

## August 2012 Newsletter Health And Healing

### R. Elijah's Example

*“Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and one half years.” James 5:17*

1. *“Elijah was a man just like us” - elias anthropos hen homoioopathes hemen*

*“Was” is eimi, the verb of status quo, and is found in the imperfect tense which describes a continuous action that was going on in the past that began and came to an end. It looks at the fact that Elijah lived on the earth at some point in time in the past, then no more.*

The normal word for *man*, *anthropos*, is used here to emphasize, not the idea of nobility or anything that would set him apart from the others, **but that he was a man just like the rest of us.**

*“Just like us”, homoioopathes, from which we get the word homeopathy, meant having the same nature, same feelings and experiences. It comes from two words, *pathos*, which **deals with the nature and feelings**, and *homoios*, which deals with **the idea of likeness or resemblance**.*

There are two words used for likeness, *eikon* and *homoios*. *Eikon* is used to denote resemblance, where one is derived from another, such as a son from his father. While *homoios* is used to denote resemblance, but the one is not derived from another, such as two eggs may be alike, but it doesn't mean that they came from the same hen.

*Homoioopathes* is used to emphasize that **all men are the same**, not in their looks, height, weight, abilities, education, intelligence, strength, or talents, or in their skin color, **but in their nature! We all have the same nature, the same feelings and basically the same experiences in life, that's what makes us alike.**

People, including Christians, have the tendency to set some people up on pedestals, or higher than ourselves. Christians will do this about people they read about in the Bible, such David, Moses, Paul, the prophets, etc. They tend to think that they had special abilities, or a superior spirituality. What they are actually doing is creating a super-human being in their own minds, (which does not exist). Which is more convenient for them to do this as an excuse for their failure to exercise faith. The rationale goes, “That was them, not me. I'm not a super-believer like they were”.

But what this passage so strongly emphasizes is that there is no such man. Elijah was a man, an ordinary man, just like us. He had no super-natural powers, faith, abilities or prayers. He was a man with the same nature, feelings and experiences like us. **The only thing that he did that set him apart was that he prayed a prayer of faith!!! But that's something any Christian can do - pray a prayer of faith!!**

2. *“He prayed earnestly that it would not rain” - kai proseuche proseuxato tou me brexai*

The whole episode of the rain not falling upon Israel goes back to God's dealings with the wicked king **Ahab** and his wicked wife **Jezebel**, 1 Kings 17,18. Ahab and Jezebel turned from the worshiping of

*Yahweh*, (if they ever worshiped him at all), to worshipping the Baals. Not only that, they filled the land with the prophets of Baal and were murdering the prophets of *Yahweh*.

Elijah told Ahab that there wasn't going to be any rain on the land for the next few years. This was to demonstrate that *Yahweh* was God, not the Baals, and that *Yahweh* had the power to do this. After this the Lord told Elijah to present himself to Ahab and that he would send rain on the land again. This was also the event surrounding the widow of Zarepheth and the 450 prophets of Baal. “*He prayed a prayer that it would not rain*”. This is in the culminative aorist emphasizing the results of that prayer, in that, it did not rain on Israel for 3 1/2 years.

3. “*And it did not rain on the land for three and one half years*” - *kai ouk ebrexen epi tes ges eniautous treis kai menas ex*

Both events, not raining and then raining, came about as the result of two prayer requests prayed in faith by one man. **Both events were supernatural, in that they altered and controlled the events of nature. Both events came about because of the will of one man to accomplish a spiritual purpose. Both events demonstrated that the prayer of faith can change the natural laws of nature and the course of human events!** Once again we see how this works. **It is only *Yahweh* who has the power to control nature, matter and the universe; man by himself does not!** But we also see that it is faith that unlocks the power of *Yahweh* to accomplish what we desire. We also see that it must be in line with his will.

And we see that this faith must be contained in a prayer request delineating what it is that we would like done. In faith we have an idea; in faith we form our prayer request to God; in faith we believe that he will grant it when we're praying to him; and then God grants it and his power accomplishes it!

