

Healing for the Sick; Health for Believers



Maintaining
Sound Health

NIYI MAKINDE

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Preface

The scripture says, “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 1:2. It must be well acknowledged that God wants us to be in health – a state of being free from illness, sickness and injury; a state of well being and fitness; a condition of vigour and soundness. As individuals, God created us to be in health. Also, He desires for us to be in health, but right from the fall of man, man had no ability in himself to be in health. Sickness came in, as the result of the fall of man.

According to scripture, there are some individuals that lived their lives in health, and there was no record that they got sick. There was no record in the scripture that Adam was sick. Also, there was no record in the scripture that Abraham, Isaac, Jacob and Joseph were sick. In fact, the Bible says concerning Moses that he lived one hundred and twenty years; his eyes were not dim nor his natural vigour diminished. There was no record of the place where Moses was sick. Joshua lived one hundred and ten years; there was no record that he was sick. Conclusion however, cannot be made that either they got sick or not, because we don’t have access to historical account concerning their state of health. We only have account of certain things that God did through them. As regards the peculiarity of Moses, if you catch the revelation behind the state of well being of Moses and make it your revelation, you will be in divine

health. The bible says in Deuteronomy 34:7, “Moses was one hundred and twenty years old when he died; his eyes were not dim, nor his natural vigor diminished.”

The man, Moses, was still strong at one hundred and twenty years. You see people less than twenty years getting sick frequently. It is not God’s wish and will for you to be sick, have injuries and go through certain pains or deformities. As you read, ensure your heart reaches to God, to be imparted with the wisdom to maintain sound health.

Acknowledgement

I acknowledge the Eternal Mind that possess the treasures of all knowledge and wisdom.

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1

YOU CAN MAINTAIN SOUND HEALTH

GOD'S WILL FOR A MAN IS TO BE HEALTHY

God created other creatures. Trees were created; the trees don't get sick. Other things like the mountains, rocks, don't get sick. Animals were created and there are some you cannot trace whether they are sick or not. God wants you to be healthy and be in health. He doesn't want you to have difficulty in breathing, or body defect. You have to know and believe that God wants you to be healthy.

JESUS LIVED IN HEALTH ALL HIS LIFE

Jesus lived on earth for thirty-three and half years. He was never sick for the space of thirty-three and half years. When Jesus was on earth, the following among others, didn't have power over Him: disease, pains, sickness. The personality that death couldn't kill couldn't be attacked by sickness. When He was nailed on the cross, He didn't die, until He gave His spirit. Jesus lived in health, while He was on earth. You can be in health all your days.

TO BE HEALTHY: GOD'S ULTIMATE DESIRE

3 John 2

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

Isn't it inspiring to see that God wants you to be in health? As long as you are a believer, God wants you to be healthy. Healing is for the sick; health is for the believers. God doesn't just want a believer who is sick to be healed; He wants such to be healthy. God's ultimate desire for you is to be healthy. To be healthy is to have a complete and wholesome wellbeing.

God's duty is to give you sound health; it is your duty to maintain sound health. Here it is – God gives you health, He wants you to be in health, and gave you His scriptures, so you can learn what you need to do to be in health. There are health professionals, but I want you to know that the scripture is full of certain insights that can make you healthy. God created your body and He knows what you need to maintain that body. So, He decided to put in Scriptures the things you need to do to maintain your health.

IT IS YOUR DUTY TO MAINTAIN YOUR HEALTH

It is your duty to maintain your health, after God has given you. Proverbs 14:30 says “a sound heart is life to the body, but envy is rottenness to the bones.” This scripture reveals that when your heart is sound, your body (health) will be alive. It therefore means that you must strive to maintain a sound heart. When your heart is sound, you will not permit sorrow, evil thoughts, fear, and negative medical reports to occupy your heart. You will just choose to believe what God has said concerning your health. The way to make your heart sound is to think the word of God regularly; think that God wants you to be in health, and

you will be.

AUTOMATIC HEALING OF THE HUMAN BODY

The human body is created with the ability to heal itself. God did not create herbs for drugs alone He created herbs because He wanted man to rule over it. They are created as food for man. God knew that the herbs, leaves, trees can be converted to medicine for man; however, by the wisdom of God, men begin to separate herbs for medicine and those that can be used as food for man.

God has created the human body to heal itself. That is the reason every eleven months, there is always reproduction of new cells in your body system. Your body has a re-creative power, to bring to pass the healing that is needed. Your body can heal itself. This is not an attempt to despise the use drugs. There are people who use drugs, because medicine is a discovery of God's wisdom too. When you are passing through some things now, what you are passing through such as illness or disease can heal itself.

