

HE RESTORED MY SOUL

In the Valley of the Shadow
of Cancer

Chapter 10
Promotional Copy

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**CHAPTER 10:
NUTRITION, HEALTH,
AND WELLNESS**

God's plan of biblical foods

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Because I have his promises, I will cleanse my body of everything that can defile my body or spirit. And let us work toward complete holiness because we fear God just as it says in 2 Corinthians 7:1.

I learned many things at the MEET Ministry Camp. I learned that God truly cares how I treat my body and He has given me a free health plan to go by in the Bible. When I obey God's Biblical Plan for nutrition, health, and wellness I can have abundant health and longer life. This is what all cancer victims seek and strive to achieve.

The Bible rates health right near the top of the list in importance. A person's mind, spiritual nature, and body are all interrelated and interdependent. What affects one affects others. If the body is misused, the mind and spiritual nature cannot become what God planned they should be, and you will not be able to live an abundant life. (John 10:10), the thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

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God gave us health principles for a reason. *"The LORD commanded us to observe all these statutes, to fear the LORD our God, for our good always,*

that He might preserve us alive.” (Deuteronomy 6:24) We find this wisdom in Exodus 23:25. “You shall serve the LORD your God, and He will bless your bread and your water. And I will take sickness away from the midst of you” God gave health principles because He knows what is best for our human body (His temple).

The automobile manufacturer places an operation manual in the glove compartment of each new car because they know what is best for their creation. Well, God created us and don't you think He knows what is best for us? Guess what our operation manual is? It is the Bible. Ignoring God's "operations manual" can result in disease, twisted thinking, and burned-out stressed lives, just as abusing a car can lead to serious car trouble. I have learned that we can save our health by following God's principles. God gives us free will, and if we choose to cooperate, God can use these great health laws to significantly reduce and eliminate the effects of the diseases of Satan. (Psalm 103:2-3) Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases.

Once we take on God's Plan and follow the instruction manual, we will eat and drink differently. We will choose only "what is good." If the Bible says a thing is not fit to eat, it's God's Word

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for a good reason. He is our loving Father and not a dictator. All His counsel is for our good always. The Bible promises God will not withhold any good thing from us who walk uprightly. If God withholds a thing from us, it is because it is not good for us. I learned this principle best from my experience in Jamaica with the discounted massage. God was withholding the coupon because He knew that massage would not be good for me. When I ignored Him, Satan took me up the Mountain to Metastasis and down the Valley of Side Effects. I know the importance of obeying God when he withholds, it is because He knows what is best for me.

The subject of healing appears in scripture throughout the whole Bible, from Genesis to Revelation. If we are wise, we will become acquainted with God's Plan and heed His instructions. Each letter in "God's Plans" leads us to a scripture verse in the Bible that details the importance of the plan. Some say that the BIBLE is our **B**asic **I**nstructions **B**efore **L**eaving **E**arth.

*Lord, You have blessed my food and water
and have taken sickness away from me.
Therefore I will fulfill the number of my
days in health. (Exodus 23:25, 26)*

His plan is outlined in the Bible in the following scriptures (paraphrased): G O D' S P L A N

G - Godly Trust Genesis 2:17

Except for the tree of Knowledge, of good and evil, if you eat its fruit, you are sure to die.

O - Open Air Genesis 1:6-7

And God said, "Let there be a space between the waters, to separate the waters of the heavens from the waters of the earth." And that is what happened. God made this space to separate the waters of the earth from the waters of heaven.

D - Daily Exercise Genesis 2:15

The LORD God placed the man in the Garden of Eden to work it and take care of it.

S - Sunshine Genesis 1:16

God made two great lights—the greater light to govern the day, and the lesser light to govern the night. He also made the stars.

P - Proper Rest Genesis 2:3

Then God blessed the seventh day and

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declared it holy because on it He rested from all the work of creating that he had done.

L - Lots of Water Genesis 2:10

A river watering the garden flowed from Eden, from there it was separated into four Headwaters (branches).

A - Always Temperate Genesis 2:16, 17

And the LORD God commanded the man, 'You are free to eat from any tree in the garden – but you must not eat the tree of the knowledge of good and evil, for when you eat from it, you will certainly die.

N - Nutrition Genesis 1:29

Then God said, "I have given you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

The diet God gave people, in the beginning, was fruit, grains, and nuts. Vegetables were added a little later as indicated in Genesis 3:18. "God said, "See I have given of every herb that yields seed of every tree whose fruit yields seeds. Of every tree of the garden, you may freely eat."

Rev. Percy McCray Jr., the Director of Faith-

Based Programs at CTCA, Cancer Treatment Centers of America, has spent more than twenty years ministering to cancer patients and their caregivers. He has identified the foods in the Bible that are rich in natural nourishment for our body.

Dr. McCray makes no claim these foods will cure cancer. He says that the foods of biblical times were all natural, unprocessed, fresh foods. In that time, there were no preservatives, pesticides, hormones or antibiotics added to food. For a more complete listing of Rev. Percy McCray's *Biblical Foods* or to get a free download of his book, follow this link:

www.HealthHopeandInspiration.com

Our fast food culture makes it easy to eat those things that are delicious but not always healthy. It makes dinner and food preparation a thing of the past. Stop being slothful and select fresh food items at the grocery stores. Eating healthy is a planned activity. Consider carefully what food goes into your grocery basket. Now that you know better, you can make better food selections, change your diet, and take a hard look at your lifestyle in general.