DAY 1 – PASS THE FOOD TEST

Your spirit, soul, body and emotions need to be fed, and God provided the food that is needed for each area.

STUDY IT

- God designed man to live 120 years on the earth (Genesis 6:3).
- Jesus passed the food test by putting God’s Word before His own food (Matthew 4:3-4).
- By failing the food test you are inviting sickness into your body.
- There are two appetite hormones that have to be balanced correctly—leptin turns off your appetite and ghrelin turns it on.
  - The foods that get the hormones off balance are sugar, highly processed foods, sodas, fructose and high-fructose corn syrup.
  - Stress will also cause an imbalance in hormones.
  - Your body needs protein to balance the hormones.
  - The ghrelin hormone is on a cycle, so it’s best to eat something every four hours.
- God plans for you to take care of your body, so you can preach the gospel and work with Him.

Additional scriptures: Genesis 3:6-7; 1 Peter 2:24; 1 Thessalonians 5:23; Mark 4:14-15; Isaiah 7:14-15; Galatians 6:7-8; James 3:2; Romans 14:23; Daniel 1:20; 1 John 5:4; Deuteronomy 30:19

MAKE IT PERSONAL

Write the name of some foods you will stop eating and some you will start eating to align yourself with God’s Word.

Stop: ___________________________  Start: ___________________________
Stop: ___________________________  Start: ___________________________
DAY 2 - REFUSE TO BE OFFENDED

Forgiveness therapy destroys strife, offense and anger, and allows healing. Put yourself in a place where you can worship God, and listen to godly preaching and the reading of scriptures. Then you will be ready to receive healing.

STUDY IT

• Stop fear, now! Repent of fear (1 John 1:9).
  • All offense is fear based, and it paralyzes and destroys your faith.
  • Offense and unforgiveness at another person, or at God, signs you up for disease.
  • Some people practice offense. You need to practice forgiveness.

• Eating healthy is possible according to the Word of God. You can lose weight (Philippians 4:13).

• Thirty-five major diseases including 12 different cancers are consequences of obesity.
  • Put your mind, emotions and body in subjection to the Holy Spirit. Then, you will think and eat the way you should, and your body will be programmed for weight loss.

• Bread today is hybridized and cross-bred so that it has become highly inflammatory for your body and your brain. It invites belly fat and Type 2 diabetes.

• Lay unhealthy foods on the altar, confess that you don’t need them, take Communion and let God deliver you.


MAKE IT PERSONAL

Name three people you will practice forgiving: ____________________________________________
__________________________________________________________________________________

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FOOD, MEDICINE AND GOD’S WORD
KENNETH COPELAND AND DR. DON COLBERT

DAY 3 – DELIVERED ONCE AND FOR ALL

When you receive Jesus as your Savior and Lord you are indwelt by God’s Holy Spirit. You become a place of worship, because God lives in you.

STUDY IT

  - Your sacrifice is now acceptable to God (Romans 12:1).
- Lay your fleshly desires on the altar.
- Be led by the Holy Spirit, not your flesh (Galatians 5:16-17).
- Let your nature take on the character of the divine nature (2 Peter 1:4).
- You are to be comforted by the Holy Spirit—not ice cream or some other food (John 14:26).
  - Let the choices Jesus made be the choices you make.

Additional scriptures: Romans 12:2, 7:18; 1 Corinthians 3:16-18, 9:27; Ephesians 5:29-30; Proverbs 13:12; Galatians 5:24; Nehemiah 8:10; John 14:26; Galatians 6:7-8; 1 Timothy 4:2; Ephesians 4:11; Genesis 2:23, 18:19; 1 Corinthians 11:29-30; Romans 10:9-10

MAKE IT PERSONAL

Make this declaration daily:

I am a temple of God. I choose to open myself to the guidance of the Holy Spirit and continuously be aware of God’s presence within me. I will take every opportunity to praise and worship my heavenly Father, and allow Him to change me to be more like Jesus. In Jesus’ Name I pray. Amen.
FOOD, MEDICINE AND GOD’S WORD
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DAY 4 – FOOD, MEDICINE and GOD’S WORD

Dr. Colbert began learning of the strong effects of certain foods on the body when he contracted psoriasis.

STUDY IT

- God healed Dr. Colbert from a massive heatstroke and rhabdomyolysis in his legs.
- Later, Dr. Colbert contracted psoriasis and could not get healed.
- Eventually, he realized that he was eating certain foods that were causing inflammation in his intestines.
- The inflammation was evidenced by the psoriasis on his skin.
- Food sensitivity, food allergy or food intolerance are three different conditions.
  - Food sensitivity, like to bananas or broccoli, affects your body in an unhealthy way.
  - Food allergy, like peanut allergy, can cause your windpipe to swell and constrict and that could result in death.
  - Food intolerance, like lactose intolerance, results in diarrhea or other problems.
- Certain foods—fried foods, sugar, processed foods, hydrogenated trans fats, polyunsaturated fats—cause inflammation in everyone.
- Some foods you must lay on the altar, so that God can remove the desire for what is actually hurting you.

Additional scriptures: 2 Corinthians 12:7-9; Romans 12:2; James 2:20

MAKE IT PERSONAL

Pray this prayer with us:

Thank You, Father, for teaching me what foods to eat and what to avoid. You know what’s best for me. I receive Your instruction and counsel, now, in Jesus’ Name, Amen.
DAY 5 - YOU HAVE THE MIND OF CHRIST

Ask God to help you eat the right things and avoid the wrong things. Faith allows you to say what you believe, and then take corresponding action.

STUDY IT

- Cast out the devil and the curse that's in the earth.
  - The devil can't put something on you against your permission. You have been given the mind of Christ (1 Corinthians 2:16).
  - Be watchful for the devil's deception. He’ll try to lead you in a direction where you bring the curse back on yourself.

- There are 36 major causes for dementia. Usually, the body's own immune system is not working correctly and the brain is inflamed.

- If you can fast for 12 hours at night, from dinner to breakfast, it unleashes a process in the brain called “autophagy” which actually eats up abnormal proteins associated with Alzheimer's disease and clears them from the brain.

- Put the Word of God first, live by faith and trust God to help you and keep you well.

- God desires for you to be a living epistle of Christ, so that people will look at you and see Jesus (2 Corinthians 3:1-3).

Additional scriptures: Galatians 3:13; Deuteronomy 28:22; 2 Timothy 1:7; Luke 16:22-25; Romans 10:17; 2 Timothy 2:3; Galatians 5:6; 1 Corinthians 13:13; John 15:12; Romans 1:17; Nehemiah 8:10; Mark 4:15; Galatians 6:6-8

MAKE IT PERSONAL

Partner, we want to know what God is doing in your life. Click here to share your testimony, or contact us on Facebook.

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