There are some diseases called an incurable disease. There is no disease that is too big and powerful for your body to kill. Your body can kill any sickness. Two things make disease more powerful than your human body. First, God factor. The Egyptians were afflicted with all kinds of sicknesses and diseases. The reason they were afflicted is because God factored it. The second reason a person can get sick or a disease overpowers a person is the result of information; the place of information matters. If some people have not had access to particular information, they will not believe the sickness. If certain information is passed across to some people, they will not do some things. So, the place of information really matters. The

information you have to understand goes thus: God created the body system to be so powerful than any disease or sickness in the world; He created the body to be more powerful: it can heal itself.

DRUGS ARE ADMINISTERED TO DEAL WITH INSTANT PAIN

You see, God created human body with the ability to heal itself, with time. You see, some medical experts know this, but they won't tell you. Your body can heal itself, with time. The reason you go to doctors is because you want it to be healed instantly, with usage of drugs. Drugs are administered to deal with instant pain, but the fact is that your body can heal itself, with time. With this understanding, anytime you have a pain in your body, just believe that it will go. You see, your belief alone has sent signals to your brain that it should start working out the healing process.

FILL YOUR HEART WITH GOD'S WORD

Beyond this, as believers, we don't only believe in the natural power that brings health, we also believe in the spiritual process that brings health. When you fill your heart with the word of God and believe what it says concerning your health, then, you have activated the supernatural power of God. A report was given to the wife of a minister that she would die in three days, she left the hospital and began to read out loud all the scriptures she knew on healing, long life and sound health and years have gone, she is still alive. Never believe what men say, believe what God has said.

YOUR WORDS RULE YOUR HEALTH

AVOID THE SORRY ZONE IN LIFE

Proverbs 18:22

“Death and life are in the power of the tongue, and those who love it will eat its fruits.”

The words of your mouth can decide whether you will be healthy or not. Too many people don't understand that words themselves are medicine to the body. Every time you say something about your body, you are either injecting death or life into it. Some people just like to be pitied or sympathized with. They love people to always feel sorry for them. They have never been well all their lives. It is as though they always like to hear the word “sorry”, all their lives. Refuse to be sympathized with! God designed you for health, and He wants you to be in health.

As a believer, you don't need to pray to God to make you healthy. Why? God already spoke through Apostle John that He wants you to be in health (3 John 2). Since God already said He wants you to be in health, don't you think telling God to make you healthy is like telling Him to do what He already promised to do. So, rather than saying “God give me health,” why don't you

declare that you are healthy. You should boldly declare regularly: **“I am healthy and in health; all my body systems are healthy and active”** In other words, you are affirming into your life and body what God already did for you.

YOUR TONGUE IS A POWERFUL CHANNEL, USE IT WELL

The scripture says death and life is in the power of the tongue. In other words, your tongue is more powerful than death. Did you get what you just read now? Think about it. Your tongue is more powerful than death. So, it means when death wants to hit a person and the person opens his or her mouth that he or she is not ready to die, death will have no effect on that person. You can decide whether you will be healthy or not. When your body begins to react and misbehave, there is a way you can regulate and control it – by speaking. It is through your words that you send life into your body system.

Your body is designed to obey whatever you say to it. What you say is more powerful than your pain. Anytime you are having a pain, don't say you have a pain, just talk to that pain. Command that pain to leave. That is how to maintain sound health. If you don't talk to your body, it will act anyhow.

BE IMITATOR OF THOSE, WHO THROUGH RIGHT WORDS MAINTAIN SOUND HEALTH

The young believers need to learn from the old saints. The old saints understood the power of words and that is how they gained power over sicknesses and diseases. When they are sick or having some ailment, you won't hear them say they are sick, they will say “they are strong.” You know, some people think that when a sick person says he is strong, he is only acting fake. No! Such is acting faith. Those saints always say what they want

to see in their body. They will say they are strong, and as they say it, their body hear that, and begin to work out strength. Watch what you say. When your body is feeling somehow, don't say what you are feeling; rather, say what you want to feel.

HEALING AND HEALTH DIMENSION

Proverbs 4:7

“Wisdom is the principal thing; therefore get wisdom, and in all your getting, get understanding.”

I wrote in one of my books titled “*Wisdom for all Round*” and I shared there that there is wisdom for health. Too many sicknesses were product of human ignorance. There is the wisdom side that brings sound health to a person. I hope that you know that it is by wisdom that drugs were made by Pharmacists and medical practitioners. I took years to study about the medical field and read wide in that field. From my study, I concluded that drugs are not made for healthy living, but for healing. The healthy doesn't need drugs; only the sick need drugs. There are no drugs to maintain sound health; drugs are to gain, sustain and perfect healing. Any drug that is said to maintain sound health is false. To be healthy, you don't need drugs; you need two things – wisdom and faith. When you talk to your body you are exercising the faith part to maintain sound health.

