

Part 2

Tidbits for Life

A. Relationships

1. General comments

Birds of a feather flock together.

Mixing water and dirt never produces clean dirt.

You rise to the level of your peers (associates).

2. Friends and Associates

Pro 27:17 Iron sharpens iron; so a man sharpens the countenance of his friend.

Psa 42:7 Deep calls unto deep

3. Family

Mat 10:37 He that loves father or mother more than me is not worthy of me: and he that loves son or daughter more than me is not worthy of me.

Mat 12:48 But he answered and said unto him that told him, Who is my mother? and who are my brethren? Mat 12:49 And he stretched forth his hand toward his disciples, and said, Behold my mother and my brethren! Mat 12:50 For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother.

B. Physical

1. General Comments

Rubbing back for burping gas out of system.

Roller coaster for kidney stones.

FDA – if sugar was approved today, it would be ruled a controlled substance.

National Institute of Health: “If we could get Americans to do just three things – stop smoking, stop drinking and not be obese – we could eliminate over 87% of ALL disease in the United States.”

2. Exercise

1Ti 4:8 For bodily exercise profits little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

Exercise – stretching, heavy hands, moderation.

Control your weight. Best measure of health and aging is leanness. Affirm: In the Name of Jesus, I am strong and healthy, lean and muscular.

3. Sugar

The idolatry of sugar.

Treat it like a controlled drug.

It can be a demonic magnet

It is an easy and acceptable addiction i.e. comes with pet demons.

C. Emotional

1. Everything in moderation – food, drink, work, exercise, fun. Stress is a killer.

2. Depression can be greatly reduced by exercise.

3. Avoid phobias especially fear of germs; facing the fear takes effort.

Matt 11:12 Amp And from the days of John the Baptist until the present time, the kingdom of heaven has endured violent assault, and violent men seize it by force [as a precious prize—a share in the heavenly kingdom is sought with most ardent zeal and intense exertion].

D. Spiritual

1. Frequent baths/showers – skin is the largest excretory organ; demons don't like water.

2. Mind of Christ – set a goal to have peace in your mind. Get rid of the voices.

3. Affirm: In the Name of Jesus, God has put a watch upon my mouth so that I do not sin against Him with my tongue. Ps 39:1 + Ps 141:3