

God is the creator of not only our Universe but of our bodies. He knows more than any amount of science on how to maintain our health. This book uses common scriptures, passages and prayers to guide us to maintain health and deal with sickness.




*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*

Corinthians' 6:19-20

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## **No healing without Faith, Luke 5:17-26**

*And the power of the Lord was present for him to heal the sick....*

*When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus*

*When Jesus saw their faith, he said, "Friend, your sins are forgiven. ...."*

*..... But that you may know that the Son of Man has authority on earth to forgive sins..." He said to the paralyzed man, "I tell you, get up, take your mat and go home." Immediately he stood up in front of them, took what he had been lying on and went home praising God. Everyone was amazed and gave praise to God. They were filled with awe and said, "We have seen remarkable things today."*

**Let this man be an example to us several steps, had to be taken in order for this man to be healed & walk**

### **1) Seek a healer and God**

*"Some men came carrying a paralytic on a mat and tried to take him into the house to lay him before Jesus"*

know matter how hard you try good health can not be done alone, you need GOD, doctor or healer to be the vehicle by which God heals you and friends and family to be the motivator

### **2) Overcoming barriers**

*"When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus"*

It will not be always easy, in fact most of the time it will take extra steps to get healed or have better health, you can't give up at first road block, it is the Devil's way to keep you from health and God