



Praying Parents Prayer Group Christian Ministry

3pG Prayer & Fasting – ABBA, FATHER 4: RAISING A HEALTHY ARMY

Monday 6th April 2020 – Day 1

A HEALTHY BODY BEGINS WITH A HEALTHY SPIRIT

Breaking of Bread: Psalms 103:1-5

Whenever we mentioned something spiritual, the heart of man naturally thinks of something very far away, something heavenly, something outside the realm of man. These are all true but not the complete truth God will wants us to know. Spirituality for humans starts with the spirit of man. God rarely relate with the man's body, only demons do that. God will do nothing and can do nothing in man and will do nothing with man unless through and in his spirit. The spirit of man is God's gateway to the heart of man. The health of your spirit determine the health of your body. No one can have a healthy body when in his spirit he is bitterly wounded. An injure spirit is the first foundation for a battered body.

You must have heard or describe someone of being *in high spirit*, and how do you know that even when you can't see the spirit of the one so described? It is because the secret of a happy man is a happy spirit. No one will fall into a state of hopelessness, depression and worries except first and foremost, his spirit has been captured, troubled and possibly incapacitated. A worried spirit

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is the bedrock for many old age sicknesses. Whenever someone is disturbed and worried and life looks hopeless and lost, it is often connected with the state of the spirit of the person concerned. If God must work on our body's health, then He must first and most importantly work on our spirit. To be spiritual is to have a healthy and strong spirit that's well connected to God through Jesus Christ. As long as we are here, spirituality starts and end with God in our spirits.

When we got born again, God through the Holy Spirit redeemed our spirits with the Blood of Jesus Christ. It is our spirit that was redeemed not the body. The body of man, as it is presently constituted is lost and cannot be redeemed but can be renew through the same Blood of Jesus Christ and the Word of God. Yet, where this is to happen, God will only do it through the spirit of the person He has redeemed and make right by the Blood of Jesus Christ. It must be the spirit first, then the body. When one lose hope, it is the spirit that lose hope. When one falls into faithlessness and depression, before physical manifestations in the body, it is the spirit that first suffered a shipwreck. No sickness can ruin a life whose spirit is alive and active. The happier and peace filled your spirit is, the better your body immunity and peace. A low spirit is often a low body immunity.

For God to perfect our body's health, work the works of healing, repair damage body parts and bring about sound health, and make the body fit for the service of the Kingdom, He will have to start in the spirit. The Blood of Jesus cannot do much in our body if it has not done much in our spirit. Therefore, in this season of engaging the Blood of Jesus Christ on our bodies and in our health, the starting point must be to engage and continually applying the Blood of Jesus in and on our spirits. The devil will wants to attack and weaken the body so as to frustrate the spirit but God will empower the spirit and make it whole through the Blood of Jesus Christ and by it heal and empower the body for effective service in His vineyard. It is with your mouth you will confess which side of the divide you will like to experience.

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If your spirit is healthy, your body will respond and do likewise. It is difficult to experience healing from sickness and health where and when the spirit is down, bitter and mortally wounded. A happy spirit is the health of the flesh. Nothing can make right the wrong spirit, nothing can heal a wounded spirit and nothing can redeem a spirit that is lost in hopelessness unless by the Blood of Jesus Christ. The more your spirit is washed in the Blood of the Lamb, the better and healthier your body will be. A broken spirit is no good for a healthy body. Many people are only ankle deep in the river of life that flows with the Blood of Jesus Christ, no wonder the many overwhelming troubles that the body of such souls have to contend with all their lives. The more your spirit is washed and deep in the Blood of Jesus Christ, the better your body and your health will respond to God's mind and provisions in His Word.

At salvation, the level of your journey into the river of life and peace, is at ankle deep. Though joy and gladness will define such a life, yet more are yet undiscovered, greater spiritual experience awaits us when we strive some more and dig deeper into the belly of the river of the Blood of Jesus Christ. The more and deeper we dip ourselves in His blood, the greater and better our walk with Him, and the happier and peace filled our spirits shall be, and more importantly, the better and healthier our bodies. The Blood of Jesus Christ cannot be effective in our health and healing unless and until our spirit is soaked in the Blood of Jesus Christ and daily renewal through His Word and prayers.

