

TO LOVE THE LORD THY GOD - Physically, part 28 quotes

1 To Love the Lord thy God in our Physical Body

“...God created man, in the likeness of God made he him; Male and female created he them; and blessed them”. Genesis 5:1-2.

These verses reveal that we are not made from random genetic mutations which happened to form our physical nature over millions of years. But we were formed, made and created by God on one literal day to live and function in a specific designed fashion, and for a particular purpose. When you understand some of the vast complexity of the systems of our body, and then see how each system functions independently and yet harmoniously interacts in complete sympathetic unison with every other body part and system, you will indeed be as amazed as was king David:

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. Psalms 139:14.

2 Our Creator has also given us wise counsel and direction in how to best live our lives.

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” Romans 12:1-2.

This means that it is not just your mind and your soul or spirit that is to be presented to God as a living sacrifice, but also your physical body itself!

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” 1 Corinthians 6:19-20.

If you know this fact of truth and yet choose to ignore your Creator's wise counsel and direction, then you will lose eternal life!

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. Let no man deceive himself." 1 Corinthians 3:16-18.

But God does not desire that any of us should suffer from sickness and bad health, but instead desires us to be in the best of health!

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 1:2.

3 How To Manifest our Love for God in Our Body?

Everything that God created is designed to function under specific laws. All of nature were created to function according to a specific and pre-determined set of rules -- including mankind. In rendering obedience to these laws, we would be showing God our love by remaining loyal to Him. But in choosing to disobey these laws, then we would be showing God that we do not love him because of our disloyalty.

Everything God does is with purpose and design. This then means that God specifically designed human beings to function the way we do for a set purpose which also teaches us some beautiful spiritual lessons. If a star should stray outside of its set boundary of functioning laws for which it was originally created, then it will soon face dangerous consequences for breaking these natural laws. Not only would it be in danger of forever ceasing to be a shining star by becoming deformed, twisted and broken apart from a greater gravitational force than its own, but it would also have an adverse effect on all other starry or planetary bodies that it happened to encounter along its wayward path. So if we choose to stray away from the purpose for which God gave us life, then not only will we suffer for breaking the laws of our nature, but we will also have an adverse affect upon others we may come into contact with.

But most people are only concerned with their outward appearance, instead of being concerned about the internal health of their body, and how it affects others for good or for ill. Thus disease and wretchedness are everywhere. Seven out of every ten diseases are life-style related. Everything we do, or choose not to do, will either bring us health or disease. And when we do get sick, many will not take the time to search out the cause of their illness. Their chief anxiety is to rid themselves of the pain and inconvenience of the sickness as fast as they can by going to the drug store or to a doctor for some pill to quickly counteract the result of their misdoing.

What we need to understand is that most all sickness and disease is an effort of our body to free itself from conditions brought on by our violation of the laws of our health. So when we get sick we need to understand the reason why it occurred. Discovering the reason why we got sick will enable us to avoid repeating whatever we did which allowed disease to affect us.

Since God desires us to be in the best state of health, then by choosing to follow His will and word in all areas, we will indeed be healthy!

“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians: for I am the Lord that healeth thee.” Exodus 15:26.

“My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes: keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.” Proverbs 4:20-22.

4 Laws Governing the Human Body

There are specific laws governing our physical nature which must be obeyed in order to continue living. These governing physical laws are also seen to be mainly tied or grouped together under the following general areas: Air, Sunlight, Temperance, Rest, Exercise, Diet, Water, and Trust.

The major cause for suffering from disease is because we have disobeyed one or more of these 8 areas of health and its governing laws. So if we should become sick, then what we need to do is to discover which of these 8 natural areas of the laws of health are we breaking, and then plead with God to forgive us and to grant us His divine power and strength to no longer break these laws but to instead obey them. This means that these 8 areas of health governing our body can also be looked upon as being 8 simple remedies which we can freely and inexpensively use in order to overcome sickness and disease, and regain our health.