



## THE GOD PRESCRIPTION FOR HEALTH—SPIRIT, SOUL AND BODY

KENNETH COPELAND AND DR. AVERY JACKSON

OCTOBER 7-11, 2019

### DAY 1 – YOUR THOUGHTS ARE CONNECTED TO YOUR PHYSICAL BODY

Dr. Avery Jackson is the chief surgeon at the Michigan Neurosurgery Institute. He heard the call of God to be a neurosurgeon as a child. The human being is an integrated three-part system. Our goal is wellness; all three parts of your being working together effectively. Care, worry, anxiety, unforgiveness and the lack of the love of God in your life—all these things negatively impact you while you are sleeping. Control and calm your emotions with God's WORD.

### STUDY IT

- I. The human being is a three-part integrated system.
  - The Bible teaches that we are a three-part system: spirit, soul and body (1 Thessalonians 5:23).
    - Your spirit is not whole unless you are born again.
    - Your soul is the intellectual and emotional part of your being.
- II. Dr. Avery Jackson is the CEO at the Michigan Neurosurgery Institute.
  - He and his family attend Pastors Keith and Deborah Butler's church in Detroit. He was saved there as a child.
  - He has watched Brother Copeland's broadcasts since he was a boy. He and his sister would ride the bus to KCM Victory Campaigns in Detroit.
  - Kenneth heard Dr. Avery several years ago when they were both speaking at Bishop Butler's church.
  - Dr. Jackson is a successful neurosurgeon, and he uses the premise of spirit, soul and body in everything he does.
  - He uses what he has learned about faith in God's WORD, depending completely on the Holy Spirit to treat patients.
  - He uses the gifts of the Spirit to be successful in his medical practice as he deals with the human brain and the whole neurological system; including the effect of physical exercise on the brain and the way it functions.



- Dr. Jackson is dedicated to personal exercise. Even when surgeries sometimes last up to 8 hours at a time, he continues to exercise whenever and wherever he can.
- III. Dr. Jackson heard the call of God to be a neurosurgeon when he was a child.
- His grandmother had a stroke with facial weakness and brain problems, and he wanted to help.
  - He encountered obstacles in the journey to become a neurosurgeon, but he maintained his faith in God's WORD that he would succeed.
    - He could have gotten discouraged, but he didn't.
  - When The LORD tells you His plan, He's going to back you up, and give you what you need to do it.
  - He was going through the residency and fulfilling his academic requirements when The LORD told him to continue doing research in the evenings.
    - Later, he was offered a fellowship, but research as well as training were required.
    - By obeying The LORD, he had fulfilled the research requirement on his own, and therefore was granted the fellowship.
  - The LORD blessed him and gave him opportunities to serve and help people.
  - At the beginning of his medical practice 17 years ago, God gave him the mission statement: Be compassionate to people, do surgery and everything with excellence, educate yourself in God's WORD, and educate others.
  - With the advances in science, we can compare God's WORD to what science has discovered.
    - It's fascinating to see God in all of creation, in health and in the human body.
    - God created science to give people something to look at and see His power.
  - Here's God's perspective about health: *I see you as a tri-part man: spirit, soul and body. You've been learning about the physical body side. Now learn about the other two-thirds. I work on all three parts. Don't be discouraged when you get a bad report of the one-third. I'm working on the other two-thirds.*
- IV. Our goal is wellness; all three parts of your being working together effectively.
- A healthy man doesn't get sick in the first place.
  - The brain never shuts off. Even when you are sleeping, the brain keeps going. It's important to have the peace of God, so you can rest.
  - There's a difference between sleep and rest. Your body can be asleep, but your brain still has churning thoughts about the day, and that has an effect on your body.



