*Friday, April 22, 2011*

**Sucker Punched**

James 5:14-16 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: (15) And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. (16) Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. (KJV)

Now I do not desire to diminish the effect of what prayer can do, and the healing that can take place through those who know how to pray effectively. Our goal this week is to get us to look at an area that can cause the sickness to resurface again if not dealt with properly. Most sickness that you will see manifest is a result of an unhealthy lifestyle that we bring upon ourselves without being aware of it. By learning to diet, which is just another word for lifestyle, and getting up and moving our bodies by some exercise will go a long way toward maintaining good health and avoiding unnecessary sickness and ailments.

Ephesians 6:10-11 Finally, my brethren, be strong in the Lord, and in the power of his might. (11) Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. (KJV)

One of the areas that the Church needs to shore up, and get rid of the chinks in their armor is in the area of good health. Many overlook their own health and are getting bombarded by the fiery darts of the enemy, because they keep getting knocked back down by being unhealthy, which is not a very good witness or example. The Lord desires for His people to be strong and of good health, so that they can go out and about and live a life that would be appealing to others.

Proverbs 24:3-5 Through wisdom is an house builded; and by understanding it is established: (4) And by knowledge shall the chambers be filled with all precious and pleasant riches. (5) A wise man is strong; yea, a man of knowledge increaseth strength. (KJV)

You are the house of God, and the temple that He has taken up residence in. Have you ever seen pictures of people that are strong and in good health? Yeah, you can see that they have their bodies in subjection and are reaping the benefits of it. God would like to see His people strong, and in good health so that they can be complete; spirit, soul, and body.

Luke 2:39-40 And when they had performed all things according to the law of the Lord, they returned into Galilee, to their own city Nazareth. (40) And the child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon him. (KJV)

You know, our Lord was a man of good health, and strong, so that He could carry out the task ahead of Him. God is no respecter of persons, so what was provided for the Son is yours for the taking as well. Are you as strong as you need to be; spirit, soul, and body, or is one of the three lacking and in need of attention?

Acts 3:2-6 And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple; (3) Who seeing Peter and John about to go into the temple asked an alms. (4) And Peter, fastening his eyes upon him with John, said, Look on us. (5) And he gave heed unto them, expecting to receive something of them. (6) Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk. (KJV)

All through the Bible we see that our God is in the healing business and desires to see His people get up and moving forward in their walk. The problem though is that many get up for a season then fall back on their blessed assurance and become lazy and sluggish, and live unhealthy lifestyles that knock them back down.

Acts 3:16 And his name through faith in his name hath made this man strong, whom ye see and know: yea, the faith which is by him hath given him this perfect soundness in the presence of you all. (KJV)

Yes the Lord does and can heal His people, and get them back on their feet again. The point that we wanted to make this week is that many look for shortcuts to their healing rather than hearing the wisdom of God on how to maintain a healthy life and not allow sickness back into their temples again. So Church in closing today, let’s get up and get moving, and find a regimen that works for you and maintain that temple that God gave you so that someday you can turn it in, and exchange it for a new permanent one. God bless, and stay fit and ready for the Master’s use.