## S. Elijah's Second Prayer of Faith.

“*Again he prayed, and the heavens gave rain, and the earth produced its crops.*”  
James 5:18

1. “*Again he prayed*” - *kai palin proseuxato*

We have another reference to 1 Kings 17 concerning rain on the land. The first prayer was that it would stop raining on the land, and the second one was that it would start raining again.

2. “*And the heavens gave rain and the earth produced its crops*” - *kai ho hueton edoke kai he ge eblastese ton karpon autes*

Here we have a change in the words for rain. When he prayed that it would **stop raining** the word for rain was *brechas*. But when it came to him praying the second time for it to **start raining** the word changed to *hueton*, which is the word for showers, to pour down rain. 1 Kings 18:43-46.

After the spiritual purpose was accomplished with Ahab and the prophets of Baal, Elijah climbed to the top of Mt. Carmel with his servant to pray to *Yahweh* concerning the land. While he was praying, he sent his servant seven times to look toward the sea to see if anything was happening. Finally, on the seventh time, (talk about persistence in prayer), the servant came back to tell him that he saw a cloud as small as a man's hand rising from the sea. From this one cloud the sky grew black, the winds arose and **showers fell on the land**.

We know that this was a **prayer of faith**, that it was **intense prayer**, and that it was **persistent prayer**, **but why did he go up to the top of Mt. Carmel to pray?** He could have prayed anywhere, so why did he go there to pray? Was it to get a visual perspective of the sea, or was it something else?

**Could it be that he climbed Mt. Carmel so he could get as far away as possible from the negative energy of negative people??** Israel was so apostate at that time, from the people to the leadership, (as indicated by the 450 prophets of Baal), with all the negative energy that come with unbelief, arrogance, anger and demonism, that it could have made it very difficult, or would have had a detrimental effect on Elijah's **faith!** **So he had to remove himself as far away as he could from the negative energy of people so that his prayers and faith would not be influenced and hampered!!** **We have to remove ourselves from people who radiate negative energy because their energy negatively affects the activity of those seeking positive spiritual things.**

T. Willingness, a Key Factor in Healing and Healthy.

One cannot emphasize strongly enough how important it is **to want to be better in this matter of healing and health!** And remember, **wishing** you weren't sick, or **wishing** that you didn't have this problem or that problem, or **wishing** you felt better **is not the same as wanting to be healed, or wanting to be healthy!**

**To want something means that your desire is so strong toward that end that you will make the decision to go after it, commit yourself toward it, pursue after it and do whatever you have to do to get it!** As one can see this is not the same thing as just wishing you felt better, or wishing that you didn't have this problem.

A young man has the love of his life living near him in a town close by. He loves her; he misses her; and he **wishes** that they can be together, but he's sitting on his rear playing video games. He just sits and wishes; sits and wishes, while he plays his game. If he **really wanted** to see her what would he do? He would get up off his rear and **find a way to get there!** Drive his car, take a bus, and if they aren't available, hitchhike, or walk! **If he really wanted to see her, he would find a way to get there!**

Now, **do you just wish that you felt better, wish that you weren't sick and tired, or do you really want to feel better? Do you really want to be healthy?** If you're sick and tired of being sick and tired, then you're going to have to do something about it, because no one is going to do it for you, and nothing is going to happen until **you make a decision and go after it! That's wanting something!**

And this **begins with prayer.** We must go before the throne of God and ask him for health. Now many believers do this because they want to stop feeling bad. The problem is that they are fooling themselves because they don't want to change! They don't want to do anything different! They don't want to seek out the people, the treatments, or approaches that can help them. They just keep doing the same old thing; living their lives the same old way; wishing they felt better, but not wanting to do what needs to be done to be healthy! Does that make any sense?