DON'T VOICE YOUR SICKNESS

It is amazing to see many sick people go to the doctor and the doctor gave report of their body. Those people become conscious of what the doctor told them and become conscious of sickness found in their body. Whatever you don't voice is not authenticated in your life. For instance, if you don't say you

are sick or believe you are sick, do you know that you have not established such sickness in your life? The way you establish a sickness or disease in your life is that you talk or think what the doctor said to you. If a doctor or specialist tells you that you have a particular sickness and you say to yourself as thus: I don't have this sickness, and you believe what you said, even if you have such sickness, it will be paralyzed over your life. Power had cannot show its ability, until it is acknowledged. So, any sickness in your body is not powerful, until you acknowledge it. The sickness you don't acknowledge is not powerful over your life.

This understanding will make you to know that when you are told you have a particular disease or sickness, you don't voice it. You have to voice your health. When you voice that you don't have a particular sickness, it cannot have a place in your body system. You have to voice the word of God.

Psalms 91:10

[10]No evil shall befall you, nor shall any plague come near your dwelling;

When a doctor gives you a report, you must know how to give yourself a report. All sicknesses and diseases are evil. If you believe this scripture, it will produce result in your life, because no evil shall befall you. No sickness shall come upon you. If you think this regularly, it will be easy for you address anything that wants to befall you. Don't voice your sickness and disease, voice God's Word.

YOUR WORD IS AN INJECTION

Sometimes ago I visited someone in the hospital, and I learnt the person had been injected and slept off. The person slept off not because he wanted to sleep but someone injected him. Your

word is an injection. So, you must know how to inject your body with the word of God. All you need do is to quote the scripture and personalized the Word of God in your life

Psalms 91:6

[6]Nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday.

All diseases are destruction. They are meant to destroy the carrier. This reveals that no sickness or disease will just come upon you anyhow. So then, you have to inject your body with the word of God. Regularly tell your body how you want it to feel; tell your body that the life of God saturates it. If any part of your body is affected by disease and you say such words regularly and consistently, that part of your body will begin to respond to what God is doing.

NEUTRALIZING PAINS

PAINS ARE DIFFERENT FROM SICKNESSES

Some people are not sick. They don't have any disease. What they have is pain. It is possible to be in pain, and not be sick. There are people extremely going through certain pains in their body. Pains are different from sicknesses. Often, it is the pain that develops into sickness; the sickness often develops into a disease. When you hear the word 'ache', such as: backache, headache, stomach ache, among others, become consistent and overpowers human body, they become sickness; however, when a sickness overpowers human body, it becomes disease; when disease overpowers human body, it leads to death. Pains, sicknesses can create death.

HOW TO NEUTRALIZE PAIN

Everyone can neutralize pain. The medical practitioners know this, but can't track it. If they teach this, it will affect them. There are ways you can neutralize pain:

• **WATER**

You have to know that water is a pain neutralizer. Regardless of the pain, water is a neutralizer; however, it is much water that can neutralize sicknesses. That is why when a person is sick and taken to the hospital, the medical practitioner passes normal saline to the body of such individual. When you have aches, ensure you take water.

Water is designed for your healing and health. Both the sick and healthy need water. Your body needs much water to survive. Even when you are fasting, you can take water. Why? Fasting is abstinence from food, not water. You need to take much water to be healthy. Most headaches are as a result of low intake of water. Do you know that much water can overpower malaria and fever? I mean water alone! Well, you know, an area God has given me much insight also, is the area of medicine and health matter. Therefore, wisdom demands you take action, in taking much water to be in health.

• **REST**

Rest is a pain neutralizer. When you are passing through some things, always take time to rest. When you rest, the pain will be neutralized.

Also, the wisdom part to maintain sound health says, to maintain sound health you must always take time to rest. The scriptures show that God rested on the seventh day. If God rested from His works, who are you not to rest? It is wisdom that will tell you to rest to maintain sound health. You must also sleep. Sleep is needed; it is too much sleep that should be avoided. The

only entities that do not sleep are spirits. See, God is spirit, so He doesn't sleep. Satan and demons are spirits, so they don't sleep. Angels, arch angels, the four living creatures, the twenty four elders don't sleep. Let me tell you this plain truth – your human spirit doesn't sleep. You see, spirits can rest, but they don't sleep. As long as you live in your body, your body must sleep. Do you know animals sleep? Simply because both animals and man came out of the earth, and the only part of man that did not come out of the earth is the spirit of man, which came out of God; the body of man came out from the earth. I hope you know that plants sleep too. You must take time to sleep, so as to regain strength.

- **CHANGE YOUR ACTION**

When you have pain, one of the ways to suppress such is to change your action. You begin to do something else which sometimes is difficult to do. It does not necessarily mean you rest or sleep. You can decide to sing. In short time, such action can overpower your body, and the pain disappears.

