

Christ-Centered Wellness

Monthly Newsletter



Rise up in splendor and be radiant – you are royalty!

Building a strong immune system Immunity #1 – Introduction

By Leonie Du Rand

This can be quite a hot topic, but what is immunity?

In a nutshell, it is the body's ability to fight sickness and disease. The immune system serves as the body's first line of defense against infection.

A healthy immune system protects the body by attacking any potential threat that comes against the body.

A strong immune system is the key to immunity. God's perfect will is not healing - His perfect will is that we don't get sick.

God's will for you according to 3 John 2 is:

"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers."

Divine health is based on biblical principles and should be our way of life, it is our inheritance and birthright in Christ. It is possible to live without getting sick. We can see that from the promises in Psalm 91.

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DECLARATION

"For he will rescue you from every trap and protect you from deadly disease. Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. no evil will conquer you; no plague will come near your home. For he will order his angels to protect you wherever you go."
Psalms 91:3, 6-7, 10-11 NLT

To live in Divine health, however, we need an understanding of God's principles for health and healing.

**"My people are destroyed for lack of knowledge."
 Hosea 4:6 NKJV**

Divine health is not about following rules to be healthy. That is what religion is all about because it relates to law. Principles provide guidance and protection, whereas laws and rules are about restrictions. When a person fails to follow the dos and don'ts of the law, they experience feelings of condemnation. God despises religion because it draws people away from Him and onto a DIY path. For Him, everything revolves around relationships, not rules. He is more interested in our hearts.

From Psalm 91:1 we can see that living under God's protection is dependent on a position in Him. It is a spiritual place where He hides us from harm.

**"He who dwells in the shelter of the Most High Will remain secure and rest in the shadow of the Almighty [whose power no enemy can withstand]."
 Psalms 91:1 AMP**

**"When you abide under the shadow of Shaddai, you are hidden in the strength of God Most High."
 Psalms 91:1 TPT**

You will not be able to step into Divine health if your health is not derived from your relationship with God.

Hearing God's voice and then following the Holy Spirit's leading is the foundation to walking in Divine health.

For this reason, I encourage you to take what I've shared to the Lord and ask Him to reveal His way to health to you.

Each of us is unique, and God knows best what is required to transform your health.

If your immune system is weakened, your body will be unable to fight disease.

Many outside factors influence the immune system, including spiritual, emotional, and physical factors.

In the coming months, we will explore health from a holistic viewpoint (spirit, soul and body). In other words, addressing the whole person, not only the body.

There are several factors that all contribute to the development of strong immunity.

There is a lot more to health than just taking care of your body through exercise, supplements, and nutrition.

WE ARE TRIUNE BEINGS CONSISTING OF SPIRIT, SOUL AND BODY

"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ." 1 Thessalonians 5:23 NKJV



Spiritual Health

SPIRITUAL HEALTH begins with the cross and is based on God's love for us and our righteousness in Christ.

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." John 3:16 NKJV

"For God made the only one who did not know sin to become sin for us, so that we might become the righteousness of God through our union with him." 2 Corinthians 5:21 TPT

You are accepted, loved and righteous in Christ. To live in the fullness of your new position in Christ as the beloved and the righteous, these two aspects must become a revelation in your heart.

"Now the decisive conclusion is this: in Christ, every bit of condemning evidence against us is cancelled." Romans 8:1 Mirror Bible

Peace is an essential factor to living in Divine health.

Knowing in your heart that you are accepted, loved and righteous sets the foundation for peace.

We cannot have peace in our hearts apart from Jesus. He is the Source of our peace.

Soul Health

SOUL HEALTH is influenced by your will, emotions, mind, choice, imagination, conscience, and reason.

Body Health

BODY HEALTH: Our soul connects our spirit to our bodies. If something is out of sync in your spirit or soul, it will reflect in your body.

Relying solely on food and supplements to sustain your health is not the full picture; it is only one piece of the puzzle. God desires that our focus be on Him. However, He does not want us to be ignorant about our lifestyle and food.

Let's face it, the quality of the food we eat today is completely different from what was available in Jesus' time. We are now exposed to new threats, for example; GMO's (genetically modified organisms, water with unhealthy added substances, synthetic materials, harmful effects of pharmaceuticals, pesticides, chemicals, added hormones, etc.

Most of these artificial agents have an impact on our DNA, which is crucial in God's plan for our lives and our connection with Him.

The nutrition and supplement industry is also not uncontaminated. Every product label that says "natural" is not always a true indication that something is healthy. Some of them contain nasty and hidden ingredients.

SUPPLEMENT CONTROVERSY

Most supplements on the market today are synthetic. The problem with that is that the body can only utilise a small percentage of the promoted nutrients in those products. Money became the driving force behind the medical and health industry.



Then there are frequencies. Our bodies respond to frequencies. We are daily exposed to electromagnetic fields (EMF's) which have harmful frequencies.

There are natural ways we can use to help the body deal with all the harmful outside influences without being dependent on "pharmakeia".

In the months to come, I will be sharing some tools and guidelines to help you improve your immunity in all three areas: spirit, soul, and body.

We need to adjust our normal to counter some of the negatives we are exposed to every day. This doesn't have to happen all at once. The key is to be open to growth.

If you pursue the process step by step by making changes as the Holy Spirit leads you, you can gradually step into Divine health. It will also take away the feeling of overwhelm and resistance to change.

I've been on this journey for a few years now, and my normal has gradually improved. I just keep doing whatever the Lord opens up for me.

We can rely on God for supernatural health and healing, but we also have a role to play. God desires that we partner with Him and be good stewards of what He has entrusted to us, that includes our bodies. After all, your body is the Holy Spirit's temple.

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." I Corinthians 6:19-20



MY DECLARATION OVER YOUR LIFE

"May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you his favor and give you his peace." Numbers 6:24-26 NLT

Scripture Meditations

"Beloved friend, I pray that you are prospering in every way and that you continually enjoy good health, just as your soul is prospering."

3 John 1:2 TPT

"In his person he bore our sins in his own body upon the tree and thus brought closure to every distorted pattern of sin's influence upon us; we were made alive unto righteousness; we were healed by the blows he took in his body."

1 Peter 2:24 Mirror Bible

(<https://app.mirrorword.net>)

"For this corruptible must put on incorruption, and this mortal must put on immortality."

1 Corinthians 15:53 NKJV

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

2 Corinthians 5:17 NKJV

Prayer & Activation

Thank you, Father, that Jesus bore my sins in His own body on the cross, so that I might live for righteousness. By His stripes I am healed and can live in Divine health.

I am a new creation, the old is gone and the new has come. Christ's resurrection is my resurrection too and as Jesus is now, so am I.

Health is part of my inheritance as a son of God. I choose to walk and work with You by aligning with your original intent for my life.

Father, I ask that You give me a revelation of Divine health and help me to walk in your ways in the area of health. Show me how to take hold of this part of my inheritance and to walk in the fullness of the price Jesus paid for me to be healthy.

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