



April 10, 2017

Many of us have heard that a diet of high-quality, nutritious food contributes to good physical health, but did you know that a diet of high-quality food for the soul contributes to good physical health as well? It's true. God's Word, the Bible, when read and believed is healing!

*Proverbs 3:1,2,7,8:*

*My son, forget not my law; but let thine heart keep my commandments:*

*For length of days, and long life, and peace, shall they add to thee.*

*...fear [reverence] the Lord, and depart from evil.*

*It shall be health to thy navel [representing the entire body], and marrow to thy bones.*

*Proverbs 4:20-22:*

*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.*

To enjoy the highest quality of health in our body and soul, we want to feed our minds the highest-quality diet—God's healing Word. James 1:21 tells us that the engrafted, or implanted, Word of God is able to save our souls, make them whole. The Word brings wholeness.

Proverbs 23:7 tells us that the thoughts one allows to dwell in his or her heart, the innermost part of the mind, will have a direct influence on one's life. We want our thoughts to be based in God's healing Word.

It is absolutely the will of God that we enjoy good health.

*III John 2:*

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*

God's Word, spoken with believing and love, is healing to those who receive it (including ourselves).

*Proverbs 12:18:*

*...the tongue of the wise is health.*

*Proverbs 13:17:*

*...a faithful ambassador is health.*

*Proverbs 16:24:*

*Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.*

God's Word is spiritual nourishment. Keeping His Word in the midst of our hearts provides proper nutrition to our body and soul, and speaking God's Word with believing and the love of God brings healing to others. It is absolutely the will of God that we enjoy good health. We are His kids, and He wants only the best for us in every category of life. God's Word, which is the highest-quality diet, brings good health and healing to our lives.

*For more information, visit [www.theway.org](http://www.theway.org)*

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