

# Emotional and Physical Healing

The next level of keeping Torah

# Introduction

- Childhood
- Faith
- Healing

# Resources

- A More Excellent Way to Be In Health by Henry Wright
- 21 Day Detox by Dr Carolyn Leaf
- The Happiness Lab Podcast By Dr Laurie Santos
- Freedom in Christ by Neil T Anderson
- Splankna, and UpperDogs By Sarah J Thiessen

# Disease Emotional and Physical

- Separation from Yehovah in areas of our lives
- Spiritual root of disease

# The Purpose of Torah

## Division or Love?

# Shalom

HEBREW

SHALOM

PICTOGRAPHIC LANGUAGE NUMERIC

MEM VAV LAMED SHIN

WATERS (FLOOD OR TSUNAMI)

NAIL HOOK

SHEPHERD'S STAFF

TEETH

COM

## A Simple Equation

- We are made in the image of God
- The Torah defines God, therefore
- Torah defines us.

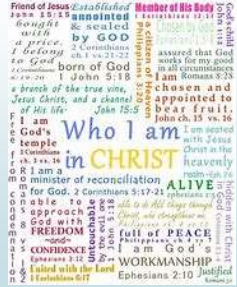
## V'Ahavta

- Our hearts, our Minds our Souls
- Take every thought captive
- Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2 (ESV)



## Taking Every Thought Captive

- Inner dialogue
- Who are you listening to?
- Who are you in Messiah?

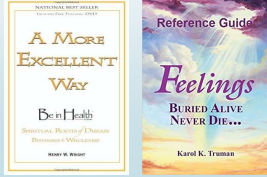


## 7 Steps to Sin

- Temptation
- Being drawn away
- Personal lust
- Enticement
- Lust conceived
- Actual sin,
- Consequence of sin

## Sin and Physical Illness

- Psalm 103:1-3 Bless the LORD, O my soul, and all that is within me, bless his holy name!  
<sup>2</sup> Bless the LORD, O my soul, and forget not all his benefits,  
<sup>3</sup> who forgives all your iniquity, who heals all your diseases,



## 8 Steps to Repentance

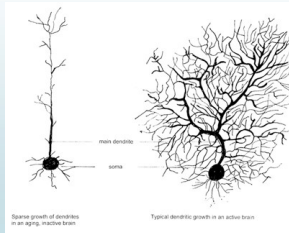
- Recognize  
My people are destroyed for lack of knowledge; because you have rejected knowledge, I reject you from being a priest to me. And since you have forgotten the law of your God, I also will forget your children. Hosea 4:6
- Responsibility  
For I know my transgressions, and my sin is ever before me.<sup>4</sup> Against you, you only, have I sinned, and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. Psalm 51:3-4
- Repent  
Repent therefore, and turn back, that your sins may be blotted out, Acts 3:19  
Therefore I will judge you, O house of Israel, every one according to his ways, declares the Lord God. Repent and turn from all your transgressions, lest iniquity be your ruin, Ezekiel 18:30
- Renounce  
You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. Shall we provoke the Lord to jealousy? Are we stronger than he? 1 Cor 10:21-22

## 8 Steps to Repentance

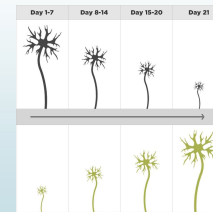
- **Remove**  
Cast away from you all the transgressions that you have committed, and make yourselves a new heart and a new spirit! Why will you die, O house of Israel? Ezekiel 18:31
- **Resist**  
Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:7
- **Rejoice**  
The wilderness and the dry land shall be glad; the desert shall rejoice and blossom like the crocus; it shall blossom abundantly and rejoice with joy and singing. The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon. They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you." Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then shall the lame man leap like a deer, and the tongue of the mute sing for joy. For waters break forth in the wilderness, and streams in the desert; the burning sand shall become a pool, and the thirsty ground springs of water; in the haunt of jackals, where they lie down, the grass shall become reeds and rushes. And a highway shall be there, and it shall be called the Way of Holiness; the unclean shall not pass over it. It shall belong to those who walk on the way; even if they are fools, they shall not go astray. No lion shall be there, nor shall any ravenous beast come up on it; they shall not be found there, but the redeemed shall walk there. And the ransomed of the Lord shall return and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain gladness and joy, and sorrow and sighing shall flee away. Isaiah 1:1-10
- **Restore**  
Submit yourselves therefore to God. Resist the devil, and he will flee from you. Isaiah 42:22



## Thoughts Have Substance



## The Brain's Connections



## Putting the Steps into Action

- How to change your brain
  - Prayer
  - Gather thoughts
  - Focus and reflect
  - Plan of action
  - Give thanks
- Repeat

## Subconscious Holds the Record



**AGREEMENT**

**AGREEMENT BETWEEN OWNER AND CONTRACTOR**  
for use when a stipulated price forms the basis of payment and to be used only with the General Conditions of the Contract

THIS AGREEMENT made on the \_\_\_\_ day of \_\_\_\_\_ in the year two thousand and \_\_\_\_

**BY AND BETWEEN**

Hereinafter called the "Owner"  
AND  
Hereinafter called the "Contractor"

WITNESSETH that the Owner and Contractor undertake and agree as follows:

## More Testimony



HYPERTENSION

PAIN

## Loving Others as Ourselves

- Matthew 22:36-40 (ESV)<sup>36</sup> "Teacher, which is the great commandment in the Law?" <sup>37</sup> And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind." <sup>38</sup> This is the great and first commandment. <sup>39</sup> And a second is like it: You shall love your neighbor as yourself. <sup>40</sup> On these two commandments depend all the Law and the Prophets."
- Matthew 5:43-48 You have heard that it was said, 'You shall love your neighbor and hate your enemy.' <sup>44</sup> But I say to you, Love your enemies and pray for those who persecute you, <sup>45</sup> so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. <sup>46</sup> For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? <sup>47</sup> And if you greet only your brothers,<sup>48</sup> what more are you doing than others? Do not even the Gentiles do the same? <sup>48</sup> You therefore must be perfect, as your heavenly Father is perfect.