

The Law of Life

Pastor Bankie

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CHAPTER 1. A FOUNDATION

I want you to know this for sure that the physical things that we see are controlled by the spiritual things that we do not see. The Bible has testified thus:

...the worlds were prepared by the word of God, so that what is seen was not made out of things which are visible.

Heb 11:3

The physical things that we see are made of things that are not visible. What controls the things of this earth are spiritual forces.

It is important you know that spiritual things are real; they are as real as, and even more real than the things that are visible.

The mistake we make in this life a lot of times is that we tend to think that the things of this life are restricted in extent to the things that are physical. This is why men rely more on the discoveries of science than they would on the word of God. Our senses have taken the top seats in our hearts so that we think that physical things are to be given the pre-eminence.

See, the things that we experience often in this life clearly prove this thing I am saying, that spiritual things are in charge.

The fact that there can be a prediction of the future shows that physical things are controlled by things that are not visible. This is also why we can see visions and they will come to pass. This is the very reason why we can have a dream at night and one day the thing that we dreamt about is literally fulfilled in the physical.

If you look closely at the book of Revelation, you will notice that John was seeing in the spirit things that were going to take place on the earth. He was seeing them already happening in the spirit.

The Revelation of Jesus Christ, which God gave Him to show to His bond-servants, the things which must shortly take place; and He sent and communicated it by His angel to His bond-servant John,

Rev 1:1

And he said to me, "These words are faithful and true"; and the Lord, the God of the spirits of the prophets, sent His angel to show to His bond-servants the things which must shortly take place.

Rev 22:6

Every single event of importance that happens on this earth has already happened in the spirit. On this earth, there are no

accidents in the real sense; they are all determined first by spiritual laws and activities.

If I may say it in another way, every thing on this earth has a spirit. By this I do not mean that there is necessarily a demon or angel involved, but that there is a spiritual force that controls every issue on the earth. Physical events are only outward plays of spiritual events. The world is controlled by these 'spirits'.

As examples, wealth is spiritually determined; health is a spiritual matter. The things that we often refer to as natural disasters are actually supernaturally determined. Epidemics are determined in the spiritual realms; they are manifestations of the force of death working in dominance upon this creation.

Scientific advancements are not in the hands of men. God in heaven determines the rate of release of knowledge unto the earth.

Also note that the rising and the falling of the kingdoms of this world are determined in the spiritual realm. This is clear from the lesson that the Lord taught to Nebuchadnezzar. He was a man who thought that he had by himself built Babylon using the strength of his might and for the glory of his majesty. God made him crazy for seven years and at the end gave the kingdom back to him, thereby demonstrating to him his irrelevance in the picture.

*...In order that the living may know
That the Most High is ruler over the realm of mankind,
And bestows it on whom He wishes
And sets over it the lowliest of men.*

Dan 4:17

At the end, he confessed,

*"Now I Nebuchadnezzar praise, exalt and honor the King
of heaven, for all His works are true and His ways just,
and He is able to humble those who walk in pride."*

Dan 4:37

The following verses also show this same point.

...God has numbered your kingdom and put an end to it.

Dan 5:26

*Thus says the LORD to Cyrus His anointed,
Whom I have taken by the right hand, To subdue nations
before him.*

Isa 45:1

We see clearly therefore that the movements of the kingdoms of men are determined in the spiritual realm. America is great today because the Lord determined it so. There was a time it was the English; at other times, it was the Greeks or the

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Romans. When the Lord is pleased, He will change the dominance in the world scene.

The things that will be in later year are already recorded in prophecy.

My understanding of spiritual things has shown to me that the earth is actually the scene of demonstration of spiritual truths. Understanding this will help you as a Christian to obey this spiritual command of Paul.

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God.

Set your mind on the things above, not on the things that are on earth.

For you have died and your life is hidden with Christ in God.

Col 3:1-3

My friends, this is the truth without which you cannot properly understand the things that are going on around you.

CHAPTER 2. YOUR CONTROL.

Now, I am not inferring by all I have said so far that we have no control over the things that happen on the earth. In fact, it is a scriptural fact that the most important control over the affairs of this earth is in the hands of the people that live on it. I am only saying that the control we have is not in the way that we think. Our control is mediated through spiritual laws that many of us are not even aware of. To explain this, let us take the example of Saul, king of Israel.

Saul, who was chosen by the Lord to be king, would rather please men than the Lord who gave him the kingdom. For this reason he often disobeyed the express commands of the Lord. This ultimately led to his death.

Now, you will note that Saul died by falling on his own sword, having been wounded in battle by the hands of his enemies.

The battle became heavy against Saul, and the archers overtook him; and he was wounded by the archers...

Therefore Saul took his sword and fell on it.

1 Chron 10:3-4

When the Spirit of God would explain to us how he died, we see a different light.

So Saul died for his trespass which he committed against the LORD, because of the word of the LORD which he did not keep; and also because he asked counsel of a medium, making inquiry of it, and did not inquire of the LORD. Therefore He killed him and turned the kingdom to David the son of Jesse.

1 Chron 10:13-14

We can easily see from these verses that Saul's death was spiritually determined; in fact the verse tells us that God killed him. However, the main determinant was Saul himself, not by his physical activities during the battle but by the acts of disobedience to the will of God. He had the control.

Another story that will make this clear is in the case of the Israelites and the many battles they had to fight on their way from Egypt to the Promised Land. They were strong and able warriors, but their victory was definitely spiritually determined.