- V. Worry, anxiety, unforgiveness and disregard for the love of God in your life—all these things affect your life negatively while you are sleeping.
- People have a memory loop called the circuit of Papez.
    - All the signals you receive through your five senses go through your frontal lobe (which measures right and wrong), then goes into the circuit of Papez, then on to the amygdala (the emotions center).
    - If you get riled up about something, the hypothalamus (the master control center) and the pituitary gland (the master gland), activate the rest of the body to get on board with responses from the emotions.
    - If you get anxious and the hypothalamus kicks in, destructive activities begin in the body. We call that reaction, “fight or flight.”
  - It’s possible to have all these reactions without considering God’s WORD, so that you get nervous about things and ignore the peace that His WORD promises you.
  - We are not to be anxious or fretful about anything; but by prayer and thanksgiving receive God’s peace into our minds and hearts through Christ Jesus (Philippians 4:6-8). We are also told what to think about.
- VI. We need to control and calm our emotions with God’s WORD.
- We are being bombarded with thoughts against God’s WORD all the time.
  - One of the wiles of the enemy is to affect children with ungodly thoughts.
    - To counteract these thoughts, let children know how valuable they are. It affects how they see themselves and others and protects them from the effects of words of discouragement all their lives.
    - One in five children has some form of emotional stress that is diagnosable, because the enemy sneaks stressors into their hearts and minds.
  - Internal and outside sources can lower the dopamine (feel-good) levels, and the brain, movement and mood are affected.
  - Deal with stress and ungodly thoughts with God’s WORD, love, peace and healthy relationships.
  - Without God’s WORD, stress will continue to follow the memory loop as described above and will hindered you from processing things effectively. The unhealthy loop causes destruction.
  - To counteract the effects of daily mental and emotional attacks, it’s important to allow your brain to rest while you sleep.
    - Choose to make the last thoughts of each day thoughts of the love of God.
    - The last thing Kenneth says each evening is, “I love God with all my heart, soul, mind and strength, and I love my neighbor as myself.”



## MAKE IT PERSONAL

Make this declaration over your life.

*My thoughts are my thoughts, and I choose to think God's thoughts. I choose to follow God's ways. I choose to believe God, and to think and speak God's will over my life. Remind me, Holy Spirit, to honor God with my thoughts every day. In Jesus' Name. Amen.*





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### DAY 2 – YOU CAN EXERCISE AND LAUGH YOURSELF HEALTHY

God provided everything for His man even before Adam was created. You get a physical benefit from laughter. Exercise and laughter are one of God's ways to deal with pain. To get and stay healthy, make choices to stay in God's WORD, laugh, exercise and eat good foods. Exercise does for the body what The WORD of God does for your spirit. There's a direct correlation between exercise and obedience.

### STUDY IT

- I. God provided everything for His man even before Adam was created.
  - All parts of a person continually interact with each other.
    - The mind affects the spirit and the body.
    - The spirit affects the mind, the body and the brain.
    - Physical exercise affects the spirit, the mind and the brain.
  - Our guest, Dr. Avery Jackson, is a renowned successful neurosurgeon who has studied God's wonderful creation of the brain and how it interacts with other parts of a person.
    - God called him to this work when he was just a boy. Now, he uses biblical principles in all areas of his life, including his medical practice.
    - He encourages laughter and physical exercise for good health.
- II. You receive a physical benefit from laughter.
  - Dr. Jackson schedules laugh sessions for his patients, because "a merry heart doeth good like a medicine" (Proverbs 17:22).
  - The body doesn't know the difference between a belly laugh and a put-on laugh.
  - There is a study that shows that even anticipating laughter improves your health.
    - Laughter produces good blood flow and drops epinephrine (stress) levels.
    - When you laugh, it literally affects cancer cells.
    - Laughter enhances cancer treatments, so people live longer and have a better quality of life—even those with terminal cancer.



