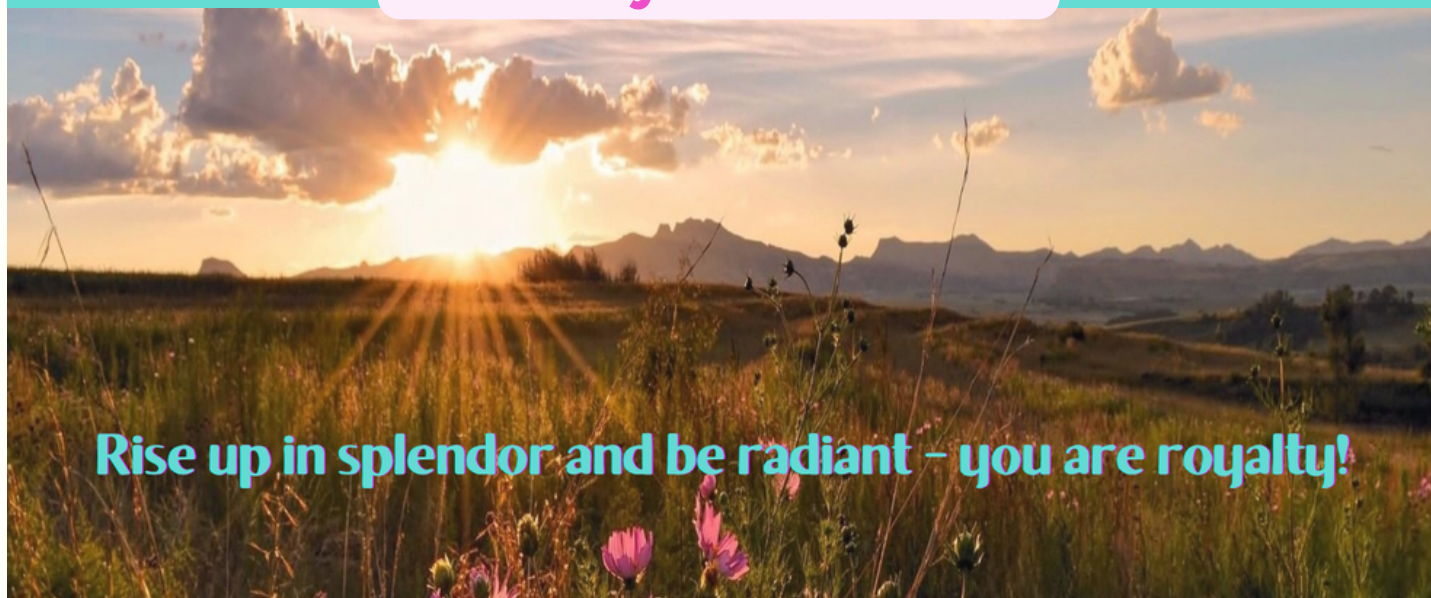


Christ-Centered Wellness

Monthly Newsletter



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

Building a strong immune system Immunity #7: The significance of receiving a revelation of your righteousness in Christ and God's love for you

By Leonie Du Rand

"For He made Him who knew no sin to be sin for us, that we might become the righteousness (dikaiosynē) of God in Him." II Corinthians 5:21 NKJV

"... their righteousness is from Me," Says the Lord."
Isaiah 54:17 NKJV

The meaning of righteousness from the Greek word "dikaiosynē":

- in a broad sense: state of him who is as he ought to be, righteousness, the condition acceptable to God
- the doctrine concerning the way in which man may attain a state approved of God
- Integrity, virtue, purity of life, rightness, correctness of thinking feeling, and acting
- in a narrower sense, justice or the virtue which gives each his due
- equity (of character or act); specially (Christian) justification
- right standing

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**THE EFFECT OF
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**THE ANTIDOTE FOR
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"And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]."

Romans 12:2 AMP

The effect of self-condemnation on the body and immune system

What is self-condemnation?

Self-condemnation is when you judge your own character or actions negatively. It typically happens when you believe you don't measure up or aren't good enough. In other words, it is the act of blaming yourself for failing to do or be something you know you should do or be.

The immune system is one of the first systems in the body to be compromised by self-condemnation. The reason for this is that the body receives incorrect impulses, which confuse the immune system. This is especially evident in autoimmune disease, where the immune system begins to attack healthy cells. When you criticise yourself, your body reacts to the negative messages that comes from condemning yourself.

Finding your acceptance in the Lord is the antidote to self-condemnation. The best place to start is to meditate on scriptures about your righteousness in Christ and God's love for you.

This will result in the renewal of your mind and it will align your whole being to what God says about you. Experiencing God's love for you will communicate acceptance and create balance within your body.

As you meditate on the scriptures ask the Lord to give you a revelation of your righteousness in Him and His love for you.