A time came when they broke a major spiritual law and defeat came on them. What happened was that the Lord had told them to destroy everything that was in Jericho and to keep the metallic objects in the treasury of the Lord. Achan, from the tribe of Judah, however took some things for himself, contrary to the

commandment of the Lord. The result was that the next city, Ai, which was a small city, so small that the spies thought it was not necessary to send more than three thousand men for the battle, beat them till they ran.

When Joshua went before the Lord to complain, He replied him thus:

So the LORD said to Joshua, "Rise up! Why is it that you have fallen on your face?"

"Israel has sinned, and they have also transgressed My covenant which I commanded them. And they have even taken some of the things under the ban and have both stolen and deceived. Moreover, they have also put them among their own things.

"Therefore the sons of Israel cannot stand before their enemies; they turn their backs before their enemies, for they have become accursed. I will not be with you anymore unless you destroy the things under the ban from your midst."

Josh 7:10-12

Again, we see clearly that victory in their battles was spiritually determined and their behaviour before the Lord was the main determinant in the equation. They had the important control.

It may not be necessary to go on to see how the position of Moses' hands determined the direction of the battle with Amalek that was going on at the foot of the mountain on the top of which he sat.

So it came about when Moses held his hand up, that Israel prevailed, and when he let his hand down, Amalek prevailed.

Ex 17:11

It is clear that no matter what the physical things appear like, the truth is that the real control is in the spirit, and this is affected by our actions.

CHAPTER 3. SPIRIT AND FLESH

I have said all these to say this: Diseases of all kinds are spiritually determined, and so also are their cures. It does not matter what the scientifically stated cause and the mechanism of causation may be.

If we read the word of God with discerning hearts, we will notice many spiritual principles therein that will make walking with God and reigning in life easier. One thing we must understand is that the Lord does not break rules and there is always a spiritual principle behind the thing He is doing. This is why it is possible to learn the ways of the Lord.

There is one of such principles in the following verse.

And the Word became flesh, and dwelt among us.

John 1:14

The principle that is discernable here is that spiritual things can take up flesh and become manifested in the physical realm so that eyes can see them and hands can touch them. This, they often do.

I am saying this to explain that the fact that scientists have been able to explain the origin and mechanism of many of the

diseases on this earth does not at all mean that they are not of a spiritual origin.

No matter how clear the physical cause is; no matter how convincing the doctor may sound concerning his knowledge of the cause of a disease, the fact is that they all have a spiritual basis. What the doctor is seeing as the physical cause of the disease is nothing but the flesh that the spirit has taken up.

Spiritual problems do take on flesh as hereditary and genetic diseases; they may take on flesh and become a congenital malformation, which is a structural defect someone is born with. Sometimes they take on flesh as diseases carried by mosquitoes; yet others may appear as consequences of environmental pollution.

Let me use this following story to explain further.

In one of the stories of the manifestations of the power of God while he was in Africa, John G. Lake described how there was an outbreak of plaque in an area. During one session of prayer concerning the epidemic, he and one of his co-workers saw in an open vision a large group of demons like a flock of sheep spread over the countryside. They arose and pursued after the little devils, casting them away from the region in the name of the Lord. The demons departed and next day the epidemic began to abate.

Now, the epidemic in question had a known cause and the bacteria involved are visible under the microscope and can be grown in the laboratory. However, the encounter in that story tells me that the fact that the bacterium causing the disease is known and the mode of spread well understood does not at all change the true origin.

There was an experience I had during my national service. I was a medical officer in the small hospital of the barracks of a battalion of the Nigerian Army. This hospital also serves the neighbouring village. One of those days, a woman who I had seen many times before in the clinic with her children was brought in. I diagnosed a severe case of Typhoid fever and admitted her. Despite my best efforts, she rapidly deteriorated with perforation of her small bowel and a shut down of her kidneys; all these within the following 36 hours. By this time she was mostly unconscious and her fever was very high and unrelenting.

Now, because of the location of the barrack and other logistic problems, referral was out of the question that day. I went to my house to pray (I couldn't pray for her there for the reason that they were muslims). I spent about 45 minutes in intense prayer, binding the spirit of death, commanding a cessation of the affliction and claiming my territory, my small hospital.

The result? Next morning when I went to see my patient, her fever had crashed, she was now fully conscious, though weak, and her kidneys had resumed full function. To be frank, I was surprised since I did not expect such a rapid response.

To complete this story, the devil trying to kill this woman played a fast one by causing her husband to remove her one early morning without my knowledge (he had gone to a native doctor and he told him to go bring her to his shrine). As soon as I found this out, I realized what had happened. She was not any longer within my jurisdiction and so I had no more authority. She died a few days later as I knew would happen.

I have told that story to show that diseases are spiritually controlled.

There is also a story of a woman that I read in a book in which she was having some medical problems with dementia and this was seen as degenerating changes in her brain when radiological imagery was done to investigate it. This woman had been in the occult and had just accepted Christ and was undergoing some deliverance. Among the many demons that left her was one that called itself 'Dementia'. The end of the story is that her condition of dementia was cured after the deliverance and the subsequent images of her brain taken at radiological examination showed a disappearance of the degenerative lesion. Everything had become normal.

You can easily see from our preceding discussion that what happened was that the demon took on flesh in her brain and this resulted in what appeared physically as a degenerative change. When the demon left, so did the condition.

See, diabetes has a spirit.

Hypertension has a spirit.

When I say they have a spirit, you do understand what it means from what I said earlier.

Cancer, tuberculosis, dementia and all mental illnesses are spiritual forces that have taken up flesh. If the Lord helps us to cure the spiritual ailments, then the physical ones will suffer a natural disappearance.

