for God and His salvation. As these converts come into the body of Christ and are discipled into maturity, they will need physical, mental and emotional healing.

The harvest will be plentiful, but the laborers who are strong and healthy enough to tend the fields are few (see Matt. 9:37 and Luke 10:2). The body of Christ is sick and weak! When I conduct meetings, I often ask people to raise their hands if they are suffering from some sort of disease or discomfort. Shockingly, more than 90% respond with a cry of "Yes!"

More than ever, we are being called as a body to bring the gospel of Jesus Christ to the world. But if we are not walking in the divine health Scripture promises, we might miss this historic moment. Stewarding a kingdom move is hard work and requires huge amounts of energy and strength. I should know. I have been touring in ministry for more than a decade and have wondered many times whether I could continue because of the sheer exhaustion I faced while doing so.

If our bodies aren't in tip-top shape, we won't be able to keep up with the move of the Spirit. We need new wineskins. Otherwise the wine of revival will burst our old skins, and the new wine of the harvest will be lost. Look at what Jesus said in Matt. 9:17: "Neither do men put new wine into old wineskins. Or else the wineskins burst, the wine runs out, and the wineskins perish. But they put new wine into new wineskins, and both are preserved."

If you are too sick, weak or afflicted to gather the harvest

(much less steward it), revival will fail. That's why the Lord promises new wineskins for His people. We need them so we can serve well as He brings His kingdom to earth. God is not willing to lose the precious people He gathers to Himself. Nor does He want us to suffer and miss being part of His end-times move.

I don't know about you, but I don't want to miss the action because I was too old or feeble to run the race. Fortunately, God promises that He will supernaturally strengthen His people for such a time as this. Psalm 110:1-3 says that when God makes Christ's enemies a footstool under His feet, His people will volunteer freely in the day of battle. Then the psalmist explains why we will be physically strong enough to do so: Because we will have the dew of our youth.

Biblical Promises

There is absolutely nothing wrong with taking steps in the natural to improve your health and appearance. The key is to let the Lord lead you and reveal whether these practices are becoming excessive or tending toward addiction.

There is also nothing wrong with getting medical assistance in the natural for your physical suffering and pain. Medication may help. However, the side effects can be worse than the original issue. Exercise wisdom when considering the pharmaceutical route. God created plants, herbs and superfoods that can be used as powerful homeopathic remedies to treat and even heal all kinds of diseases.

Ultimately, Proverbs 4:20-22 says that God's Word brings life and health to your body. The word translated "health" in verse 22 is the Hebrew word *marpê*, which means "a medicine." The Word is the most powerful medicine available, and it heals without any side effects. This is just one reason it's vital to meditate on God's Word and decree it over yourself regularly, just as you would take medication on a regular

schedule each day.

I encourage you to stir up your faith for breakthrough by praying healing Scriptures often. Remember: God's Word is true! God "is not a man, that He should lie" (Num. 23:19a). All His promises are "Yes" and "Amen" in Christ Jesus (2 Cor.1:20).

Proverbs 18:21 says death and life are in the power of the tongue, "and those who love it will eat its fruit." By speaking these verses over your body—your bones, muscles, skin, brain and even hair—you will create the fruit of life in every area. This is part of how you receive your new wineskin.

God sent His Word to heal you and save you from destruction (Ps. 107:20). His Word does not return to Him void but accomplishes what He desires (Isa. 55:11). So don't just study these verses. Decree them over your life daily.

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