

MEDITATIONS ON THE TRUE CHRISTIAN LIFE

....*"This book of the law [the Word of God] shall not depart from [always be in] your mouth, but you shall meditate on it day and night, so that you may be careful [take heed] to do according to all that is written in it; for THEN you will make your way prosperous, and THEN you will have success".... Joshua 1:8 NASB*

January 17th

"WHATSOEVER YE SOW"

[part 1 of 2]

....*"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. and the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things".... Philippians 4:6-8 NASB*

* How can healing flow to one's body while there is still anxiety in their mind? So long as there is "dis-ease" in one's thoughts there shall be dis-ease in their body. We have need of many things but one thing in particular we must develop for our own preservation and that is an absolute confidence *[trust]* in the loving care of the Father.

"Come unto Me", it is written, "all ye that labor and are heavy laden, and I will give you rest" *[Matthew 11:28]*. Only when your mind is at rest can your body build health. Worry is an actively destructive force. Anxiety produces tension, and tension is the road to pain *[spiritual, mental and physical]*. Fear is devastating to the physical well-being of the body. Anger throws poison into the system that no anti-biotic or healthy eating ever can counteract. "Be sure your sin will find you out" the Bible states *[Numbers 32:23]*. One of the most common ways that hidden sin is revealed is through the maladies of the body. More arthritis is brought about by resentments and ill-will than is caused by wrong diet. More asthma is caused by repressed fury than by pollen or cat fur.

There was no illness in the body of Jesus because there was no sin in his

soul. There was weariness as a natural result of labor and sacrificial service, but there was no undue fatigue and exhaustion brought on by anxiety.