Genetic problems are all manifestations of spiritual forces. All these have their cures in the Lord Jesus, in His redeeming blood.

Just like evil things have repeatedly taken up flesh and the Word became flesh as we read earlier, in a like manner too, your healing in the blood of Jesus, which is a spiritual matter, will take up flesh and recreate the damaged tissue in your body and create a new one where something is absent.

And the Word became flesh, and dwelt among us, and we beheld His glory, glory as of the only begotten from the Father, full of grace and truth. John 1:14

You will discover the glory of the healing Spirit that the Lord has sent in your direction as you read on in this book. That glory is the type that is fitting of the Son, full of grace. You will see that there is no disease, no matter the name that it is called, that this glory will not heal.

CHAPTER 4. THE LAW OF SIN AND DEATH.

It will be good to briefly see the origin of sicknesses and diseases.

You see, this life we live is not haphazard. The Lord made everything in order and according to proper patterns. There is a way He does things and there is a way He has ordained that things will be done.

He has made laws that govern the life of men and the existence of the universe and these laws are true and they subsist everywhere.

One of these laws is the one that is known as the law of sin and death.

For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

Rom 8:2 KJV

The law of sin and death states that anywhere there is sin, death must of a necessity be produced.

Now, we need to understand what death is.

Death is a spiritual force; it is more than the meaning that readily comes to mind which refers to the cessation of breath.

Death is a force that compels things to function improperly and to ultimately cease functioning entirely. The expression of the effect of death depends on the normal function of the thing in question. For instance, when death touches a human body, it produces sickness, diseases, barrenness, mental illnesses and ultimately, physical death. When it touches a man's business, it causes it to go into financial crisis and ultimately the business collapses. When it touches a child's mind, he becomes a dullard in school.

In a marriage, death produces disharmony and divorce.

Death touching the earth is what causes all the natural disasters that often cause massive losses of lives and property.

The law of sin and death is the principle that has kept all things on this earth subject to death.

...and so death spread to all men, because all sinned.

Rom 5:12

Notice that the emphasis here is that all sinned. I want you to know that sin is the cause of any of the agonies of death, including sickness. Where there is no sin, there cannot be death ruling. Death does not rule because of the devil; it rules because of sin.

For sin is the sting that results in death...

Let us note that sin is nothing more than any deviation from the standard of God. It does not necessarily mean that the thing is evil in the sight of all men. There are many things that are legal and morally sound in the sight of people that are wrong in the sight of God. Sin means to come short of the standard of God, not that of men and societal norms. As long as you are walking according to your own understanding, no matter how sincere you may be, if you are not walking according to the expressed will of God, you are walking in sin.

You see therefore that every one born into this earth who is not living in the expressed will of God is subject to death. This is the experience of every person.

*Therefore, just as through one man sin entered into the world, and death through sin, and so **death spread to all men, because **all sinned.*****

Rom 5:12

I am not here to condemn you but to explain the origin of all the troubles that may be afflicting you or anyone else around you. We shall come to the cure in a short while.

CHAPTER 5. EVIL

Before we leave this issue of sin and death, let me explain something about the word 'evil'.

You see, many times when I say sin causes the agonies of death like sickness, people think that it must be your sin that would cause your own troubles. However, this is not necessarily the case.

We need to understand that spiritual things are contagious. By this I mean that their influence tends to spread around the person carrying them so that other people around may be affected. This is the reason why Laban could be blessed because of Jacob who was living with and working for him.

But Laban said to him, "If now it pleases you, stay with me; I have divined that the LORD has blessed me on your account."

Gen 30:27

The blessing was in Jacob but the spread of it affected Laban.

A similar thing is what happened with Jonah. He boarded a ship as he was fleeing the presence of the Lord who had sent him to Nineveh, a place he had no desire to go. By his disobedience to the word of God, he brought the force of death into the ship

and ultimately caused the people therein to loose so much property. Read the whole story in the first chapter of the book of Jonah.

Know this: a man can bring the force of death into an environment.

Remember Achan, that he brought death into the camp of Israel because of his actions in stealing the forbidden items. This led to many soldiers dying in battle and the loss of the battle for the whole nation.

This is stated expressly in this verse of scripture,

...one sinner destroys much good.

Eccl 9:18

It is clear therefore that where there is much sin and the consequent presence of the force of death, many people will be affected, including some that are not involved in the commission of the sin.

From my understanding, when the ‘innocent bystander’ is afflicted thus, the bible says the person has experienced ‘evil’. This is the reason why Jesus taught His disciples to pray thus:

...And do not lead us into temptation, but deliver us from evil.

Matt 6:13

Afflictions come to people either as a direct consequence of their sin, which is called the ‘just recompense of reward’ (see Heb 2:2KJV), or it may come as an overflow of the power of death in the environment. This latter case is called ‘evil’. You cannot pray to be delivered from the just recompense of reward for your actions except you first repent of them and ask for forgiveness. However, you need to pray to be delivered from evil. Evil are the things that are in the environment because of the sin that is therein pervasive.

You do realize that sometimes Jesus would heal people and then tell them to go sin no more.

*Afterward Jesus found him in the temple and said to him,
"Behold, you have become well; do not sin anymore, so
that nothing worse may befall you."*

John 5:14

This was the man that he healed that had been beside the pool of Bethesda for decades, waiting to be healed. His statement to the man shows us that the man’s ailment was a consequence of his sin. He didn’t always say this to all the people He healed as most cases were different.

