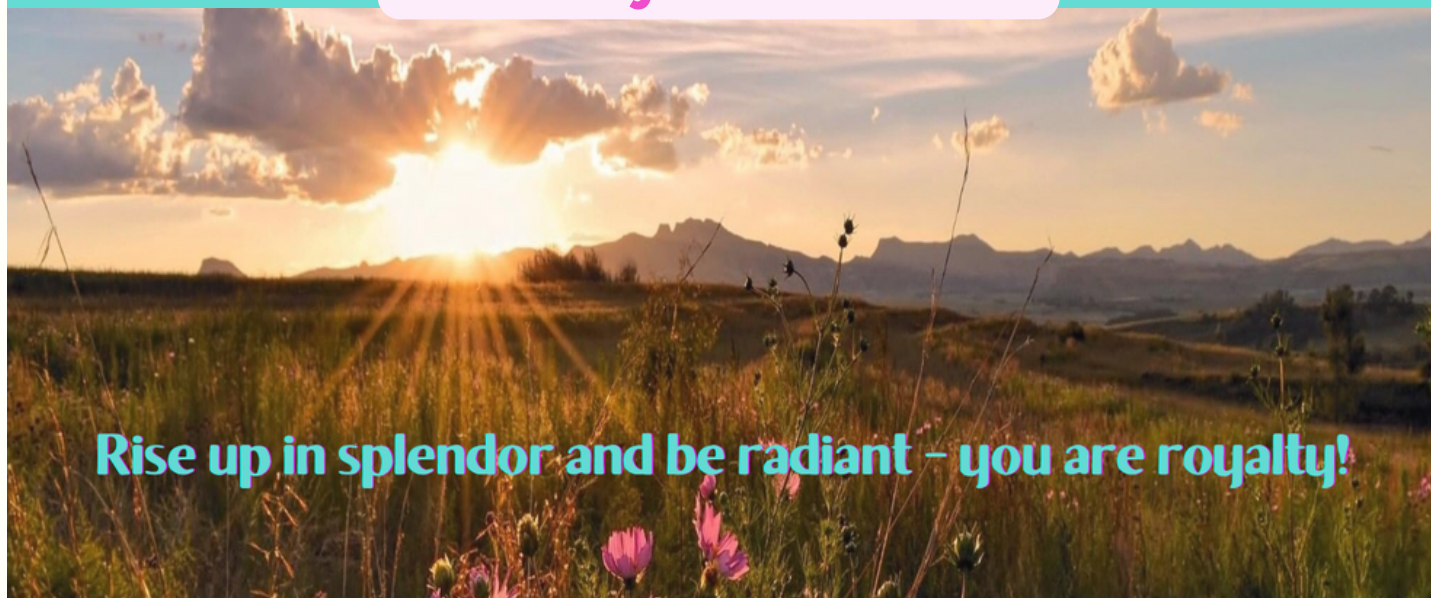


Christ-Centered Wellness

Monthly Newsletter



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

Building a strong immune system Immunity #2 – Living in God's Rest

By Leonie Du Rand

"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

Immunity starts with your spirit.

"But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you." Romans 8:11 NKJV

As mentioned in 'Immunity #1', I will be sharing information about health and immunity from a holistic (whole-person: spirit-soul-and-body) perspective.

Jesus paid the price for us to be healthy and whole.

"Therefore Jesus said again, "Very truly I tell you ... I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture ... I have come that they may have life, and have it to the full." John 10:7, 9-10 NIV

