

## Judy Hartman's Health in a Nutshell Series

### Lesson #1 Live and Breathe in the Scriptures, the *Bible*

**Lesson #1 Live and Breathe the Word of God, the *Bible*** Understand that if you have received Jesus Christ into your heart that your body does not belong to you. It is yours to camp in while you are here on earth. (I Corinthians 6:16-20) Know, too, that you have a glorified body that will be yours in heaven that will be perfect, not a single flaw. (Philippians 3:21) Until then, your job is to keep your body, the temple of the Holy Spirit, in optimum health until you take your last breath. NOTE: As you write the passages of Scripture and go over them throughout each day, you are gaining disciplined spiritual muscles that will enable you to bring your body under the control of your spirit through the Holy Spirit Who lives inside of you. (Philippians 3:21) You will be creating sets of *Bible* verses that will enable you to live in the presence of God as you pray God's Word and promises back to Him.

How do you live and breathe in the Word of God in Christ Jesus? Let every breath praise the Lord. (Psalm 150:6). God decree for every single thing that has breath to praise Him. If you begin to live in the praise of God, you will not feel stress. See our book, *Exchange Your Worries for God's Perfect Peace* for a journey in God's peace☺

Decide to live in God's peace. Write the following verses on 3 x 5 cards: Isaiah 26-3; Matthew 11:28-30; John 14:27; Isaiah 26:3; and Philippians 4:6-10

Then-

- Cast all your cares upon Jesus
- Come to Jesus and you will find blessed quiet for your heart
- Receive the peace that Jesus gives
- Don't be anxious about anything
- Pray about everything
- Think only on good things

Decide to pre-forgive each morning. When you wake up each day, say to God, "Father, I receive again the forgiveness that You have given me through the cross of Jesus Christ Who took all of my sin, past, present, and future. Because I am receiving anew Your forgiveness, I am overcome by the love I am receiving. Therefore, I decide to forgive any offense that will come my way today. I will smile at the person and have a happy time with you because I will refuse those

horrible emotions that would have risen in my heart against the person. I will answer the person in love and change the subject to one of peaceful common ground. Thank You, Father, for Your power and glory in Christ Jesus that empower me to overcome all evil with good! Thank you for infusing me with your joy: God-given gladness! I pray in Jesus' name. Amen." (See our November 2016 book, *Joy: God-given Gladness*)

Write the following verses on 3 x 5 cards: Colossians 2:13-14; Hebrews 9:26; I John 1:9- Know that

- You are forgiven: Christ forgave all your sin, once for all
- You are justified-just as if you had never sinner
- Your heavenly Father desires to hear you declare your sin; He wipes the slate clean
- God made you alive with Christ Jesus
- Jesus sat at the right hand of God after His one sacrifice made you perfect forever as you are being made holy
- If you confess your sin, Jesus forgives you and purifies you
- David said that if he did not confess his sin, his energy was drained (Psalm 32)
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Simplify your life. Declutter it. As you declutter your house, your closet, and your garage, you will be blessing others with what is junk to you and treasure to them! Write the following verses on 3 x 5 cards: Psalm 27:4; Luke 10:41-42; Philippians 3:12-14; Proverbs 3:5-6; Psalm 1:7; 9:10; Proverbs 4:23; 16:3; 27:17; 29:18; 30:6; As you declutter your mind, you

- Live with your focus on eternity. You live with the end in mind.
- Focus on Jesus Christ while you attend to life
- Forget the past. Drop it!
- Look to what is ahead. Keep your eyes on the Son, Christ Jesus
- Fear God; therefore, be wise and understanding
- Trust God in everything
- Guard your heart
- Have an accountability friend
- Let God in His Word be your shield
- Run everything through the Bible
- Commit all that you are and all that you do to the Lord

Pray this prayer daily or one you create that is similar:

"Father, I present my body to You today, as a living sacrifice. May it be holy and acceptable to You. I choose to set apart my body as a living sacrifice. I know that my body is very selfish and demanding. Help me to make wise choices for my body today. I pray for the desire to live in health and vitality and the desire to make choices to achieve it. I thank You for the great day that I will have with You today. In Jesus' name, I pray. Amen."

Read Romans 12 in the Amplified Bible as it is here or in any translation you choose. Read it daily and as long as you so desire, until it is written on your heart.

Romans 12: "Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, *which is* your rational (logical, intelligent) act of worship. <sup>2</sup> 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].

<sup>3</sup> For by the grace [of God] given to me I say to every one of you not to think more highly of himself [and of his importance and ability] than he ought to think; but to think so as to have sound judgment, as God has apportioned to each a degree of faith [and a purpose designed for service]. <sup>4</sup> For just as in one [physical] body we have many parts, and these parts do not all have the same function *or* special use, <sup>5</sup> so we, who are many, are [nevertheless just] one body in Christ, and individually [we are] parts one of another [mutually dependent on each other]. <sup>6</sup> Since we have gifts that differ according to the grace given to us, each of us is to use them accordingly: if [someone has the gift of] prophecy, [let him speak a new message from God to His people] in proportion to the faith *possessed*; <sup>7</sup> if service, in the act of serving; or he who teaches, in the act of teaching; <sup>8</sup> or he who encourages, in the act of encouragement; he who gives, with generosity; he who leads, with diligence; he who shows mercy [in caring for others], with cheerfulness.