Evil in the land is the reason why a man could be born blind as was in the case of the man Jesus healed when He made

clay with spittle and asked the man to go wash it off at the pool of Siloam. The story is in John chapter 9.

And His disciples asked Him, "Rabbi, who sinned, this man or his parents, that he should be born blind?"

John 9:2

As much as I realize that it is kind of ridiculous for the disciples to make the statement asking whether the man sinned so that he was born blind, I however believe that the question shows that there was an understanding with them of this thing that we are seeing at this time, that is that one can be afflicted for his own sin or as a spread of that of others.

The summary is that the sins of men is what produced all the afflictions that are in the world today, and as long as men will not forsake their sins and come under the law of God which is today realized only in Christ Jesus, there will continue to be diseases in the earth. However, this is not your portion as a child of God who is a believer in the Lord Jesus Christ. There is forgiveness of sins in Jesus and there is a deliverance and fortification against evil in Him.

***CHAPTER 6. THE LAW OF THE SPIRIT
OF LIFE IN CHRIST JESUS.***

Having explained the things that we have so far, let us now go on to the main issue of our study.

As we saw earlier, there are laws that control the events of this earth. We saw the one that is called the law of sin and death. We saw that it is the principle that enforces all the decay that we see in the world today; decay that arose from the sin and lusts that men have given themselves unto.

Now, we know that the love of God did not allow Him to relax as men continued in their destruction. He had to do something for the creation that He loves so.

For this reason the Lord brought into the earth the force of another law. This is called the law of the spirit of life.

The first thing that we have to know about this law is that it works only in Christ Jesus.

For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

Rom 8:2

I have said that God doesn't just do what He likes, but that there are principles that guide His actions. This is the reason why we are encouraged to know the ways of God and not just His

acts. What I am trying to say is that the Lord will not just bring to the earth a law just because it pleases Him. Rather He will fulfil the prerequisites for the performance of such an action.

The bringing in of a law of life is for the purpose of reverting the effects of the law of sin and death. Men had sinned and death was therefore reigning; if a reversal of this state is to be effected, then there has to be payment for sin.

A person can pay for his own sin, but will have to be completely free of personal sin if he will be able to pay for the sins of another.

This is the truth about the Lord Jesus.

*But He was pierced through for our transgressions,
He was crushed for our iniquities;
The chastening for our well-being fell upon Him,
And by His scourging we are healed.
All of us like sheep have gone astray,
Each of us has turned to his own way;
But the LORD has caused the iniquity of us all
To fall on Him.*

Isa 53:5-6

All the punishment He experienced was not at all for His own sins and trespasses but for those of others.

He made Him who knew no sin to be sin on our behalf...

2 Cor 5:21

This is the reason why the law of the spirit of life is only effective in Christ Jesus. He is the only one who paid for the sins of mankind.

With that said, let us then ask the obvious question, “What is the law of the spirit of life which is in Christ Jesus?”

The law of the spirit of life means that if anyone is in Christ Jesus, such a one is delivered from all the effects of death that had come as a result of sin.

The law of the spirit of life means that if the Spirit of Christ is in a person, it will give life to the person’s body. (We shall talk about this *life* in the next chapter.)

If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness.

Rom 8:10

It is unfortunate that most translations of the Bible do not pass across Paul’s point here very well. What Paul was saying is as follows.

If Christ is in you, though the body is subject to the forces of death because of sin, yet the Spirit will give it life because of righteousness.

You will notice in the next verse that he began to explain the mechanism that will bring this to pass.

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who indwells you.

Rom 8:11

The law of the spirit of life in Christ Jesus is that law that reverses the result of the law of sin and death in anyone that has believed in the Lord Jesus.

Now, this arrival of this new law does not invalidate the former, it is not saying that sin no longer causes death. What happens is that it introduces another force that is more powerful than the former one. We can understand this if we remember that the fact that a plane is flying does not mean that gravity no longer holds; rather the plane is making use of forces of lift that are more powerful than that of gravity.

The law of the spirit of life in Christ makes a man fly where sin had grounded him.

Remember that we saw earlier that death is a spiritual force that controls things that are physical and causes them to malfunction and ultimately completely cease to function.

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Understanding this will help us understand what life is. Life is the more powerful opposite.

CHAPTER 7. LIFE IN CHRIST

Life is that force that preserves everything in the order that the Lord created them to be in and restores them to that order if they are ever out of form for any reason.

Life is the reason why your heart continues to beat; death is the cause of heart disease and heart failure.

Life is the reason why your field produces bountiful yield, whereas death causes crop failure and destruction by locusts.

There is a Spirit that imparts this life into everyone that will draw near to God by Christ Jesus. This is why it is called the Spirit of life, and it is the self same Spirit that raised Jesus from the dead. We need to understand that the aim here is the introduction of life into people.

Remember that all the decadence and decay on the earth are the effects of death which we know came as a result of sin. Death operating in people affected the earth on which they walk. It follows therefore that life in them will reverse all the negative things that are in their earth.

...the creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God. Rom 8:21

Life came in by Jesus.

...I came that they might have life, and might have it abundantly.

John 10:10

It is easy to understand therefore that the death that is working on the earth does not have power over you as a child of God. You were only subject to the force of death because of sin, now as a believer in the Lord Jesus, the Spirit of Christ has made you to be above sin and death.

Listen to this: No matter what the name of the disease that may be present in the environment or even in your body presently is, it is cured by the power of the Spirit of Christ that indwells you. Now, it is irrelevant whether the disease is hereditary or caused by some bacteria, the issue is that it is only maintained by the power of death which took on flesh in that place, and that power has been overturned in your life by that of the Spirit of Christ.