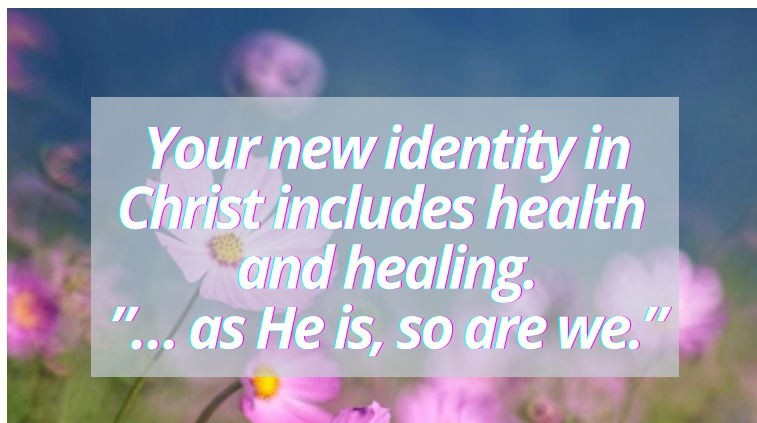
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**BUILDING A STRONG
IMMUNE SYSTEM:
IMMUNITY #2 –
LIVING IN GOD'S REST**

**WE LIVE BY THE
LAW OF THE SPIRIT**

**BUILDING BLOCK#1:
LIVING IN GOD'S REST**

**"Love has been perfected
among us ... as He is, so
are we in this world."
1 John 4:17 NKJV**



"Christ's resurrection is your resurrection too. This is why we are to yearn for all that is above, for that's where Christ sits enthroned at the place of all power, honor, and authority!

Yes, feast on all the treasures of the heavenly realm and fill your thoughts with heavenly realities, and not with the distractions of the natural realm.

Your crucifixion with Christ has severed the tie to this life, and now your true life is hidden away in God in Christ. And as Christ himself is seen for who he really is, who you really are will also be revealed, for you are now one with him in his glory!" Colossians 3:1-4 TPT

From a worldly perspective, fitness and nutrition are the primary focuses of a healthy lifestyle and the strengthening of your immune system. Today many outside factors are being relied upon to build immunity and health. But health starts in your spirit and your spirit is born from above already exactly like Jesus'.

This new identity in Christ has to be out-worked from your spirit to your soul from where it eventually will manifest into your body.

Your body reacts to the condition of your soul. In other words, what happens in your soul directly influences your body.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." 3 John 2 NKJV

One of the most significant factors determining your body's health is the state of your soul.

Even though there is a place for fitness and nutrition, it is not the main component of a healthy body. It is only a small piece of the puzzle to true health and immunity.

There is a difference between natural health and Divine health. Natural health is relying on supplements, food and other outside factors. Divine health starts within and relies on God by following the leading of the Holy Spirit. It means you include Him in your health journey and in everything you do.

God will always begin where you are in order to help you grow in faith and maturity.

For a season, He may lead you to change some habits that are destroying your health, whether they are eating habits or any other unhealthy habits that require modification.

Your body is a temple of the Holy Spirit and it is your responsibility to steward your health by following God's guidelines. Following the Holy Spirit to health is an individual journey and not a legalistic pursuit of what to do and what not to do.

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own?" 1 Corinthians 6:19 NASB2020



We live by the law of the Spirit

There are basic natural laws but we now live by the law of the Spirit of life in Christ and the Holy Spirit knows what you need. If you ask, He will direct you.

"For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death."
Romans 8:2 NKJV

We are in the season where we will develop the ability to override natural laws because of a life of faith. This is an individual growing process reliant on revelation knowledge and intimacy with the Lord. It is not automatic and will only become part of your life if you believe that it is possible.

It has to become a personal revelation that health is part of your new identity in Christ and that sickness has no right to your life.

This will take you to the point where you will be able to believe that because of the life of Jesus inside of you, you cannot get sick. In other words, you no longer believe in getting sick because your new identity says that by Jesus stripes you were healed.

This is only the tip of the iceberg of what God really has in mind for us as "sons" in the area of health and long life.

[Link to revelation knowledge blog](#)

"Then Jesus put his hands over their eyes and said, "You will have what your faith expects!" Matthew 9:29 TPT

"He himself carried our sins in his body on the cross so that we would be dead to sin and live for righteousness. Our instant healing flowed from his wounding."
1 Peter 2:24 TPT

"With long life I will satisfy him, And show him My salvation." Psalms 91:16 NKJV

"For you are all sons of God through faith in Christ Jesus." Galatians 3:26 NKJV

"for in Him we live and move and have our being, as also some of your own poets have said, 'For we are also His offspring.'
Acts 17:28 NKJV

For now, while we are growing towards a revelation of what it means to walk in Divine health, natural laws do still apply. For this reason, I will in future writings give some practical information about natural health that will be beneficial and supportive on your journey. The ideal is not to make natural health a point of focus but to use it as a stepping stone.