<sup>9</sup> Love is to be sincere *and* active [the real thing—without guile and hypocrisy]. Hate what is evil [detest all ungodliness, do not tolerate wickedness]; hold on tightly to what is good. <sup>10</sup> Be devoted to one another with [authentic] brotherly

affection [as members of one family], give preference to one another in honor; <sup>11</sup> never lagging behind in diligence; aglow in the Spirit, *enthusiastically* serving the Lord; <sup>12</sup> *constantly* rejoicing in hope [because of our confidence in Christ], steadfast *and* patient in distress, devoted to prayer [continually seeking wisdom, guidance, and strength], <sup>13</sup> contributing to the needs of God's people, pursuing [the practice of] hospitality.

<sup>14</sup> Bless those who persecute you [who cause you harm or hardship]; bless and do not curse [them]. <sup>15</sup> Rejoice with those who rejoice [sharing others' joy], and weep with those who weep [sharing others' grief]. <sup>16</sup> Live in harmony with one another; do not be haughty [conceited, self-important, exclusive], but associate with humble people [those with a realistic self-view]. Do not overestimate yourself. <sup>17</sup> Never repay anyone evil for evil. Take thought for what is right *and* gracious *and* proper in the sight of everyone. <sup>18</sup> If possible, as far as it depends on you, live at peace with everyone. <sup>19</sup> Beloved, never avenge yourselves, but leave the way open for God's wrath [and His judicial righteousness]; for it is written [in Scripture], "VENGEANCE IS MINE, I WILL REPAY," SAYS THE LORD. <sup>20</sup> BUT IF YOUR ENEMY IS HUNGRY, FEED HIM; IF HE IS THIRSTY, GIVE HIM A DRINK; FOR BY DOING THIS YOU WILL HEAP BURNING COALS ON HIS HEAD." <sup>21</sup> Do not be overcome *and* conquered by evil, but overcome evil with good."

You cannot underestimate the importance of establishing the dominance of your spirit over your mind and your body. (Romans 6:12) Look today to see what happens when people allow their flesh to control their minds and their spirits. God is dishonored. The family is destroyed. The very family that God established to represent on earth His Son Jesus Christ and His church. (Read Ephesians 5:23-32 until you own it) The destruction of the family is in full force.

You can preserve your family by establishing Jesus Christ as the center of all that you are, all that you think, all that you plan, and all that you do. (Hebrews 3:4) Be certain that:

- You continually seek God's will in Christ Jesus (see our book, *God's Will for Your Life*)
- You watch out for the deception of evil
- You do what God says to do
- You live in God's love
- As a family you ask God to bless your home
- As a family decide daily to serve the Lord

When you have established the authority of Jesus Christ in your life, you are equipped for life on earth! The Spirit of the Lord will rest on you-the spirit of wisdom and understanding, the spirit of counsel and strength, the spirit of knowledge, and of the fear of the Lord. (Isaiah 11:3)

I will include prayer and Bible study in the next lesson which focuses on oxygen. We could also call it the breath of God in us 😊

I trust that we have had a lovely time together getting to know God better and being set free from the tyranny of ourselves. God has a magnificent plan to free us from all bondages. His plan is to anoint us to be the most glorious and gifted person, even beyond our human imagination, because we are ignited by Him. My prayer for you is:

<sup>17</sup> [For I always pray to] the God of our Lord Jesus Christ, the Father of glory, that He may grant you a spirit of wisdom and revelation [of insight into mysteries and secrets] in the [deep and intimate] knowledge of Him,

<sup>18</sup> By having the eyes of your heart flooded with light, so that you can know *and* understand the hope to which He has called you, and how rich is His glorious inheritance in the saints (His set-apart ones),

<sup>19</sup> And [so that you can know and understand] what is the immeasurable *and* unlimited *and* surpassing greatness of His power in *and* for us who believe, as demonstrated in the working of His mighty strength,

<sup>20</sup> Which He exerted in Christ when He raised Him from the dead and seated Him at His [own] right hand in the heavenly [places],

<sup>21</sup> Far above all rule and authority and power and dominion and every name that is named [above every title that can be conferred], not only in this age *and* in this world, but also in the age *and* the world which are to come." (Ephesians 1:17:21)

So, please let me know if God's Word in Lesson #1 is a blessing in your life. I am praying for you and I love you.

I John 4:8

Judy

I started walking today to put into practice what I am learning from your book, *Increased Energy and Vitality*. I read an article about Muscular Christianity (how the YMCA got started), to make Christianity more manly. The book makes so much sense, about sowing into your health. Sow seeds into your health. I am now putting into practice the daily regimen of walking, that you can do it anywhere. It removes the excuse of not exercising. The benefits of perspiration, cleaning out your body, makes sense. How Jesus wants to walk with us in the cool of the day is really a blessing. A man from FI I am looking forward to the latter chapters about the Holy Spirit energy and vitality. I was stuck in a mental slump for a while, too. I reached a plateau in my life. It goes along with what the Lord has been showing me the last couple of months, doing all to the glory of God. I have one chance in this life. God has been telling me to renew my mind daily. This is the first day of the rest of my life. I need to be grateful now because now is the best moment of my life.

Close: II Thessalonians 3:16