- **FOOD AND EXERCISE**

Food is also needed to be healthy. You may need to practice balance diet to be healthy. Exercise is also needed to be healthy. Sometimes, you just need to sweat out some substances in your body.

• **YOU TALK TO YOUR PAIN**

You have to talk to your pain, anytime it appears. You have to talk the result you want. If you can be diligent with talking to your pain to leave, it will surely come to pass. Your word can neutralize every pain. If you understand the power of words, anytime you are having a pain, you won't say it out. Ensure you don't give voice to your pain, because your word will create it. All you need to do is to be quiet. This is not a teaching on faith. It is natural thing that makes result happen. The moment you voice your pain, your body system will hear it, and attention will be given to that particular sickness you mentioned.

• **GIVE YOURSELF THE GOOD NEWS**

When a person goes to the hospital and got healed, the doctor will say "I have good news for you". The question is, why do you have to permit the doctor to give you the good news? Why not give yourself the good news? Always give yourself the good news. The good news you have to give yourself goes thus: **"my body has been created in a way that it cannot be sick; my body cannot be affected by any sickness, disease, illness, pain, ailment; they don't come near my body; I am strong and healthy."** You have to say this consistently to yourself, think on all, and believe.

Every time your body is reacting somehow, it wants you to release the bad news. Always think and speak the good news. I am not in any way saying there is no place for treatment; what I am communicating is how to be healthy. Use your words to treat your body every day. Speak to your body to be in the right shape.

Tell your body: “you are healthy; you cannot be sick; power is at work in you.” As you do, your belief system is formed in you, and all the organs in your body just know they cannot be sick; then whenever any sickness wants to come in, your body will fight it. Your body can fight any sickness and disease. Ensure you give yourself the good news regularly. Always say the opposite of the pain you are passing through. Practice all of these, and you will be healthy.



About the Author

Niyi Makinde is a leadership expert, quotient coach, consultant, author and a Christian minister with an apostolic calling.

His passion is to raise Christian ministers and leaders like himself, as well as to help organisations and businesses maximize their potentials. Apostle Niyi Makinde has been in Christian ministry for over fifteen years. He is the President of Rebirth Global Church, a network of churches across the globe on a mission to empower believers to fulfill their God-given tasks on earth.

He is an apostolic oversight and covering for many other ministries, networks and churches.

Also by Niyi Makinde

Apostle Niyi Makinde as an Author has written several insightful and powerful books, among which are:

1. Divine Instructions
2. 12 Laws of Divine Instructions
3. Breaking Life Code
4. Revolutionary Apostle
5. Power to Prosper
6. Power to Become
7. 53 Laws of Excellence
8. ChurchShift
9. Business Sense
10. Dealing With Human Enemies
11. Wisdom For All Round
12. WisdomPower
13. Prayer Force Volume1
14. Multiply
15. Tithing
16. You are Different
17. Phronesis For Dating
18. Dating, Marriage and Sex
19. Managing Divine People
20. Power to Get Wealth
21. Spiritual Fatherhood
22. Managing Divine People
23. Understanding Honor
24. Flourish And GrowVolume1
25. Faith Dimension Volume1
26. Ministry Laws Volume1

27. Secrets to Supernatural (Financial) Abundance
28. Running Like the Deer
29. Prayer Force volume 2
30. Making Things Happen
31. You are aSeer
32. 79 Insights Into Favor
33. New Creation
34. Prayer Education
35. 20 Facts about Human spirit
36. Supernatural Visions
37. Understanding Church System
38. 11 Facts about Human mind
39. The Holy Spirit
40. Dominion in the realm of Abundance
41. Soul Winning Manual
42. Maintaining Sound Health
43. Faith for Abundance
44. New Levels
45. Wisdom for Abundance
46. The Power of Meditation
47. Understanding Supernatural Dreams
48. Stop Multiplying in Affliction
49. Communication Ethics in Ministry
50. Ministry Ethics (Volume 1)
51. Warfare for Honor
52. Wave of Increase
53. Praise for Favor
54. Ministers' Training Manual
55. Breaking Joy Code
56. The Power of His Name
57. You are a wonder

58. Roar and Soar
59. The Minister and the Ministry
60. Grace Factor
61. Subdue and Dominate
62. Flourish and Grow (volume 2)
63. Overtake
64. Victory over Afflictions
65. The Power of Patience
66. Stand out to Step out
67. Shining like the Sun
68. 30 Channels of Wealth
69. Breaking into Laughter
70. The Power to Dominate
71. Enjoying Health
72. Stronger than the stronger
73. Battle for Wealth
74. Wealth Transfer
75. Maximum Protection
76. The Power to be on Time
77. Power Activators
78. Essence of Obedience
79. The Power of words
80. Planting a branch Church
81. Dimensions of Power
82. Your Reality Today (Yoreto)