*Monday, April 18, 2011*

**Sucker Punched**

Psalms 107:20-21 He sent his word, and healed them, and delivered them from their destructions. (21) Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! (KJV)

The word ‘healed’ refers to cure, as well as make whole and healthy, or healthful was another description. The term ‘sucker punched’ means that someone got hit with a punch they didn’t see coming but should have, if they had been paying attention. This week we would like to cover an area where many of God’s people are getting sucker punched by the enemy when the answer was something that was right in front of them, something that they should have seen coming.

Williams New Testament translation of 1 Corinthians 9: 25-27

25. Any man who enters an athletic contest practices rigid self-control in training, only to win a wreath that withers, but we are in to win a wreath that never withers. 26. So that is the way I run, with no uncertainty as to winning. That is the way I box, not like one that punches the air. 27. But I keep on beating and bruising my body and making it my slave, so that I, after I have summoned others to the race, may not myself become unfit to run.

I noticed in my younger years around certain congregations, that the same people would always be standing in the prayer lines seeking healing. Many Christians are seeking healing as well; however, they don’t follow through with a new lifestyle in order to avoid unhealthy things that would bring them down. We need to learn how to retrain ourselves all over again with a new lifestyle, which does include good health. People who exercise and live a healthy lifestyle are much better off than those that neglect good health. We often don’t realize how precious good health is until we don’t have it.

Proverbs 22:6 Train up a child in the way he should go: and when he is old, he will not depart from it. (KJV)

Being born again means to start over again as a child, and retrain ourselves according to a new way of living, which is Spiritual. You will find in this new life that the things that you did in the past were unhealthy and yes childish to say the least. You will also find that good health is vital and should be a way of life to the believer in Christ, because God does not desire to see His people sick and unhealthy. Simply put, it means that the things that you don’t always like to do or eat are now going to move up on your priority list if you are going to maintain a good healthy lifestyle.

1 Peter 2:24-25 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. (25) For ye were as sheep going astray; but are now returned unto the Shepherd and Bishop of your souls. (KJV)

You know, once you get healed and restored again back to good health, it is then that you need to hear the Lord daily on how to maintain it. Many people pray for a healing only to turn around and go back to something unhealthy again, and then wonder why nothing changes, or they start whining that God doesn’t want them to be healed. One of the biggest areas that is getting overlooked and neglected in the body of Christ, is the body that Christ gave us and expects us to maintain. I can tell you that if you are unhealthy and not where you need to be it can definitely pull you down, and affect you Spiritually as well.