I pray that you will accept what I am saying to you today.

Your whole life has been turned around by the fact that Jesus dwells in you and you belong to Him. Now you are one that spreads blessings and are no longer one that is subject to the spread of evil. The blessing inside you overcomes the evil that is present in your surroundings.

This life that is in Christ is real; it is the thing that men have always wanted. It is the end to all the destructions of mankind. All the strivings of all the religions of men have been to be able to experience the effects of life. God sent it into the world in the person of Christ Jesus.

*In Him was life, and the life was the light of men. John
1:4*

You have to understand that this is the greatest thing that God has ever done for mankind. If it cannot heal a body, I wonder what it can do.

The fact is that it can revert all kinds of disease processes. It will return vitality to those lame feet and to that barren womb. The life of Christ can and will recreate in you whatever parts of you are missing, whether it was removed by the doctor or you were so born.

Listen to this! It will change those bad genes of yours. See, genes are alterable. If genes were not alterable, we would all have about the same genes since we are all descended from the same ancestors. Genes alter, and the devil, using the power of sin, has caused many alterations to occur resulting in various diseases. I want you to know however that Jesus is able to turn every one around by the force of life; the scriptures tell us that He has become a life giving Spirit.

The last Adam (Christ Jesus) became a life-giving spirit.

1 Cor 15:45

To be life-giving means that He destroys all the works of death in whichever form and wherever He encounters them. In their place He imparts vitality and wholesomeness. He confers regenerative and rejuvenating abilities.

The Son of God appeared for this purpose, that He might destroy the works of the devil.

1 John 3:8

Remember that it is not relevant whether your affliction came as a just recompense of reward for your deeds or you were born with it or it came as a result of the evil in the environment. What matters is this,

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

2 Cor 5:17

Your sins are forgiven if really you are in Christ. God has wiped away all the things that were recorded against you by the blood of Jesus. The devil, who is the enforcer of the law of death, has nothing with which to hold you bound. This is what Jesus was saying when He said concerning Himself that,

...for the ruler of the world is coming, and he has nothing in Me;

but that the world may know that I love the Father, and as the Father gave me commandment, even so I do.

John 14:30-31

What He was saying was that the devil couldn't kill Him or put Him through what He was about to experience, that the only reason He would pass through the suffering and death was His obedience to the will of the Father.

See, if the devil does not have a hold, he cannot keep anything on you. The hold that He may use on you has been broken by the death and the resurrection of Jesus.

His hold is sin.

***CHAPTER 8. DEATH AND
RESURRECTION***

Let me just say something here about the death and resurrection of Jesus.

The death

Death is a situation in which life is taken away from someone. The death of Jesus upon the cross was the shedding of His life for the redemption of mankind and everything that is attached to them, like the earth. The Bible tells us that the life of the flesh is in the blood.

For the life of the flesh is in the blood, and I have given it to you on the altar to make atonement for your souls; for it is the blood by reason of the life that makes atonement.

Lev 17:11

When we speak of the blood of Jesus, we speak of the life that He had, that the Father gave to Him to have, which He released in the death on the cross. That blood is what washes away our sins. There is no sin so great that it cannot wash away.

All your sins have been washed away, and the penalty due you for them has been paid.

*But He was pierced through for our transgressions,
He was crushed for our iniquities.*

Isa 53:5

That blood is also the seal of the New Covenant. The New Covenant is a set of God's promises that one signs in on by accepting the person of Jesus. Under this covenant, God has promised to forgive your sins and mine and to continually have a favourable disposition to us.

"for I will forgive their iniquity, and their sin I will remember no more."

Jer 31:34

*"...I have sworn that I will not be angry with you
Nor will I rebuke you.*

"For the mountains may be removed and the hills may shake,

*But My lovingkindness will not be removed from you,
And My covenant of peace will not be shaken,"*

Says the LORD who has compassion on you. Isa 54:9-10

The blood of Jesus is God's signature on that document; your own is your faith in Jesus.

The blood speaks; once it is shed it does not keep quiet but demands the realization of the reason it was shed.

...the sprinkled blood, which speaks better than the blood of Abel.

Heb 12:24

That blood is speaking forgiveness of sins for you and healing for your body. It is speaking favour with God and a calming of His anger towards you. It has been shed and it will continue to speak that.

The resurrection

Now, having said all these about the death of Jesus, let us see a few things about His resurrection.

The resurrection of Jesus is a sign that all that the Father wanted done by Him had been done.

It is a sign that His blood had been shed and forgiveness of sins had been purchased for mankind. It is very much like the rainbow of Noah. The fact that Jesus is alive today is proof to you and me that we can no longer be destroyed by sin or by death. It is the proof that we have that the Spirit that is giving life

to our bodies is powerful, powerful enough to raise Him from the death and so is definitely powerful enough to heal all my pains and yours.

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who indwells you.

Rom 8:11

The fact that He rose from the dead is the proof that we are no longer subject to Satan and to death. It tells us that He has indeed become a life-giving Spirit.

Anytime failure or disease stares you in the face, ask yourself “Is Jesus risen from the dead?” If the answer is yes, it means that you are not subject to it, unless you are not a believer in Christ. If you are, then relax.

If there is an epidemic, fear not for Jesus is indeed alive and well. It is the evidence that the Lord has given us as an anchor. Accepting the fear of death and disease is another way of saying that you are not sure that Jesus was raised from the dead and is alive and seated on His throne.

But He is.