- Make the decision to want to laugh, to want to look at God's WORD and receive God's promised joy.
    - God's WORD says, "The joy of The LORD is my strength" (Nehemiah 8:10), and "Count it all joy" (James 1:2).
  - Joy is a protective mechanism for your mind, brain and body.
    - God says, *Yes, problems are coming, but if you get into condemnation and anger, you will get into a cascade that brings destruction to your health.*
    - The devil is trying to get you into poor health, mentally and physically, but his work will be blocked by believing God's WORD and receiving His joy.
- III. Exercise and laughter are one of God's answers to deal with pain.
- Exercise and laughter are natural pain killers which literally change the cells.
  - They work on the same receptors in your brain and body as opioids.
  - Dopamine is a chemical your body produces to make you feel good.
    - God's WORD, exercise and laughter make the dopamine levels rise; and consequently, you feel good.
  - Stem cells are cells that reproduce to replenish lost or damaged cells.
    - Exercise helps your brain get the appropriate blood flow. That in turn facilitates God's healing mechanism of stem cell reproduction working in the brain and the body.
  - A memory loop is a process that takes memories from the five senses and processes them into the subconscious mind, separate from the brain, the mind, the will and the emotions.
  - In the subconscious mind, more than 400 billion actions per second occur.
    - Every couple of seconds about five to 10 of those thoughts and memories come up, so we can see them.
    - In those moments, if that circuit is broken, the processing doesn't work well.
  - Alzheimer's disease is a progressive disorder that causes brain cells to waste away (degenerate) and die. It affects the memory so that you forget and don't know you have the answer.
    - If the brain is broken in some areas, you're not conscious of when you lose the memory.
- IV. To get and stay healthy, make choices to stay in God's WORD, laugh, exercise and eat good foods.
- Those decisions go from the soul to your physical body to build you up.
    - When you choose to laugh, you choose the joy of The LORD.
    - Exercise is important.
    - Eat foods that increase dopamine to help repair the brain. Good blood flow affects brain tissue.



- The number of stem cells is the same in older people and younger people. The thing that makes the difference is a continual adequate blood supply.
  - If you lose cells in the brain, it's not permanent.
    - The hippocampus, part of the brain for memory, is reproduced over a person's life because of the stem cells that are reproducing.
- V. Exercise does for the body what The WORD of God does for your spirit.
- Negative events from childhood affect a person even into adulthood possibly giving that person chronic pain and depression. The child may forget the event, but he remembers that he is not valuable, so he doesn't take care of himself with diet and exercise.
  - Dr. Jackson supports what he calls, YAL.
    - Y – You choose. Choose God's Word. Say: "I'm the healed; I have the joy of the Lord."
    - A – Amazing relationships. The relationship with Christ is the most important one.
    - L – Laughter does so much to repair the soul, even beyond the benefits of exercise.
- VI. There's a direct correlation between exercise and obedience.
- If you are disobedient, you get into an unhealthy loop.
    - You're too tired to exercise—depression comes—that opens the door to physical illness.
    - If you are combating any depression, realize it's a spiritual attack. You can resist the devil, and he must flee, in Jesus' Name (James 4:7).
  - Start with spiritual exercise. "Be a doer of The WORD" (James 1:22).
  - Then move to an advanced spiritual exercise which is praying in tongues.
    - Tongues affect the spirit and the mind.
    - It's the way of communicating with God that edifies and builds you up (1 Corinthians 14:4).

## MAKE IT PERSONAL

Pray with us:

*Heavenly Father, in Jesus' Name, I want to be healthy. Please continue to teach me to use Your methods of laughter and exercise to change my habits and results to Your will. I trust You and believe Your WORD concerning my health!*

*Thank You, Father. In Jesus' Name. Amen.*



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### DAY 3 – HOW YOUR BODY AND SOUL AFFECT YOUR SPIRIT

From cover to cover, the Bible is about the spirit, soul and body. Let's work to protect our bodies and our minds. We need to be free to focus on God's WORD. The spiritual law of synergy says that if any two of you agree, it shall be done. Exercise is your tool, your weapon, and should be kept clean and ready.

### STUDY IT

- I. From cover to cover, the Bible is about the spirit, soul and body (1 Thessalonians 5:23).
  - God created Adam as a three-part being with all the parts working together. Then, Adam sinned and broke the system.
  - People study and seek God, but perhaps the least understood revelation in the Bible is the differences of the spirit, soul and body.
  - The spirit is the never-dying you. The spirit man lives eternally. Also, you have a soul, and you live in a body.
  - Jesus used the account of a rich man and a leper named Lazarus to teach about the spirit, soul and body.
    - These were real men whom the listeners had known.
    - Lazarus died and was taken to the bosom of Abraham.
    - The rich man died and was in hell. His body, including his brain, was buried and decaying somewhere in the earth.
    - Abraham said, "Son, remember...." The rich man's memory and his intellect were still very much alive, even after his body was dead. In fact, they were working better than when he was alive in his body.
    - His nature was still intact. He was still trying to boss around Lazarus and Abraham.
- II. Let's work to protect our bodies and our minds.
  - We have to do whatever it takes to keep the mind and body active and productive, especially if we plan to live out our full days on this earth.
  - The biblical order is spirit, soul and body. Today we are talking about the effect of the mind on the body.