**Nothing is going to happen; nothing is going to improve; they will keep on having no healing and no health, until they want to get well; until they see that they have to change, and that they have to seek healing and health! They have to want to get better; they have to want to change; they have to want to seek after anything and everything that will help them. They have to want to do anything to be well and healthy; make a decision to be well and healthy; pray to God to be well**

**and healthy; commit themselves to the course of health, and then pursue after it the rest of their lives! Now, do you really want to be healed and healthy, or do you just wish that you weren't sick!**

Until you get to that place, **your desires are just a wishing in the wind. They mean nothing and will come to nothing.** As we look at all those people that Christ healed, we will find that they all had one unifying factor and that is they all wanted to be healed; they wanted to be well; they wanted to be made whole **and they came to him to be healed!**

**We see their faith** in this matter of healing. **We see the power of God** operating in their healing. **We see the authority and agency of Christ** healing them. But the one thing that is so often overlooked is that **they wanted to be well; they wanted to be healed, and they did whatever they had to do to get well**, even if it meant leaving their homes and coming down to see the Healer! It wasn't just a matter of faith, but willingness also! They wanted to be well so bad, that **they were willing to put themselves out to go down and be healed.**

Many believers today are looking for divine healing from God, when the solution for most of them lies in making simple changes in their lives. The problem is they don't want to change! They sit around on their couches eating food that isn't good for them, eating too much food, then they want God to fix them up!

**What this does is sets aside personal freedom and personal accountability.** They neither understand nor appreciate the fact that God has given us all freedom, but **with that freedom comes accountability and consequences.** We have the freedom to make good choices and bad choices. But remember, **with those choices come consequences**, both good or bad! We can stuff ourselves like a Christmas goose, but with that comes the bad consequences of a digestive system having difficulties, the weight gain, etc.. But also **with that freedom to choose comes the freedom to change!**

When people complain about their lives, their health, their being overweight, etc., what they are **complaining about is the bad consequences that come from our bad decisions! Do we realize how insane that is! We make bad decisions, then complain that there are bad consequences! Can we not see that the one follows the other, it's the law of the universe.** It's like the guy who got drunk the night before, and then complains about the hangover the next day! That's kind of nuts! If you don't want the consequence of a hangover, then don't make the decision to get drunk! **What we really wish is that our bad decisions had good consequences! And that's even nuttier!** The abiding principle from God is, *“Whatsoever a man soweth, that shall he reap.”* **Here's a novel thought: If you want to start having good consequences in your life, why not start making good decisions!**

The problem with most believers is that they don't want to change! They just wish that their bad decisions, (that they don't want to stop doing), had good consequences! But this is not going to happen. We can't have it both ways. **If we want to have health in our lives, the good consequences, then we are going to have to change and start making the good choices that will bring about health in our lives!** The path of health comes about as the result of making the decisions to go for health. And until we do this, we should stop complaining about our lack of health. And here's another novel thought: **Does complaining about our lack of health make us healthy?**

**God respects our decisions, even if they do not promote our health. That's the essence of the freedom to choose that he has given us.** We can choose for the good, or we can choose for the bad; we have the freedom to do this. But note full well, that we will have to live with the consequences! He will still love us, but we will have the consequences to live with.

And he is compassionate toward us because we misuse our free will. But, if we want to get well; we will have to choose for health and be willing to go after it, and in his grace he will help us get it. **Now if we make the bad decisions and have the consequences of bad health. Don't you think, can't you see, that if we make the right decisions, we will have good health? That's encouraging!**

*“That evening after sunset the people brought to Jesus all the sick and demon-possessed.” Mark 1:32*  
By the fact that they brought their sick to Christ **showed that they wanted to get well.** *“A man with leprosy came to him and begged him on his knees, ‘If you are willing, you can make me clean.’” Mark 1:40* The fact that he came to Christ showed that he wanted to be healed. The fact that he begged him showed how **desperately** he wanted to be healed. **He was willing; but he didn't know if the Lord was willing to heal him.**

*“Some men came, bringing to him a paralytic, carried by four of them.” Mark 2:1-5.* But when they got to the home he was staying in they couldn't get in! It seems that there were a lot of people wanting to be healed also. So they tore the roof open to let him down. Again, acts that demonstrate willingness. **How much would we put ourselves out for to be healed?** *“For he had healed many, so that those with diseases were pushing forward to touch him.” Mark 3:9,10*

Mark 5:23, *“And pleaded earnestly with him, ‘My little daughter is dying. Please come and put your hands on her so that she will be healed and live.’”* Here we have one of the synagogue rulers had heard that the Lord had come to their area so he went to him, fell on his feet and pleaded with him. See also v.35-43.