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...if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you shall be saved

Rom 10:9

It is easy to understand now why only those who believe that God raised Jesus from the dead can be saved. If He is not raised, salvation is not possible as there is no proof of an effectual power. If they do not believe it, then the real power for salvation is not available to men.

Now, if you believe He is raised from the dead, it means that you have accepted all we have been saying above. You have accepted that He has healed you, delivered you from sin and from death. If you believe it, then get ready for the release of the power of God in your life to confirm it physically.

It is to the person that has believed these reports that the power of God will be revealed.

Is 53:1 (My paraphrase)

CHAPTER 9. WHAT RIGHTEOUSNESS IS

Just as sin brought death, righteousness is what brings life. My understanding of the word of God tells me that as there is a law of sin and death, there is also a law which we can call ‘the law of righteousness and life’. You can easily understand that this means that righteousness leads to life just as sin leads to death.

You see, righteousness describes what you do, that is, your lifestyle. If your life is in conformity with God’s demand, He calls you righteous.

Obedience to the word of God is righteousness. Every person that has obeyed the word of God has experienced the release of measures of life into their beings. The way of achieving righteousness is to understand the demand of God for you and to follow it.

The demand of God for everyone’s life is an absolute commitment to the person of Jesus. God demands faith in Him, and this is the primary basis for the determination of righteousness.

When life is imparted as a result of the righteousness that comes by faith in Jesus, this life is imparted by the life giving

Spirit of Christ; this is called the law of the Spirit of life in Christ Jesus.

What I am explaining is that your faith in Jesus is God's definition of righteousness for you and not your works; it is based on this that He imparts that healing life to your body.

Many people have tried by their own selves to please God, doing the things they feel are right and moral; others have tried to please God by obeying the laws given to Moses. All these people come to God on the basis of their merits and expect that God will be pleased. No! He is pleased, first, by your faith in Jesus.

They said therefore to Him, "What shall we do, that we may work the works of God? (that is, the work that is pleasing to God)"

Jesus answered and said to them, "This is the work of God, that you believe in Him whom He has sent."

John 6:28-29

See, righteousness is not a light term at all. When God says you are righteous, what He is saying is that you are healed, you are whole and you are blessed.

He is saying that He has surrounded you with favour as with a shield.

He has imparted life into you.

Righteousness has power; the scriptures tell us that it has enough power to deliver from death.

...righteousness delivers from death.

Prov 11:4

So, if you are a righteous one because of your faith in Jesus, then the Lord has commanded these forces of righteousness and life in your favour.

Believe it.

Let me point out again that you are made righteous by your faith in Christ Jesus, and not by your works of righteousness. All good works are now consequent upon the faith and the righteousness that you have in the Lord Jesus. You do not attain righteousness by them.

But now apart from the Law the righteousness of God has been manifested, being witnessed by the Law and the Prophets, even the righteousness of God through faith in Jesus Christ for all those who believe...

Rom 3:21-22

nevertheless knowing that a man is not justified by the works of the Law but through faith in Christ Jesus, even we have believed in Christ Jesus, so that we may be

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justified by faith in Christ and not by the works of the Law; since by the works of the Law shall no flesh be justified.

Gal 2:16

Do not let any accuser tell you that you are suffering for your sins; tell them that you are a righteous person before God since you have fulfilled the greatest of all things, which is faith in Jesus. Jesus has by His blood washed away all your sins; He has made you as clean as can be. Now, subsequently you will produce the good works that are in keeping with the righteousness of God.

CHAPTER 10. TAKE IT

I have found out from studying the Bible that whenever God gives you something, it does not automatically fall into your hands; rather you have to take some steps to claim what has been given you. The reason, I believe, is that there is always an adversary that will want to keep the things from you. Just like Paul said,

*for a wide door for effective service has opened to me,
and there are many adversaries.*

1 Cor 16:9

What I want you to understand here is that the fact that you are not experiencing something does not mean that the Lord has not given it to you; it only means that you have to get up and take possession of it. The fact that the Lord has given it to you means that you have the ability to possess it. You are not yet enjoying health is not proof that He hasn't given it to you; it just means that you have to take it.

When the Lord was bringing the children of Israel into the Promised Land He said this to them:

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"Speak to the sons of Israel and say to them, 'When you cross over the Jordan into the land of Canaan, then you shall drive out all the inhabitants of the land from before you, and destroy all their figured stones, and destroy all their molten images and demolish all their high places; and you shall take possession of the land and live in it, for I have given the land to you to possess it.'"

Num 33:51-53

*"For you are about to cross the Jordan to go in to possess the land which the LORD your **God is giving you, and you shall possess it and live in it.**"*

Deut 11:31

Looking closely at these portions of the scriptures will reveal some deep spiritual truths about the order of the things of God in the dealings with His children.

The first thing to note is this order:

One, God gives it.

Two, you possess it.

Three, you live in it.

You cannot possess what the Lord has not given you, and you cannot live in what you have not yet possessed.

Note that there are many things that the Lord has given you that you have not yet possessed and are not yet living in. Also, note that the process of possessing involves the driving out of all evil occupants and their idols, images and altars.

CHAPTER 11. GOD HAS GIVEN

All we have been seeing up till now are the scriptural proofs that God has given us health; He has given life to our bodies in Christ Jesus. It may not be necessary to go over it all again.

You see, anytime God gives you something, He does it by His word. That word of His is the evidence to you that He has given it to you; it is all the proof that you need. It is after you have accepted this that the things around you become conformed to it. You do not have to see it first since you cannot possibly see it until you have believed it.

If the Lord wants to bless a man, He just calls the person blessed.