- One thing we can do to develop our minds and bodies is to exercise.
    - Exercise has reversed Kenneth's lifestyle. He has changed from a night-awake person to a day-awake person. It's been a miracle in his life.
  - The issue is that the brain—the physical processor—needs water, proper diet, sleep and exercise.
  - Without these, the way you process information is not going to be as effective as you need to get it to your memory and to supercharge your soul—body to soul to spirit.
- III. We need to be free to focus on God's WORD.
- Research shows that a person has a circadian rhythm (sleep patterns).
  - When sleep patterns are forced to be out of sync, it creates challenges.
  - You need to be continually filled with the Spirit.
  - If you are not in good shape, you may not hear God speaking.
  - There's a weight that you feel on your spirit because of all this flesh we are wrapped in, and it holds us down.
  - Physical issues will weigh us down, making us tired and taking away our time with The LORD.
- IV. The spiritual law of synergy says that if any two of you agree, it shall be done (Matthew 18:19).
- "One can chase a thousand, two can put ten thousand to flight" (Deuteronomy 32:30).
  - The scientific law of synergy means when you put two together, you get the power of three.
  - When we have a relationship with someone, our physical heartbeats literally sync up. Strife can mess that up. Strife messes up your brain.
  - We need to be in agreement with our spouse, our families, our co-workers and our ministry staff. We must remove strife at all costs.
  - Emotional trauma can turn you inward to the place that you can't sync up with others.
- V. Exercise is your tool, your weapon, and should be kept clean and ready.
- A bad attitude and not enough exercise can cause you to miss hearing the Holy Spirit and someone can get hurt.
  - Your brain doesn't fully form until age 25 or 26. Children's brains form at different stages of development. Life situations affect this development.
  - If you see something is wrong, and you say it's right, your emotions and brain have twisted things and have huge effects on your body.
    - There is a way that seems right to a man that leads to death (Proverbs 14:12).



- People need to focus on spirit and soul as well as the physical.
- Treating only the physical ignores a person's spirit, mind, will and emotions, and doesn't always deal with root causes.
- Dr. Jackson's strong foundation of faith came from being raised in a Word of Faith church with Pastors Keith and Deborah Butler who welcome and follow the Holy Spirit.

## MAKE IT PERSONAL

What can you do to free your soul to focus on feeding yourself God's WORD?

1. (Mind) Change your focus to Jesus' love for you by:

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2. (Will) Check your attitude by:

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3. (Emotions) Increase your strength with laughter and faith by:

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### DAY 4 – EXERCISE AND LAUGHTER ARE GOD'S PRESCRIPTION FOR PAIN

Kenneth Copeland heard Dr. Avery Jackson speak several years ago about the effect physical exercise has on your spirit and brain. The exercise God gave us and told us to do affects everything—even our DNA. There is research that looks for precursors to cancer and the effect of exercise in cancer patients. It's crucial to speak words that agree with God's WORD and His will. When you make a decision of faith, everything else in your life will follow.

### STUDY IT

- I. Kenneth Copeland heard Dr. Avery Jackson speak several years ago about the effect physical exercise has on your spirit and brain.
  - Dr. Jackson was raised in a church pastored by Bishop Keith and Deborah Butler, mighty ministers of the gospel. He has grown up in the Word of Faith.
  - God made our bodies to need exercise.
  - Some people use this verse in the *King James Version* as an excuse to *not* exercise.
    - “For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come” (1 Timothy 4:8).
    - It's true that bodily exercise only helps a little *compared* to spiritual exercise.
    - *The Passion Translation* says, “For athletic training only benefits you for a short season.”
  - But we need physical exercise to keep our bodies strong, so that we can fulfill the plan of God until we leave this body for something better.
  - It's God's will that we be healthy.
- II. The exercise God gave us and told us to do affects everything—even our DNA.
  - God puts all the factors in us from two stem cells, the egg and the sperm; drops our spirit right in the middle of that union; and wraps the cells around us. And now, this coat of cells is our body.
  - Dr. Jackson has people's lives in his hands as he performs surgery.
    - His well-being and stamina are extremely important as he operates on someone's brain.