"[I always pray] that the God of our Lord Jesus Christ, the Father of glory, may grant you a spirit of wisdom and of revelation [that gives you a deep and personal and intimate insight] into the true knowledge of Him [for we know the Father through the Son]." Ephesians 1:17 AMP

"And [I pray] that the eyes of your heart [the very center and core of your being] may be enlightened [flooded with light by the Holy Spirit], so that you will know and cherish the hope [the divine guarantee, the confident expectation] to which He has called you, the riches of His glorious inheritance in the saints (God's people)," Ephesians 1:18 AMP

"For our sake He made Christ [virtually] to be sin Who knew no sin, so that in and through Him we might become [endued with, viewed as being in, and examples of] the righteousness of God [what we ought to be, approved and acceptable and in right relationship with Him, by His goodness]."
2 Corinthians 5:21 AMPC

The antidote for self-condemnation

#6 Revelation of your righteousness in Christ

Our acceptance is based on our righteousness in Christ and it is a gift. God qualified us not by our own efforts, but through the obedience of His Son, who made us all righteous.

"... He was disguised in our distorted image and marred with our iniquities; he took our sorrows, our pain and our shame and birthed his righteousness in us. He took our sins and we became his innocence."

II Corinthians 5:21 Mirror Bible

There are 3 fundamental building blocks that need to be in place in our lives if we want to build a strong immunity and live in the Divine health that is rightfully ours as sons of God. These building blocks are the foundation of our sonship and our relationship with God.

In newsletter #2 I already wrote about the important aspect of living in God's rest. In this newsletter the focus is on righteousness and our ability to receive God's love.

THE 3 FUNDAMENTAL BUILDING BLOCKS OF SONSHIP



**Living in
God's Rest**
(Seated with
Christ in
Heavenly Places)



**Personal
Revelation of
God's Love
for You**
(Intimacy)

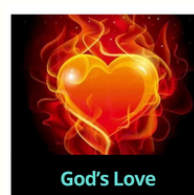


**Personal
Revelation
of Your
Righteousness
in Christ**
(Right Standing)

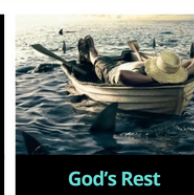
A few years ago, the Lord showed me that we are not secure in our relationship with Him unless we have a revelation of our righteousness in Christ and His love for us.

I got the words "no leg to stand on," and if only one of the aspects is a revelation in your heart, the enemy can push you over.

To be secure in our relationship with God, we need a personal revelation of both of these aspects.



God's Love



God's Rest



**Righteousness in
Christ**

"This is love: He loved us long before we loved him. It was his love, not ours. He proved it by sending his Son to be the pleasing sacrificial offering to take away our sins." 1 John 4:10 TPT

"We have come into an intimate experience with God's love, and we trust in the love he has for us. God is love! Those who are living in love are living in God, and God lives through them." 1 John 4:16 TPT

The Lord has appeared of old to me, saying: "Yes, I have loved you with an everlasting love. Therefore with lovingkindness, I have drawn you." Jeremiah 31:3 NKJV

"Now the promise of entering into God's rest is still for us today. So we must be extremely careful to ensure that we all embrace the fullness of that promise and not fail to experience it. For those of us who believe, faith activates the promise and we experience the realm of confident rest ... God's works have all been completed from the foundation of the world. As we enter into God's faith-rest life we cease from our own works, just as God celebrates his finished works and rests in them. So then we must be eager to experience this faith-rest life, so that no one falls short by following the same pattern of doubt and unbelief." Hebrews 4:1, 3, 10-11 TPT

"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

"The heart that believes in him receives the gift of the righteousness of God..." Romans 10:10 TPT

"For Christ is the end of the law. And because of him, God has transferred his perfect righteousness to all who believe." Romans 10:4 TPT

[Click here to go back to newsletter #2](#)

**THE RENEWAL OF YOUR MIND PLAYS
A VERY SIGNIFICANT ROLE IN
RECEIVING A REVELATION OF YOUR
RIGHTEOUSNESS IN CHRIST**

You are already righteous because of what Jesus has done for you at the cross.

“Therefore there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior]. For the law of the Spirit of life [which is] in Christ Jesus [the law of our new being] has set you free from the law of sin and of death.”

Romans 8:1-2 AMP

You are a new creation and in your spirit you are already like Jesus. In Him your new identity is righteousness.

“Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], he is a new creature [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life].” 2 Corinthians 5:17 AMP

“In this [union and fellowship with Him], love is completed and perfected with us, so that we may have confidence in the day of judgment [with assurance and boldness to face Him]; because **as He is, so are we in this world.**” 1 John 4:17 AMP



“FOR THE KINGDOM OF GOD IS NOT EATING AND DRINKING, BUT RIGHTEOUSNESS AND PEACE AND JOY IN THE HOLY SPIRIT.” ROMANS 14:17 NKJV



Sin-consciousness is a religious pursuit of righteousness based on our own performance and can cause a great deal of harm in our lives.

Righteousness is not something you earn through what you do, it is something you receive by faith.