*...the chastening for our well-being fell upon Him,
And by His scourging we are healed.*

Isa 53:5

When He says that you have been healed by the stripes or scourging of Jesus, it means He has given you health.

*There is therefore now no condemnation for those who
are in Christ Jesus.*

For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

Rom 8:1-2

Since He said that the law of the spirit of life in Christ Jesus has set you free from the law of sin and death, it means that you now have life in Christ; He has given it to you. It means He has given you immunity against premature death, against all plaques and every attack of the enemy.

I came that they might have life, and might have it abundantly.

John 10:10

The fact that He has said that He came that you may have life and have it abundantly means that you are successful by nature. It means you should not be afraid of failure or of poverty. You are blessed in the name of Jesus.

CHAPTER 12. POSSESS IT

Knowledge

We have seen that you cannot possess what you have not been given. In a like manner too, you cannot possess what you have been given but which you are not aware has been given to you. The first thing to do therefore in possessing what the Lord has given you is to know what those things are.

My people are destroyed for lack of knowledge.

Hos 4:6

Remember that I pointed out that the process of possessing involves the removal of some things. I believe that one major thing that must be removed is ignorance. Ignorance is a force that holds people in bondage; if you don't know what is yours you cannot take it. This is the reason why the Lord gave the children of Israel a detailed outline of what was theirs and what was not. He told them the land they could take and the ones they must not go near. He has done the same thing concerning the gospel of Jesus. In the prophets of the Old Testament and even in the Law He has recorded for us all the things that are ours in our covenant with Him in Jesus.

...the gospel of God, which He promised beforehand through His prophets in the holy Scriptures,

Rom 1:1-2

As to this salvation, the prophets who prophesied of the grace that would come to you made careful searches and inquiry,

1 Peter 1:10

You need to fight ignorance with a passion. The weapon is the word of God, the scriptures, the Holy Bible.

Faith

What do I do with what I have learnt that the Lord has given me?

The things that you have heard are dormant until they are activated by faith.

...the word they heard did not profit them, because it was not united by faith in those who heard.

Heb 4:2

If I mix the word that I have heard with faith, it produces results for me. Until then, it is just as good as if He has done nothing for me. My faith in the word that I have heard is the thing that gives the word reality in my life.

Now faith is the substance of things hoped for, the evidence of things not seen.

Heb 11:1 KJV

Please know of a truth that the hope mentioned there is not a wish as a lot of us have erroneously thought it meant. Hope is a firm expectation that a man has because of what the Lord has revealed to him that He has given to him.

Hope was the Isaac of Abraham until the physical Isaac was born. I am saying that the entrance of the word of God into your life produces an expectation.

For an example, if I am sick in my body and the Lord tells me that,

*But He was pierced through for our transgressions,
He was crushed for our iniquities;
The chastening for our well-being fell upon Him,
And by His scourging we are healed.*

Isa 53:5

This tells me what the Lord has given to me; it therefore creates for me the expectation, or hope, of healing.

I am saying that faith literarily makes the word become flesh in me. Remember that we have seen that spiritual things can take up physical forms.

If the word of God says I am healed and I mix it with faith in my heart, then my mortal body begins to experience health. My genes begin to change; my blood pressure begins to come down and my womb receives the ability to conceive.

Let us see the issue of faith for a moment.

Faith does not need a complex aggregate of words to describe. Faith is a basic part of every human being's life. The difference between one person and another is in the objects of their faith.

Everybody has faith in one thing or another; in one person or another.

The doctor says you have an incurable disease and that you will probably die in six months. You therefore fine tune your Will and set up a business to take care of your family after you might have passed on. You did all this in the space of two months; all because you believe what this man has said to you. This is faith in the doctor.

The weather man on TV tells you it will be a rainy day. Now, you may look out of the window and see it actually looks

like a sunny day. Yet you take your umbrella and wear an appropriate pair of shoes for rain. What you have demonstrated is faith in the weather forecaster.

We buy appliances based on faith in the manufacturer; he has written what it can do on a piece of paper included in the pack, and we place our money on his word. Simply, this is faith.

You read a health paper and they tell you that you are overweight and that it is bad for you. No matter how much you feel good with yourself, you start planning to shed weight. This, again, is faith.

See, the whole of life is lived based on faith. The difference is what your faith is in.

Who has believed our message?

And to whom has the arm of the LORD been revealed?

Isa 53:1

What God is calling men and women to is faith in His word; He wants you to believe in His report. What He is calling for is faith in the word of the witness of the gospel of Jesus. This is what the Bible calls Faith. This faith will cause there to be a manifestation of the power of God in your life.

Faith in God is just simply taking what He has said in the written words of the covenant as a present fact. It is making

decisions with the view that what God has said is just simply true.

If He says that you have life; stop making plans for premature death.

If He says your past has been forgiven, stop going around thinking your sins will soon find you out.

He has said that you will have children and they will be great; don't think like Abram, "What do you give me since I go childless". You should not place the verdict of a doctor above that of the word of God to you.

Faith is a decision you make. It is simply deciding that you will take the word of the covenant serious and place upon them the reliance you would place on anything you call fact. What God says are true; the word of God is real, it is real and valid information concerning the very things that control the things that you can see.

There is another thing we most know about the word of God. We have seen that His word is the way by which He gives us anything. Now, that word does not just inform, it also empowers; there is an inherent power in the word of God. That power is released as faith is demonstrated in the word.

Get up and tell the Lord that you will believe His word; make up your mind to believe His report, and the arm of the Lord will be revealed in your life.