*“When she heard about Jesus, she came up behind him in the crowd and touched his cloak.” Mark 5:27*  
A large crowd had been following the Lord, among them was a woman who had been bleeding for twelve years. She wanted to be well, this was evidenced by her spending all her money on doctors, but to no avail for they were unable to cure her. So when she heard about the Lord she sought him out! She wanted to get well and this is what willingness is all about, where you want to get well so bad that you will do anything, try anything to be healed. She tried the doctors and that didn't work, and she went to the Lord. Why? **Because she wanted to get well!**

*“They came to Bethsaida, and some people brought a blind man and begged Jesus to touch him.” Mark 8:22*  
Over and over the idea of willingness is brought out in wanting it so bad that you will make a decision, and put yourself out in the follow through to be well, to be healed, whole and healthy.

As mentioned in the beginning of our study, health is an extremely complex issue that covers so many areas of our life, and **the first thing we need to see and believe is that God wants us to be healthy!** Once we can get that concept into our thinking our lives will start down on the path of health. And not only does God want us to be healthy; **he will help us to become healthy!** And because God respects our freedom to choose, though, **we will have to make the decision to become healthy/healthier in our lives!**

And because God has made all believers in Christ priests, and because of the way he has established the protocol for receiving blessings, where we must ask him for whatever it is that we would like him to do for us, **then we will have to go to God in our prayers asking him for health!** And because God has established in this Age of Grace, that he will deal with us on the basis of grace, which on our part takes faith, then our life of pursuing down the path of health will be **a walk of faith! So there we have it once again: grace, faith and truth, all integral in the life of health.**

**Basically we have seen that success and happiness is won or lost in the heart.** What a man thinks and believes determines whether he or she is: a winner or loser in life; it determines courage or cowardice, hope or despair, confidence or anxiety, moving ahead in life or stagnation, taking advantage of opportunities or walking away from them, joy or misery, love or unforgiveness, health or sickness, having friends or being alone, blessings or loss of blessings, optimism or pessimism, spiritual self esteem or lack of self esteem, prosperity or lack of it, being promoted or not, victory in the angelic conflict or defeat; basically one's mental attitude determines just about everything.

If something as simple as thinking and believing are so vital to the believer's life, then we need to learn, understand, believe and practice all the concepts we can find connected to positive mental attitude dynamics. **The Word of God tells us,** *"Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy- think about such things. Whatever you have learned or received or heard from me, or seen in me- put it into practice. And the God of peace will be with you."* Philippians 4: 8,9

### **Things such as:**

**1)** having a positive mental attitude in life toward life, **2)** believing God's promises and living by faith, **3)** developing enthusiasm, **4)** thinking on the positive side of life, **5)** thinking about positive things, **6)** being healthy and the healing of the spirit, soul and body, **7)** the spiritual mental attitude of agape love, **8)** being a forgiving person, **9)** insulating or isolating yourself from negative people, **10)** prayer while suffering, **11)** fellowshiping with God, **12)** developing and utilizing a procedure or check-off list to drill ourselves on God's promises, **13)** practicing forgetting the things that lie behind and pressing forward to what lies ahead, **14)** thinking on positive concepts, **15)** getting rid of the roots of bitterness, **16)** encouraging each other toward faith, **17)** being filled with the Holy Spirit, **18)** putting on the armor of God, **19)** walking circumspectfully avoiding negative people, who can infect us with their negativity, (it's easier to prevent negativity and bitterness from entering into our souls, than it is to get it out), **20)** seeking wisdom and the face of God each day, **21)** confessing our failures and sins, **22)** developing a plan or procedure whereby we practice these mental attitude dynamics each day, instead of drifting along with the tide you take the initiative, **23)** having the attitude of victory, **24)** having a personal sense of destiny, **25)** rejecting disapproval, **26)** prayer a conduit for positivity. **It might be helpful to print these twenty-six points up as one's own personal checklist to refer to!**