“and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith;” Philipians 3:9 NKJV

“Christ is the conclusion of the law, everything the law required of mankind was fulfilled in him; he thus represents the righteousness of the human race, based upon faith [and not personal performance].” Romans 10:4 Mirror Bible

“For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.” Romans 10:10 NKJV

“being fully convinced that God had the power to do what He had promised. Therefore his (Abraham’s) faith was credited to him as righteousness (right standing with God).” Romans 4:21-22 AMP

[Click here to read more about revelation knowledge](#)

**“And the effect of righteousness will be peace, And the result of righteousness will be quietness and confident trust forever.”
Isaiah 32:17 AMP**

#7 Revelation of God's love for you

"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. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. **He who believes in Him is not condemned**; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God." John 3:16-18 NKJV

"In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that **we might live through Him**." 1 John 4:9 NKJV

"Love is not defined by our love for God, but by his love for us. It is not our response to God that attracts his attention; we have always had his undivided affection as declared in the prophetic promise and finally demonstrated in his Son's commission and work of atonement for our sins." 1 John 4:10 Mirror Bible



"And thus we have come to know and believe the love that God has unveiled within us. God is love. Love is who God is; to live in this place of conscious, constant love, is to live immersed in God and to feel perfectly at home in his indwelling.

So now, with us awakening to our full inclusion in this love union, everything is perfect. Its completeness is not compromised in contradiction. Our confident conversation echoes this fellowship even in the face of crisis; because, as he is, so are we in this world - our lives are mirrored in him. We are as blameless in this life as Jesus is. This perfect love union is the source of our confidence whenever we face the scrutiny of contradiction.

Fear cannot co-exist in this love realm. The perfect love union that we are talking about expels fear. Fear holds on to an expectation of crisis and judgment [which brings separation] and interprets it as due punishment [a form of karma.] It echoes torment and only registers in someone who does not yet realize the completeness of their love union. [With the Father, Son and Spirit and with one another.] (See Heb 2:15.)

We love because he loved us first. (We did not invent this fellowship; we are invited into the fellowship of the Father and the Son.)" 1 John 4:16-19 Mirror Bible

GOD IS LOVE
Love is His frequency



"I desire for you to become intimately acquainted with the love of Christ on the deepest possible level; far beyond the reach of a mere academic, intellectual grasp. Within the scope of this equation God finds the ultimate expression of their image and likeness in you.

(So that you may be filled with all the fullness of God. Awaken to the consciousness of their closeness. Separation is an illusion. Oneness was God's idea all along. Father, Son and Spirit desire to express themselves through your touch, your voice, your presence; they are so happy to dwell in you. There is no place in the universe where God would rather be.)" Ephesians 3:19 Mirror Bible

"I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God." Ephesians 3:16-19 NLT

God's love is the Spirit of all life, the energy that sustains life. We are created by God to receive and give love.

"Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." Romans 5:5 NKJV

Being able to receive God's love has a healing effect on the body.

God's love restores our bodies because of various reasons, it removes fear which has a negative impact on the body.

Feeling accepted, loved, and free of condemnation brings about healing and strengthens the immune system. It brings unity in the body that helps it to function perfectly.

"For [if we are] in Christ Jesus neither circumcision nor uncircumcision means anything, but only faith activated and expressed and working through love." Galatians 5:6 AMP

A revelation of God's love can also cause supernatural healing to manifest because faith works through love

Soundbites

**Click on image to
watch the video**



Grace and Unconditional Love

"and be renewed in the spirit of your mind, and
 that you put on the new man which was created
 according to God, in true righteousness and
 holiness." Ephesians 4:23-24 NKJV

Scripture Meditations

"... He made us accepted in the Beloved."

Ephesians 1:6 NKJV

"He associated us in Christ before the fall of the world. Jesus is God's mind made up about us. He always knew in his love that he would present us again face-to-face before him in blameless innocence. (The implications of the fall are completely canceled.)"

Ephesians 1:4 Mirror Bible

"His grace-plan is to be celebrated: he greatly endeared us and highly favored us in Christ. His love for his Son is his love for us. (The Gospel is not about telling people how lost they are but reminding them of how loved they are.)"

Ephesians 1:6 Mirror Bible

"In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins."

I John 4:10 NKJV

Prayer & Activation

Thank You Father that the banner over me is love and righteousness .

Thank You that You love me with an everlasting love and that I am made righteous because of the blood of Your Son.

Thank You Jesus that You took all my unrighteousness upon Yourself so that I can receive Your righteousness as a gift.

I am a new creation, the old is gone and the new has come. I am righteous and loved.

Father, I pray that Your love for me and my righteousness in Christ become a personal revelation in my heart, and that I be rooted and grounded in Your love for me.

Saturated in
Unconditional
LOVE



Activation with Mike Parsons

[Click on image to listen to the activation](#)

Additional Resources

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[Christ-Centered Wellness Blog](#)

Unconditional
LOVE 3



Mike Parsons

Teaching from our Patreon group Zoom
recorded on Sunday 12th June 2022
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