

How “Faith Healing” Really “Works”

A 6-Part OptiHealth “DIY” Program

Part 6: Conclusion

The foundation for successful Therapeutic Lifestyle Change is **temperance** (self-control) – being able to make healthy choices consistently day by day.

Temperance, that self-control which gives us victory over our sinful natures, is a “fruit” (product) of the Spirit – a work (outcome) of faith.

Temperance is faith in action to: 1) Fully accept the laws of health found in the word of God as true and beneficial, and 2) Gladly obey God’s health laws through the indwelling power of the Spirit of Christ.

- **Galatians 5:22-23** - But the **fruit** of the **Spirit** is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, **temperance** (self-control): against such there is no law.
- **John 15:5** - I (Jesus Christ) am the **vine**, ye are the **branches**: He that **abideth** in **me**, and **I** in him, the same **bringeth forth much fruit**: for without **me** ye can **do nothing** (can not bring forth any fruit of the Spirit).

God cares about your health, and He has given instructions for healing and protecting it. God’s laws are not arbitrary, trivial, or draconian. He is our loving Creator. He alone knows what is best for us.

In obeying His laws, God wants us to use our brains. He is not a micro-manager. He has given us many clear, biblical health guidelines for us to follow. If we believe and apply His health principles, we will experience a miraculous healing by our devoted, active faith.

Biblical Health Principles:

- **You belong to God. You are the steward of his property.**
 - **1 Corinthians 6:19-20** - What? know ye not that your **body** is the temple of the Holy Spirit which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore **glorify God in your body**, and in your **spirit** (mind), which are God's.
- **Maintaining your physical health is important as you grow spiritually.**
 - **3 John 1:2** - Beloved, I wish (earnestly pray) above all things that thou mayest prosper and **be in health**, even as thy soul prospereth.
- **Your lifestyle choices should glorify God, your Creator and Redeemer.**
 - **1 Corinthians 10:31** - Whether therefore ye **eat**, or **drink**, or **whatsoever** ye **do**, do **all** to the **glory of God**.
- **A whole-food, plant-predominant diet is ideal.**
 - **Genesis 1:29** - And God said, Behold, I have given you **every herb bearing seed**, which is upon the face of all the earth, and every tree, in the which is the **fruit of a tree yielding seed**; to you it shall be for meat (food).
- **Avoid alcohol and other harmful substances.**
 - **Proverbs 20:1** - Wine is a **mock**er, strong drink is **raging**: and whosoever is **deceived** thereby is **not** wise.

- **A positive attitude improves your mental health.**
 - **Proverbs 17:22** - A merry heart doeth good like a medicine: but a **broken spirit** (depression) drieth the bones.
- **Being polite and courteous protects your mental and physical health.**
 - **Proverbs 16:24** - Pleasant words are as an honeycomb, sweet to the soul, and **health** to the bones.
- **Gratitude will maintain your spiritual health.**
 - **Ephesians 5:20** - Giving **thanks always** for **all** things unto God and the Father in the name of our Lord Jesus Christ.
- **God's will for your life is to be healthy, happy, and holy.**
 - **Philippians 4:8** - Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are **of good report**; if there be any **virtue**, and if there be any **praise**, think on **these things**.
- **You can be healed and stay healthy by a devoted, active faith in harmony with God's will.**
 - **Romans 12:1-2** - I beseech you therefore, brethren, by the mercies (*grace, compassion*) of God, that ye **present your bodies a living sacrifice, holy, acceptable** unto God, which is your **reasonable service** (*worship*). And be **not conformed to this world**: but be ye **transformed** by the **renewing of your mind**, that ye may prove what is that **good**, and **acceptable**, and **perfect, will of God**.

Where do you start in this process of Therapeutic Lifestyle Change by FAITH?

Pray for faith (Faith is a gift from God, Ephesians 2:8), **and pray for God to help you be faithful.** (Faithfulness is another "fruit" of the Spirit – a work of faith, Galatians 5:22-23.)

Ask God to help you replace your unhealthy habits with healthy ones. More specifically, pray for serenity, courage, and wisdom.

Pray: "God, grant me **Your serenity** to **accept** the things I can not change, **Your courage** to **change** the things I can, and **Your wisdom** to **know** the difference. Amen."

- **1 John 1:9** - If we **confess** our sins (*unhealthy habits*), he (*God*) is **faithful** and **just** to **forgive** us our sins (*past indulgences*), and to **cleanse** us from **all unrighteousness** (*change our lifestyle preferences*).
- **John 14:27** - Peace I leave with you, **my peace** I give unto you: not as the world giveth, give I unto you. Let **not** your heart be **troubled**, neither let it be **afraid**.
- **Joshua 1:9** - Have not I commanded thee? Be **strong** and of a **good courage**; be **not** afraid, neither be thou **dismayed**: for the LORD thy God is with thee whithersoever thou goest.
- **Isaiah 41:10** - Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.
- **Revelation 12:11** - And they **overcame him** (*Satan, temptations*) by the **blood of the Lamb** (*Life, Words, Spirit of Christ*), and by the **word of their testimony** (*in sharing their victories in Therapeutic*

Lifestyle Change and the blessings of their restored health and strength); and they loved not their (previous unhealthy, worldly) lives unto the death (now enjoying the newness of life!).

- **Romans 6:4** - Therefore we are buried with him (Christ) by baptism into death (putting away old habits and committing to a healthy lifestyle): that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life (develop a healthy Christian lifestyle by faith).

This is how Christian Health Reform, which includes both: 1) Medical Missionary Work, and 2) Personal TLC Evangelism, is to be the right-arm of the body (church) of Christ.

A strong right arm (health ministry) makes the whole body (church) much more capable, effective, and efficient in taking the gospel (the ultimate cure) to a lost and dying world.

- **Testimonies to the Church, Volume 8, 1904, p 77.2:**
 - The institutions which God has established as **centers of influence** for the dissemination of **light** are not blending their interests and working together as God would have them... **Their very first work is to harmonize with their fellow workers.**
 - Our ministers must awake to understand the situation. **The gospel is the sanctifying influence in our world. Its influence upon hearts will bring harmony.** The **standard of truth** is to be uplifted and the **atonement of Christ** presented as the grand, central theme for consideration.
 - **The medical missionary work** (Health Reform, personal TLC Evangelism) **is to be to the work of the church as the right arm to the body.** The **third angel** goes forth proclaiming the **commandments of God** and the **faith of Jesus.**
 - **The medical missionary work is the gospel in practice.** All lines of work are to be harmoniously **blended** in giving the **invitation:** "Come; for all things are now ready.
- **Manuscript Releases, Volume 6, 1890, p 310.2** - The Lord wants **His people** to make the most of the **ability** He has bestowed on His **servants.** He did not wish the medical missionary work to be separated from the gospel work...These are to **blend.** **The medical missionary work is to be regarded as the pioneer work.** It is to be the **means** of breaking down prejudice. As the **right arm**, it is to **open doors** for the **gospel message.**

We know that the right arm of the church is withered – nearly paralyzed, maybe even gangrenous. Some church leaders want to amputate it.

But we also know our God is a God of miracles! God will heal HIS right arm.

Will you choose to let God start that mighty healing with you?

It is the prayer of the OptiHealth Network staff and volunteers that you find peace, health, and joy in Jesus Christ your Saviour.

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