The state of your health influences your ability to engage with God. If you don't feel well it is difficult to experience God's presence and love because symptoms and pain can sometimes complicate our engagement with Him and our ability to hear Him. Making a few natural changes will help you feel better and will have a positive effect on your relationship and connection with God and others.

If you want to walk in Divine health your mind must be renewed to the truth of God's Word. If you still believe the world's perception of health and healing, you will live by it.

If you want to live victorious in the area of health, you cannot afford to think the way the world thinks and expect different results. We are living from a different Kingdom. The world's rules do not apply to us. It only applies if we do not understand how to live from a Kingdom mindset.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."
Romans 12:2 NIV

"Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes."
Romans 12:2 TPT



The condition of your body and health are determined by where you are emotionally and spiritually.

Spiritual Building Block #1: Living in God's Rest

To live from a position of rest in God is probably the most important building block of immunity. It is the foundation of living in health.



Your body reacts to stress, anxiety, fear, doubt, unbelief, condemnation, bitterness, unforgiveness, anger and hatred. These aspects promote sickness and disease in our bodies. When there is turmoil and trauma in your heart it will keep you from living in the rest of God and receiving His best for your life.

"Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. For we who have believed do enter that rest There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His. Let us therefore BE DILIGENT to enter that rest ..." Hebrews 4:1, 3, 9-11 NKJV

Finding your place of rest in God is a key aspect to your position as a "son of God" because everything God does flows from rest.

If you want to live a healthy, fruitful and fulfilling life in the Kingdom of God and fulfill His purposes then be "diligent to enter into that rest".

It is only when we live in the rest zone that we will be able to receive all the promises God has for us including health and wellness.

Being in God's rest is like the thermometer of your walk with Him. When you are at rest it reflects your trust in His faithfulness. It is where you stop striving and start to rely on Him.



To BE in God's rest as a way of life.

It includes knowing who you are in Christ, knowing how to fellowship with Him and how to enjoy His presence. Peace, contentment and joy are aspects that promotes health and strengthens your immune system.

"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes." Matthew 6:34 MSG

"Be still, and know that I am God" Psalms 46:10 KJV

Be still = relax, let go, be quiet and be at rest.

"Then she said, "Sit still, my daughter, until you know how the matter will turn out; for the man will not rest until he has concluded the matter this day." Ruth 3:18 NKJV.

Naomi was here referring to Boaz who is a picture of our heavenly Boaz, Jesus. When we rest, He will take care of our concerns. If you are missing joy and peace, it indicates that you're not in God's rest and thus not completely trusting Him. Trust and rest always walk together. To be in God's rest proves our faith and trust in Him.

Being in God's rest is a matter of surrender. Stress and anxiety reveal the areas in your life where you aren't completely surrendered to God and where you're still trying to work it out by yourself.

Do not try to get what you've already got. The moment you try to get what you've already got, you fall from grace and are in unbelief and basically saying I am not there yet.

I like the following illustration that Joseph Prince uses to portray true rest: An art teacher asked his students to paint a picture of peace. They all painted pictures of nature and stillness except one student who painted a picture of a terrible storm and on the side an eagle with her eaglets safe in the cleft of a rock, in spite of the storm.

This is God's definition of peace not being somewhere on an island far away where everything is peaceful. God wants us to live in peace wherever we are, no matter what is happening around us.



"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matthew 11:28-30 MSG



Stress and anxiety are not about our circumstances, it is about our response to our circumstances.

"... Do not sorrow, for the joy of the Lord is your strength." Nehemiah 8:10 NKJV

"A merry heart does good, like medicine, But a broken spirit dries the bones." Proverbs 17:22 NKJV

One thing is truly needful - resting in Christ. We are seated with Him in heavenly places. Fight the good fight of faith by diligently seeking to enter into His rest. The work has already been done by Christ. Our labour is to enter that rest. But it is not passively waiting for something to happen. It is about restfully following the leading of the Holy Spirit. Rest is a Spirit-lead activity where we like Jesus only do what we see our Father doing.

"Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief." Hebrews 4:11 KJV.

"Let not your heart be troubled; you believe in God, believe also in Me. Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." John 14:1, 27 NKJ

Here Jesus is saying that we have the ability to not let our hearts be troubled. The key to rest is - "to not let ..."

When we are in God's rest it is easier to hear His voice and receive direction.

"Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters.

BUT David strengthened himself in the LORD his God. So David inquired of the LORD, saying, "Shall I pursue this troop? Shall I overtake them?" And He answered him, "Pursue, for you shall surely overtake them and without fail recover all." 1 Samuel 30:6,8 NKJV

Resting is a continual process of casting your cares upon the Lord instead of worrying about the problem and trying to fix it yourself.

If we look at the context of 1 Peter 5:5-7, we can see that true humility is when we cast our cares onto the Lord because we acknowledge Him and do not depend on our own ability. "I cannot Lord, but you can."

"...God resists the proud, But gives grace to the humble. Therefore humble yourselves under the mighty hand of God ... casting all your care upon Him, for He cares for you." 1 Peter 5:5-7 NKJV

How well we walk on earth is determined by how well we sit in Christ.

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You." Isaiah 26:3 NKJV

The awesome part of resting is that God doesn't expect us to do it on our own, He gave us His Spirit as a Helper.

We cannot speak about rest without looking at praying in tongues:

"For with stammering lips and another tongue He will speak to this people, To whom He said, "This is the rest with which You may cause the weary to rest," And, "This is the refreshing ..." Isaiah 28:11-12 NKJV

"So he answered and said to me: "This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by My Spirit,' Says the Lord of hosts." Zechariah 4:6 NKJV

"But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit," Jude 1:20 NKJV

"If we live in the Spirit, let us also walk in the Spirit." Galatians 5:25 NKJV

"He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.'" John 7:38 NKJV

"For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries. He who speaks in a tongue edifies himself ..." I Corinthians 14:2, 4 NKJV

Praying in tongues should be a lifestyle. It helps us to live by the Spirit and brings us to a position of rest and wholeness. It opens our hearts to receive revelation. When we are at rest and experience wholeness our immunity is strengthened. Rest promotes health and well-being.

When we don't know what to pray we can rely on the Holy Spirit to pray through us and for us to build us up. Praying in your spiritual language is one of the most important components of walking in the Spirit. The moment you pray in tongues you shift to a position in the Spirit.

"Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered." Romans 8:26 NKJV

Praying in the Spirit is foundational to living in a position of rest. It also builds immunity because it deals directly with the issue.

To experience the breakthrough that is available by praying in tongues, we need consistency and persistence. It is not an overnight fix.

More information on praying in tongues and hearing God's voice can be found in the two books below.

Click on the images below to be directed to additional resources or to purchase the books that will help you develop a more intimate relationship with God and live from a position of rest.



***You are royalty, be blessed
and be a blessing!
It is your time to SHINE!***

Scripture Meditations

"Come to Me ... and I will give you rest."

Matthew 11:28 NKJV

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30 MSG

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

John 14:27 NKJV

"Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief."

Hebrews 4:11 KJV

"Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble." Matthew 6:34 NKJV

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!"

Psalms 46:10 NKJV

Prayer & Activation

Thank you Jesus that You said You will give me rest if I come to You.

Lord, I come to You and I make this promise my own.

I ask that You give me a revelation of Your rest and show me how to live from my position of rest seated with You in the heavenly places.

*"And He raised us up together with Him [when we believed], and seated us with Him in the heavenly places, [because we are] in Christ Jesus,"
Ephesians 2:6 AMP*

I choose to walk and work with You by labouring to get into Your rest and not to let my heart be troubled.

I refuse to worry by casting my cares upon You, knowing You care about me.

Close your eyes
Open your heart
Listen

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