

This Biblical Key Can Heal Your Body, Restore Your Life

Medical researchers generally agree that most people in the hospital are there because of a sickness that is psychosomatic. In other words, their physical symptoms and ailments are rooted in stress, anxiety or trauma of the mind and emotions.

One of the pioneers in research concerning the effect of the mind on the body, Dr. Alex Carrel, stated, "Ninety percent of all sickness will never touch you and will normally leave your body if your mind is at perfect peace." This was not a faith statement, but a statement based on his scientific research for which he won a Nobel Prize in 1912 (Hyatt, *3 Keys to Answered Prayer*, 10).

S.I Macmillan, the medical doctor who wrote *None of These Diseases*, made the same point and emphasized that if we want to be physically well, we must live without anger, worry, frustration and fear. To make his point, he said, "It's not what you are eating; it's what's eating you."

I Experience the Power of 'Perfect Peace'

I learned this truth in a very dramatic way during a 3½ year battle for my health and life. I learned that when mind was at rest and peace, the frightening symptoms in my body—chest pains and heart palpitations—would subside and at times completely disappear, depending on the depth of peace I experienced.

For example, at the onset of the First Gulf War in 1990, I had been experiencing chest pains, heart palpitations and loss of energy for about one year and had found it necessary to suspend my teaching-preaching ministry. It was a very trying time.

Nonetheless, with American troops about to invade Iraq, I was deeply burdened and went to a nearby indoor walking track to walk and pray for their safety. As I walked around the track and prayed, the Spirit of the Lord came upon me in an unusual manner and I began to weep and intercede in the Spirit, including with other tongues.

As I walked and prayed, the peace and presence of God flooded and filled my being. I experienced that “perfect peace” promised by God in Isaiah 26:3a: “You will keep him in perfect peace, whose mind is stayed on you.”

In that place of perfect peace, every symptom disappeared from my body. Although that has been almost 29 years ago, I vividly recall how wonderful it was to lie down that night with my mind at perfect peace and my body free of all those frightening symptoms.

Why the Symptoms Returned

Within 24 hours, however, the symptoms returned. Their disappearance was not a healing, but merely my body’s response to my mind and heart experiencing that perfect peace of Isaiah 26:3.

This happened several times during this 3½ year battle. It gave me an understanding of why some people think they lose their healing. What often happens is that a sick one goes to an upbeat, emotionally charged meeting where they forget their worries, and their mind and emotions are encouraged and lifted.

In that place of peace, the physical symptoms disappear, and they mistakenly think they are physically healed. When they leave that atmosphere, the symptoms return, and they assume they have lost their healing. Not necessarily so! They probably merely experienced the positive, physical effects of their mind being worry-free for that short period of time.

I Had to Learn to Nurture Both Faith and Peace

In my battle of faith, I had to come to a place where my faith was not in whether I had symptoms or not. I had to come to the place where my faith was in God's promise apart from what was happening in my body. I did not deny the symptoms, but I could not allow them to occupy my attention nor be the determining factor for my faith

To nurture peace, I began memorizing and meditating on biblical promises of peace. Remembering Dr. Carrell's statement about the effect of "perfect peace" on the body, I continually thought on Isaiah 26:3, mentioned above, which says, "You will keep him in perfect peace whose mind is stayed on You."

John 14:27 also became very important to me. Just before departing this world, Jesus gave a wonderful promise to His followers. He said,

"Peace I leave with you. My peace I give to you. Not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

These and other promises of peace became very precious to me as I battled for my health. I would go to sleep at night meditating on them. If I awakened in the night attacked by fear, I would begin thinking on these verses. If the attack was severe, I would get out of bed, walk the floor and speak these verses aloud.

We Must Discipline Our Thought Life

I learned that I had to work at disciplining my thought life. I realized that I could not afford the luxury of entertaining thoughts of doubt, fear and worry. I began putting into practice 2 Corinthians 10:3-5, which reads:

For though we walk in the flesh, we do not war according to

the flesh. For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds, casting down imaginations and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

I saw this as putting on the helmet of salvation as Paul exhorted in Ephesians 6:17. The Roman helmet fit down over the head and protected the cranial area from darts and spears. I now saw this helmet as a symbolic picture of the disciplined and renewed mind that casts down imaginations and brings every thought captive to Christ. I realized that I must never relax and take off my helmet!

My Testimony to the Power of Peace

The effects of mental and emotional peace on our bodies has been made real to me in very practical ways. For example, during an annual VA physical, the nurse took my blood pressure and informed me that it was high. I asked her to take it again in a few minutes. She protested, but I insisted.

While she was doing other work on her computer, I sat and meditated on all the Scriptures of peace I had memorized. She then took another reading and it had dropped. She then chose to wait a couple more minutes and take it again, and when she did, it was normal. I have had this experience more than once.

Thirty Years Later

After 3½ years of learning to live in peace, standing on God's promises and living a healthier lifestyle, I finally gained the confidence to take a preaching opportunity. As I pulled out on the highway, I heard the Holy Spirit speak in my heart, "Your health is restored." The symptoms left my body and now, almost 30 years later, I am physically well and taking no medication. To God be the glory! {eo}

This article was derived from Dr. Eddie Hyatt's latest book, 3 Keys to Answered Prayer, available from Amazon in both paperback and Kindle. To learn more about his ministry and his vision for another Great Awakening in our generation, go to his website at .