

Your Proverbs 4 Key to Excellent Health

Gaining and maintaining good health is of utmost importance, but did you ever stop to think about the importance of God's Word to accomplish this goal? Most would answer they never considered the connection between good health and God's Word, but it is the most important element to obtaining good health.

Here's what God's Word has to say concerning our health and the Scriptures.

"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. Keep your heart with all diligence, for out of it are the issues of life. Put away from you a deceitful mouth, and put perverse lips far from you" (Prov. 4:20-24).

A life founded upon the Scriptures is a life that prospers and remains protected from the attacks of the evil one. And remaining in the healing Scriptures keeps one strong and healthy. God's Word produces life in your mortal body, and it keeps your mind and emotions healthy.

Knowing this, it is wisdom to incorporate the study of God's healing Word into your daily wellness routine. In fact, God's Word is to be the center of this routine. And no matter what your schedule may be, God's Word needs to be at the top of the list. The most important supplement you can take is the Word of God. It gives you life and brings health to all your flesh.

You have a coach, the Holy Spirit. He will lead you and guide you into all truth. See John 16:13. You have been given the means to encourage yourself when you feel weak in the faith in this, "*He who speaks in a tongue edifies himself,*" 1 Cor.

14:4a. {eo}

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