Healing by Design

Introduction

1. **HOPE.** Healing by Design is about having faith and trust in the One who designed us. Only God is all-knowing, all-powerful, good, kind and it is He who desires us to have abundant life. How we view the characteristics of God reflects what we believe about the human body, which should lead us into HOPE!

2. **GOD NEVER CHANGES.** The God who did miracles in the Old Testament is doing miracles today. The God who asked His people for a heart of obedience, used righteous correction and discipline, and provided instructions and guidelines for proper living still desires this today.

3. **PEACE HAS MADE US WEAK.** A people who are comfortable, have abundance and "live the good life" can become complacent, dull and left wanting. If we are not desperate for God, we will often settle for things of the world, which can never satisfy or replace God.

4. **THE GOD OF DESIGN.** The God who does miracles is the same God who designed the earth to function with very specific purpose and a natural created order. God gave us mathematics, chemistry, botany, physics, an amazing human body and cause and effect.

5. **DUST OF THE EARTH.** We must live our lives based on how God designed us. He makes the blue prints, and we decide the building materials used. We either work with God and His design or we are working against it.

6. **GOD SPEAKS THROUGH OUR BODY.** If we believe God designed us, than we must believe the body is doing what it is designed to do. Likewise, if we feel something is going "wrong" with our body, we must understand that it is telling us we are out of alignment with our Creator.

7. **CHOICE DETERMINES HEALTH.** As with anything in the Christian walk, we make choices. We must believe and understand that wrong living (including poor choices related to food) can lead to sickness, disease and separation from our Creator.

8. **WE ARE DESIGNED TO HEAL.** God IS healing. It is the nature of who He is. We are designed in the image of God. Our body is always trying to heal and repair itself.

9. **BODY IS OUR TEMPLE.** Paul is clear about this throughout the New Testament. It really does matter how we care for our vessels, which are the in-dwelling temples of the Living God.

10. **RETURN TO GOD.** There is no way out of the problems we are seeing in the world today outside of God. Man's attempt at preventing and reversing sickness and disease has been mostly a failure, especially related to chronic illnesses, but there is hope in alignment with God.