- He can't afford to be weak in his back or legs. Pain would keep him from doing his best in the operating room.
- III. There is research that looks for precursors to cancer and the effect of exercise in cancer patients.
- There is a process that causes cancer cells. But, when you exercise, you produce a certain protein that reverses the effect of the cancer-forming cells at a DNA level.
  - Another study looked at exercise and DNA, and how when you are exercising, it helps prevent the aging process of cells in your muscles and other tissues.
  - As you produce more cells, you produce more DNA.
    - DNA is formed in the chromatin and is in the shape of an X.
    - When the cells start to die, they chop away at the legs of the X, the chromatin, the DNA of these new cells, and they get older and older.
    - When you exercise, you produce protein that reverses and stops the chopping of the DNA in those cells.
    - That's one of the fountains of youth.
  - People want to take an elixir to extend their youth, but all they have to do is laugh and exercise, and literally, on a DNA level, they can stop the aging of cells.
- IV. It's crucial to speak words that agree with God's WORD and His will.
- If you say something long enough for it to get into your spirit, it will control your life.
  - The first step to reversing an unwillingness to exercise starts in your heart and comes out your mouth.
  - Stay in the faith arena, get in The WORD of God, believe it in your heart and say it with your mouth (Romans 10:10).
  - Put your faith to work first, then put your body to work.
    - Use Mark 11:23-25 and say to the mountain, "Move."
    - Start calling things that are not as though they were (Romans 4:17).
  - We are concerned that exercise will hurt us, but this hurt is not destructive to us.
    - This pain is a signal to say you're doing something you're not used to doing. We need to get through the soreness and come out better for it.
  - Exercise will change some things—your DNA, your anatomy and changes in your outlook.
  - When Dr. Jackson is operating, he syncs up with the Spirit of God and peace, and he's no longer aware of his body.



- V. When you make a decision of faith, everything else in your life will follow.
- The goal is to have your spirit, soul and body sync up, and things work like they are supposed to.
  - Epigenetics is the expression of your genetic blueprint.
    - It includes your emotions, exercise and diet; which can literally affect you at a DNA level in your genetic expression.
    - If your attitude is wrong, or what you're eating is wrong, it can have an effect at the DNA level, and you're not going to produce the appropriate proteins that you need to build muscle and blood, leading to a cascade effect of destruction.
  - Biomarkers are chemical substances in the blood that allow doctors to know what's going on in the body.
    - One such marker is cytokines in the blood.
    - Alzheimer patients have cytokines six times higher than the general population.
    - That signifies that inflammation is high, cells that deal with pain are higher, and you're in pain.
  - It's your choice: Either choose what you see, and react; or go to God's WORD and act from the truth written there (Deuteronomy 30:19).
    - God is THE BLESSER, but He allows us to choose.
  - Physical exercise is simple, yet it can positively affect your life on every level.

## MAKE IT PERSONAL

When you are in pain, it's easy to forget to laugh and hard to get up the strength to exercise. But those two things are God's prescription for pain relief!

Write a reminder to yourself and post it where you will see it:

1. Laugh 10 times today.
2. Exercise 30 minutes to one hour today.

Use the scripture: "The joy of The LORD is your strength" (Nehemiah 8:10). Now, personalize it, "The joy of The LORD is *my* strength."



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### DAY 5 – GOD PRESCRIBES JOY, LAUGHTER AND EXERCISE TO FIGHT DISEASE

God prescribes joy, laughter and exercise to fight disease. You have to activate the strength of God by faith. Spiritual strength should lead to physical strength. You can make a decision to get into joy, laugh, exercise and fight disease. Develop the habit that whatever happens, joy is the next step. God is joy personified.