A healthy spirit guarantee peace of mind and a healthy body. Watch your spirit and you will have no reason to worry about your body's wellness. It is a naturally law of the spirit that the body should be well and happy once the spirit is healthy and well. The wellness of your spirit is directly proportional to the depth you are willing to engage the Blood of Jesus Christ. Your health will be fine and free from the weights of sins and sickness and healing is within

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reach once the Blood of Jesus is made to water the spirit through the Word of God regularly and constantly. As long as your spirit is not broken, your body will not give up.

THINGS TO DO TO HAVE A HEALTHY SPIRIT:

1. Listen to good news alone, avoid bad news.

Genesis 45:27 And they told him all the words of Joseph, which he had said unto them: and when he saw the wagons which Joseph had sent to carry him, the spirit of Jacob their father revived:

2. Dare to be different, be of another spirit.

Numbers 14:24 But my servant Caleb, because he had another spirit with him, and hath followed me fully, him will I bring into the land whereinto he went; and his seed shall possess it.

3. Watch out for symptoms of demonic possession, often manifested in forms of depression and prolong worries and fears.

1 Samuel 16:14 But the Spirit of the LORD departed from Saul, and an evil spirit from the LORD troubled him.

4. Ask for inspiration and spiritual illumination in your spirit.

Job 32:8 But there is a spirit in man: and the inspiration of the Almighty giveth them understanding.

5. You must keep hope alive in your spirit.

Proverbs 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

6. Ask for the leading of the Spirit. Be in the spirit. Walk in the spirit

Romans 8:14 For as many as are led by the Spirit of God, they are the sons of God.

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Romans 8:16 The Spirit itself beareth witness with our spirit, that we are the children of God:

7. Regular visits to the Word for renewal of mind and body.

Romans 12:2 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.

2 Corinthians 4:16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

Ephesians 4:23 And be renewed in the spirit of your mind;

Colossians 3:10 And have put on the new man, which is renewed in knowledge after the image of him that created him:

Titus 3:5 Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;

8. Regular application and engaging the Blood of Jesus Christ.

Hebrews 13:12 Wherefore Jesus also, that he might sanctify the people with his own blood, suffered without the gate.

Hebrew 13:13 Let us go forth therefore unto him without the camp, bearing his reproach.

ENEMY'S WEAPONS AGAINST MAN'S SPIRIT:

1. Physical sorrows and suffering

Exodus 6:9 And Moses spake so unto the children of Israel: but they hearkened not unto Moses for anguish of spirit, and for cruel bondage.

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2. Fear as a result of the experience of others and/or bad news

Joshua 5:1 And it came to pass, when all the kings of the Amorites, which were on the side of Jordan westward, and all the kings of the Canaanites, which were by the sea, heard that the LORD had dried up the waters of Jordan from before the children of Israel, until we were passed over, that their heart melted, neither was there spirit in them any more, because of the children of Israel.

3. Sorrowful spirit and worries.

1 Samuel 1:15 And Hannah answered and said, No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the LORD.

Proverbs 15:13 A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

4. Poor usage of the tongue

Proverbs 15:4 A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit.

5. Perverse understanding of matters and seeing things only from your own perspective alone

Proverbs 16:2 All the ways of a man are clean in his own eyes; but the LORD weigheth the spirits.

Proverbs 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Ecclesiastes 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

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5. Underutilization of the Blood of Jesus Christ and the Word of God.

The Blood of Jesus Christ is like the river that flowed out of the Temple described in Ezekiel 47:1-12, for every thousand cubit is a new and deeper experience. The more you wash in the Blood of Jesus Christ the better and fresher the experience.

Ezekiel 47:3 And when the man that had the line in his hand went forth eastward, he measured a thousand cubits, and he brought me through the waters; the waters were to the ankles.

Ezekiel 47:4 Again he measured a thousand, and brought me through the waters; the waters were to the knees. Again he measured a thousand, and brought me through; the waters were to the loins.

Ezekiel 47:5 Afterward he measured a thousand; and it was a river that I could not pass over: for the waters were risen, waters to swim in, a river that could not be passed over.

Ezekiel 47:9 And it shall come to pass, that every thing that liveth, which moveth, whithersoever the rivers shall come, shall live: and there shall be a very great multitude of fish, because these waters shall come thither: for they shall be healed; and every thing shall live whither the river cometh.

May the Blood of Jesus Christ cleanse you body, soul and spirit from all forms of physical and spiritual defilements, and by Him come boldly into the Throne of Mercy, that you might find grace and help for healing and sound health, for you and family in Jesus Christ Name. Amen!

Happy Covenant of Words - Isa. 59:21

- Group Admin, 3pG.

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