With the declining morals in America, the destruction of our nation by those who hate its biblical principles, the departure from truth, even common sense, the apostasy of Christianity, the loss of community, social problems, health problems that have escalated from minor to serious, internationalism and all the other ills of our society, **we need to have a positive mental attitude now more than ever, and this study is designed to help us develop one!**

## **1. A Positive Mental Attitude in Life toward Life and Health.**

When we're talking about mental attitudes we're talking about a mindset, a philosophy, one's outlook on things, or viewpoint. **It's how we look at things,** at life, at our problems, our relationships, our health, our souls, what will happen to us in life, in short, everything. **And there are only two options available to us in our outlook, either a positive one, or a negative one.**

Many, many people are totally negative, a very, few people are totally positive, while the majority of the people are somewhere in between, a little positive, and a little negative, but even with them they are mostly negative.

**A positive mental attitude (PMA)** is where the individual, although they recognize that the negative side does exist in life, (the good and the bad), **choose to think only about the positive. They choose to think about life, people, and problems- everything- on a positive note.**

**A PMA embraces and operates by:** forgiveness, agape love, hope, faith, enthusiasm, looking for the good in a situation and with people; finding nice things to say about people, instead of criticizing them, being thankful instead of unthankful; thanking God, instead of complaining; believing that things will work out, instead of believing they won't; confident toward the future and not despairing, optimistic not pessimistic; looking forward to the future not backward at the past, having no regrets; forgetting the things that lie behind; they live in the present and have a good mental attitude (m/a) toward the future.

**The Christian can do this because we know** that God has saved us by his grace, that he has a perfect plan for our lives, he is with us every step of the way; he will protect us in life; he will provide for us, that life is an opportunity to serve him in the angelic conflict, that life is our opportunity to gain rewards for eternity, that he has made us kings and priests and that we will rule with Jesus Christ forever in the presence of God. There are many doctrinal reasons why Christians can have and are to have a PMA about life!

**It must be noted that a PMA is not something that some people have while others don't due to their genes.** Although one's environment while growing up in life does shape somewhat a positive or negative bent toward life, it is still a choice and a discipline that one must develop and practice every day. Some may have had to start lower down on the positive-negative scale to have a PMA, but they can do it. It'll only take, perhaps, a little longer for them and the road may be a little rougher with more to deal with, but they can become a totally positive individual.

**First of all, it takes a decision to become a PMA person! One must sit down and say, "I'm tired of being like this and I want to change!" Secondly there must be a commitment toward that goal. Each day you wake up you are committed toward being positive that day. And thirdly the daily, even moment-by-moment mental discipline to live by the PMA principle, and in time you will have one. Each day we wake up we must choose to think, act and speak on the positive side, and live by faith in the Word of God.**

## 2. Believing God's Promises and Living by Faith Toward Health.

**This is the most important aspect of having a PMA, for from it flows all the other positive thinking concepts.** It is by faith that our spirits are renewed; we are strengthened spiritually, mentally emotionally and physically, that we have hope, that we develop the concept of faith ideas, that we act upon our faith ideas, that we are encouraged, that we drive away negative thoughts, that we develop courage, that motivates us to go forward in life not backward, that we keep our forward momentum and many others.

Much has already been taught on this subject, but suffice it to say that **if the believer wants to develop a PMA, then he or she is going to have to discipline him or herself daily to believe God's promises.** Not just go to church, not just to listen to tapes, but to have their own personal protocol where they go over God's promises, thinking about them, memorizing them, believing them and living by them everyday!

