

Let's Talk CHANGE DEVOTIONALS



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A HEALTHY IMMUNE SYSTEM

Dr. Vanessa Dantzer Ussery | May 13, 2015

Having a healthy immune system is nothing to take for granted. Many don't realize that our physical health is often linked to our spiritual health. That is not to say that every sickness we experience indicates one is spiritually unfit. However in the scriptures the Wisdom of Solomon in Proverbs 4:20-22 enlightens one to see the value of placing high premium on the teachings of the scriptures. One is admonished to listen to the teachings, consent (agree) with what you are told and submit (practice) the teachings. It is further admonished to stay focused on the teachings and keep them as the core of our heart. The reason is the **teachings of the Word give life to the receiver and 'healing and health to all their flesh (v 22)."**



I am not dismissing the need to exercise, have a healthy diet and get plenty of rest as the prescription for a healthy immune system. I am proposing we should add to these natural activities some life giving spiritual practices that will aid in the health of our bodies and prolong our days. When we value the doctrines (teachings) of Jesus Christ by living our lives walking after the spirit and not after the flesh, it makes a difference. When we choose to trust God and believe He sees and knows all, we can avoid many health problems. I confess I might have avoided being diagnosed with acid reflux had I trusted Him more. The damage is done so I take one Prilosec a day to keep the acid under control. It's a fact I allowed stress and pressures in life to have too much control. Today, I diligently exercise a more relaxed attitude as I am more confident in God to handle my life's issues.

God intends for us to be stress and pressure free. He clothes the lilies of the field, feeds the birds in the sky and manages everything else in the universe. This should prove to us He has the power to handle our issues. You probably don't need a colon cleanser to purge your system as much as you need to believe what is written. Our bad habits that lead to unhealthy bodies will change when we learn to trust in the Lord with all our heart and lean not to our own understanding; in all our ways acknowledge Him and He will direct our path. We must commit to listen to God; stay focused on His teachings, and keep His word as the core of our heart. I'm convinced we will be on the road to a much healthier immune system with this plan.

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