

Society would have us to accept, and even embrace; the inadequate sleep and rest, stressful situations and daily events, poor diet, sedentary existence, and exposure to harmful elements that have become regular parts of our lives. As Christians, we should understand that when we seek to be healthier, wealthier, wiser, etc..., that our best answers are always found in our Lord. In our heart of hearts, we must truly want what God has in store for us. It is only then, that we can move in a most effective way toward achieving God's will for our life.

Temptations confront us daily, as our flesh beckons us to feel this or to feel that, to think this or to think that, and to do this and to do that. As imperfect beings, we will inevitably miss the mark daily; but if our hand is truly in God's, we are able to pick ourselves up, and continue on in a purposeful way; viewing our transgression as a mistake that we would prefer not to commit again, realizing that God's way is truly so much better. Over time, this process results in an actual change of identity, typically, little by little. So in the context of a healthy lifestyle, the unhealthy foods that you used to crave, won't be as much of a problem to deal with, and you'll be more able to trust God in your daily living; lifting worry, stress and strain from your life, as you focus on His Glory, and His will for your life! Depending solely on willpower to pull this off, is a losing strategy, you must actually change as a person!

We are to walk by faith, but the Bible also encourages us to move forth in an informed manner; *Where no counsel is, the people fall: but in the multitude of counselors there is safety.* (Proverbs 11:14) So we are to put forth our due diligence, and seek out quality resources and qualified people that can help us. We must even seek to be an informed patient/client, prepared to ask our health professionals good questions, and give useful input. Unfortunately, medical mistakes occur frequently, and do a lot of harm. It is in our best interest to accept the fact that the responsibility for our health, ultimately lies with us!

Fasting" is an extremely important consideration for Christians; not only yielding benefits spiritually, but also potentially giving physical benefits as the body rids itself of stored toxins. How many of us, however; know how to "fast" safely and successfully. Fasting without respecting fundamental guidelines, can result in bodily harm, and even death!

The way that you resume eating after a fast is even an important considera-

tion. When not fasting, the discipline developed through fasting, still can be important, as you recognize and resist the tendency to "eat your emotions". We must learn our body's nutritional needs, and base our eating on that, and not upon; our mood, whether we are bored or not, on the occasion, etc... We must even learn to recognize and resist bad practices that have generational or even cultural roots!

If the extent of our knowledge about health and wellness consists of; what we are told by those that are not qualified to advise us, what we hear in general conversation, and what we see and hear on infomercials, then we are in trouble. Make a conscious decision now, to learn, and to do what you can to steer your lifestyle away from disease and deterioration, and onto the path of wellness.

Realize the importance of planning, shopping for, and preparing healthful meals; and act upon that! Take the time to learn and experiment with recipes for tasty dishes that are in keeping with a health enhancing lifestyle. Don't use medications that treat your symptoms, as a crutch; while you continue with your unhealthy habits. Be proactive, don't wait until the consequences of an unhealthy lifestyle catch up to you to the point where; your activities become limited, you'll require more and stronger medications, and you're pretty much forced to view life's priorities differently. Work with your doctors to come up with a strategy so you may eventually reduce and even eliminate your medications. Put the matter of your health before God in prayer. It is very possible that rather drastic measures may need to be considered, but remember, the little bumps in the road and temporary failures can become stepping stones toward a victorious future. Keep the faith, and be persistent.

May God Bless You

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