*Wednesday, April 20, 2011*

**Sucker Punched**

3 John 1:2-4 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (3) For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth. (4) I have no greater joy than to hear that my children walk in truth. (KJV)

If you notice in the word ‘health’ you see ‘heal’ right in the middle of it. The real truth is that God’s people should be healthy and full of life, vigorous and positive, not bummed out and out of shape. God not only provides His people with His word so that we can be healthy Spiritually, but there is plenty of wisdom and knowledge available so that we can maintain good health in our bodies as well. If you have been a bit down and out lately, and are wondering what has been missing from your walk, most likely you have been ignoring the temple of God, and what should be a place of good health many times ends up to be a toxic storage dump.

John 10:10-11 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. (11) I am the good shepherd: the good shepherd giveth his life for the sheep. (KJV)

You know, Jesus Christ was a man of good health, which began in the Spirit and manifested outwardly. Have you ever noticed people that have gone from an unhealthy lifestyle to a healthy one? Yeah, you see the joy and exuberance gushing out of them because they see how something so simple and obvious was robbing them of this new way of life. They find that they have more energy and excitement again, because things they used to do and enjoy they were no longer doing because they were now in good health. Nonsense Church, we should know better, and not allow the enemy to steal from us anymore; rather we should be walking in the victory and joy that our Lord intended for us to walk in.

Ephesians 4:27-30 Neither give place to the devil. (28) Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth. (29) Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. (30) And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. (KJV)

Many of God’s people are letting their old natures and lifestyles steal the joy that God intended for them, and the new creation that He desires to see manifest within them. Many of God’s people are allowing themselves to be defeated, because they are not living as healthy as they should; and you can hear the negativity of their unhealthy lifestyles come out in the form of toxic words. When you are not in the place that you should be it grieves the Holy Spirit, because you rob the Lord of the opportunity to work in and through you so that you can see the new creation in Christ working in and through you as well.

Hebrews 12:1-2 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, (2) Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. (KJV)

I would like to share this tidbit in closing today; the simple fact is that, for those that are overweight and not in the shape that they should be in, it is because of a lot of the unhealthy spiritual weight that they have been hanging onto. Nasty toxic unhealthy things like anger, strives, contentions, or an unwillingness to forgive others is like carrying around a backpack of unnecessary junk that will pull one down if not unloaded. What you see on the outside if a manifestation of the inward man. God bless and keep moving forward.