A good approach to doing this is not to leave anything to chance, **but to develop a disciplined, thought-out procedure whereby you go through the Bible**, say the book of Psalms, Proverbs, the New Testament, or any other place, and pick out the promises that encourage you, that speak to you, apply to you, **then write them down on 3x5 cards** for portability, and on notebook paper for around the house, and then go over them each and every day. Read them, quote them out loud to yourself, (or silently), memorize them, think about them, occupy your mind with them so that you not only know them and believe them, but so that they absorb your thinking; and then keep adding to the list as the years go by.

**So each day you start with the first one and it'll trigger the second one on the list**, so that your mind will eventually go on down the whole list, or for what you need for that day. Start and finish each day with them, and during the day pull out the list and go over them again to refresh yourself. If you come under a pressure situation, or are in a trial, mood or whatever, go over them again and again.

**The point is faith in the promises of God is the dynamic that transforms the believer's soul along the lines of positive spirituality, but it is also the thing that prevents our thinking from being overcome by the negativity of people and the world. Faith in the promises of God is the foundation of the believer's PMA, but it is something that the believer will have to discipline himself to do.**

### 3. Developing Enthusiasm About Life and Health.

**Some of the concepts connected with enthusiasm are:** being excited or energized about something, being animated, optimistic, really wanting to do it, not being concerned with the difficulties involved or the impossibilities connected with it. When one is enthusiastic doubts, negative thinking, difficulties, even the practical things that are involved do not enter the picture. **It sees nothing but the attaining of the goal or idea.**

**It's a positive energy that energizes the whole person to the point that it motivates the person to go out and do it.** The sad thing about enthusiasm is that it comes and goes and we don't have enough of it in our lives; plus the negative types, which there are so many of, will do everything in their power to rob us of it! **How many people have robbed us of our enthusiasm when we've had a great idea?**

**But we can develop an enthusiastic personality!** Not that we will be enthusiastic 100% of the time, which would be fantastic, but that we will be much more enthusiastic in our life. **Ask yourself this question, "What do you want to be in life,** morose, depressed, defeated, feeling like you're a loser, not even wanting to come up with faith ideas because you already know they won't work, or enthusiastic, enthusiastic about life, enthusiastic about your life, enthused about what you're going to be doing?"

**I guess we could say that enthusiasm is that state of mind where there is no doubt or negativity, that it is 100% charged toward an idea,** not that the idea is any good, but we are enthused about it! **The issue is not the idea, but our state of mind.** We can become more enthusiastic in life to the degree that we have a positive m/a; for enthusiasm proceeds out of a positive m/a environment. If you don't believe it, see how much enthusiasm is generated by negativity-none!

One does not become enthusiastic by concentrating on enthusiasm, but by concentrating on faith, having a PMA, the filling of the Holy Spirit, on being around positive enthusiastic people and on agape love. It is these things that create the background, the environment for enthusiasm to develop in.



**Enthusiasm is seeing the possibilities! And we're to look for the possibilities with the eyes of faith!**

PMA people can be enthused by themselves and by other people, while negative people are never enthused about anything. If you are enthused about positive concepts, the surest and quickest way to lose your enthusiasm is to talk to **negative-minded people** about them. They only rarely, if ever are enthused about positive concepts, but they also destroy it in PMA people; **avoid them like the plague!**

**Probably the shortest and best definition of enthusiasm is this:**

**Enthusiasm is seeing the possibilities and believing it can happen! Enthusiasm comes to us when we see the possibilities and believe they will come to be!**

**Do you want enthusiasm? Do you want to be enthusiastic about life, about your life? Do you want to have that grand swell of emotion, if you will, that says, "I can do it; I can do it with Christ's help"? Do you want to look at an idea, a project, at you life with the happy attitude of "I can do this"? Then make a decision; make the decision that from this day forth you are going to be an enthusiastic believer and go after it! Life is short, so "seize the day" with enthusiasm!**

Pastor Mike