#### STUDY IT

- I. God prescribes joy, laughter and exercise to fight disease.
  - Paul said, “I can do all things through Christ which strengthens me” (Philippians 4:13).
  - Paul didn’t say, “Jesus,” he said, “Christ.” You can’t separate Jesus from the Anointing, but in this verse Paul is referring to the truth that we are in Jesus’ Anointing.
  - When you need strength, ask Christ, the Anointing, to strengthen you.
  - The goal is joy. “The joy of The LORD is my strength” (Nehemiah 8:10). You have joy inside of you because it’s part of the fruit of the spirit (Galatians 5:22-23).
  - God’s joy is in you, whether you feel it or not. Joy will strengthen you when you have no strength.
- II. You have to activate the strength of God by faith. Spiritual strength should lead to physical strength.
  - Kenneth reads his declaration for strength:
    - “I receive my strength. Jesus [God] is my strength (Exodus 15:2). I will go in the strength of The LORD (Psalm 71:16). I love You, LORD, O my strength (Psalm 18:1). Thou hast girded me with strength (Psalm 18:39). I go from strength to strength (Psalm 84:7). The LORD Jesus is my strength (Psalm 118:4). He makes my feet sure and fast like a deer, and makes me walk upon the high places (Psalm 18:33). A wise man is strong. A man of knowledge increases strength (Proverbs 24:5).”



- In that statement of faith, Kenneth has more than two or three witnesses of God's will for you to have spiritual strength, and then get strength into your body.
  - You have to move God's promises from the spirit to your muscles, ligaments and bones. You're going to have to work your faith with physical exercise!
  - Smith Wigglesworth, a great apostle of faith, got up every morning and did certain things.
    - He took Communion and worshipped The LORD in dance like King David for at least 15 minutes.
- III. You can make a decision to get into joy, laugh, exercise and fight disease.
- Dr. Jackson developed joy at church with the ministry of the Holy Spirit.
    - He determines to get in at least 10 belly laughs a day. Then, he gets tickled and laughs with joy. He feels good—his muscles, brain and awareness are alive.
  - Kenneth reminds us that Brother Hagin said, "I feel good. I feel fine. Body, get in line!"
  - In a study of women with breast cancer, it was found that a social support strengthens them, and their quality and length of life improved. Praising God solidifies our social support with Him.
  - Relationships are first built on who we are. We are a spirit, have a soul and live in a body.
  - God's WORD must be first, then nurture the undergirding of godly relationships with others.
    - When someone you love encourages you, the effects go to the frontal lobe of the brain, then to the hypothalamus, the master relay system, which releases chemicals that help to strengthen all the cells of your body, and has a profound impact on a DNA level.
- IV. Develop the habit that whatever happens, joy is the next step.
- Kenneth relates the account of a vehicle accident that killed his niece Nicki.
    - He didn't know then what he knows now, but he immediately cursed death.
    - Now, he would laugh and dance before The LORD and gain victory over death.
  - Dr. Jackson gives an account of operating on a baby's brain. She died on the operating table.
    - He wanted to be sad, but the Lord reassured him that the baby was in a better place. Dr. Jackson worked through the sadness to a place of joy.
    - Then, he had to talk to the family. Dr. Jackson had the joy of The LORD, but he still had to minister to the family that was grieving.



V. God is joy personified.

- When you laugh, it burns calories. One hundred belly laughs a day can burn up to 50 calories.
- Laughter and exercise go hand in hand.
- If you exercise about an hour a day, you can reverse the effects of sitting six to eight hours a day.
- As you exercise, you move from the physical feeling of exercise to the soul, using self-discipline, which moves to the spirit of faith that what you are doing is in obedience to God and will be rewarded.
- Every day, we can open God's WORD, laugh and have a party! Become stronger in choices and resolve.
  - Declare: "If I can resolve to party with God's WORD first thing in the morning, I can resolve to exercise every morning." Everything about life will be improved.

## MAKE IT PERSONAL

Joy and laughter are a big part of God's plan for your life. Start laughing and see results. Please let us know about your victories! [Click here to share with us](#), or [contact us on Facebook™](#).

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