See, the word of God is literal medicine; it will physically rearrange your body and your feelings. The word of God is not an opinion or just an instruction manual for how to live life. No, please! It is an encapsulation of the power of God.

It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life.

But there are some of you who do not believe...

John 6:63-64

What Jesus was saying is that His words carry tangible spiritual substances that impart life and vitality into anything. He also explained that this working of the spirit cannot be effectual in anyone that would not believe.

The word of God will literally heal your body.

Remember that we are still examining the issue of possessing what the Lord has given to you.

To possess, as we can easily see, implies a forceful action. Faith is a forceful action to take. This is why believing God can seem difficult; there are many adversaries. The work in faith is to hold on to the conviction of the veracity of the word of God regardless of all contrary evidence.

The contrary evidences that you may see and feel, and the opinions of friends and relations are the adversaries to your faith that must be battled.

Note that faith does not say all the contrary evidences are not real, it only says that the word of God is more real and will outlast all the other ones.

To hold to this is real violence.

CHAPTER 13. THE WORKS OF FAITH

*Even so faith, if it has no works, is dead, being by itself.
But someone may well say, "You have faith and I have
works; show me your faith without the works, and I will
show you my faith by my works."*

James 2:17-18

The works of faith are those actions that flow out of you naturally as a consequence of your convictions; they are not things you do so as to make your faith appear real.

Faith can either be dead or be living; the works of faith do not give life to it but by their presence or absence show whether the faith is living or dead.

What a man needs is not to try to put works to his dead faith, but to get a living faith. The works will come out of him automatically.

Real faith is built on the understanding of the word of God. It comes as a person determines to accept the word of God as final.

If you have the real faith, it affects how you talk.

But having the same spirit of faith, according to what is written, "I BELIEVED, THEREFORE I SPOKE," we also believe, therefore also we speak.

2 Cor 4:13

If you believe what He has said about your health, your tongue will feel it and release accordingly.

Your words will reject all reports of evil. Someone made a statement to me once implying that I will be bent when I'm sixty, I immediately replied that *He satisfies my mouth with good things and my youth is renewed like an eagle's*. I said it boldly and loudly that I cannot bend.

Once I was talking with someone, saying that I love many children and I expect to have them so. The fellow 'jokingly' told me not to forget that there is what is known as infertility. I immediately broke out in anger that...

My wife shall be like a fruitful vine within my house,

My children like olive plants around my table.

For thus shall I be blessed, I who fear the LORD.

Ps 128:3-4(modified)

Friends, I never allow anyone to joke negatively about my health. It is my heritage from the Lord and I guard it with jealousy.

The Bible has told us that death and life are in the power of the tongue. Stop joining people in their discussion of the fear of disease and death. Declare the word of God boldly.

“I am well in the name of Jesus.”

“The life of God is in me and it gives health to my body.”

“I am delivered by the blood of Jesus from all plagues.”

“Viruses die when they try to attach to me.”

“I have life in my genes and have no fear of any hereditary disease.”

“I am strong, I am not weak; I do not lose the vitality of my youth because of age. As my days are, so shall my strength be.”

“My wife shall be like a fruitful vine within my house. I shall have as many children as I desire of the Lord.”

“My womb is open; the force of death cannot dwell therein.”

“I am delivered from death; Jesus has given me eternal life.”

Beloved in Christ, these words are like medicine; they alter the current state of your flesh until it is every bit conformed to their commands. They are energized by the Spirit of Christ. They are real and powerful.

Words control your life. The Lord Jesus said that when you declare anything, and you believe it will happen, it will happen.

"Truly I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says is going to happen, it shall be granted him."

Mark 11:23

Many have killed themselves with cancer, strokes and all kinds of diseases because they are always calling these things upon themselves.

"I think I'm going to have a stroke"

My friend, you shall have what you say.

"My mother died from breast cancer, my sister died from breast cancer and I have a lump in the breast. I know I will die from the same cancer of the breast."

That lump just acquired a name and is thanking you for it. You have given it power over your flesh.

Please repent today and be baptized into health.

What should you say?

"In Jesus' name I have life; any cancer devil that would have stayed in my body has been killed by the resurrection life of Christ. That same spirit that raised Jesus from the dead has given life to those would-have-been-cancerous cells. They have received life and will bless me into old age."

What you are doing is that you are taking by force what is yours; the thing that you have been given by your Father.

I remember this experience many years ago when there was one of the many outbreaks of epidemic viral conjunctivitis, popularly known as ‘appolo’; the thing was just everywhere. My mother gathered everyone together one of those days, saying we should come and rebuke appolo from this home. We all knelt down and bound it as far as our home was concerned. The epidemic passed without it afflicting anyone in our home.

Let us stop running helter-skelter because of the fear of diseases; let us take what is ours by faith.

There was a day that I woke up after days of a fever to realize I had been afflicted with Chicken Pox; my face was full of the bumps. This was shortly after I had eaten some dangerous meals of the word of God as served by David Oyedepo in 7 tapes titled ‘Supernatural Living’. There was so much fire in me that I faced that devil of chicken pox and delivered myself by the power of God. I selected one of those tapes, listened to it again, claimed my healing and came out boldly that day. Those who asked me questions received only an it-is-well answer.

The next morning, I woke up to discover that all the pocks on my face had vanished, less than 24 hours after they arrived. I can still remember the feeling as my hands rubbed over my now

smooth face. Only two pocks remained on my leg; I guess it was to persuade me this thing really happened. I felt totally well.

Friends, take what is yours.

A woman wrote me once who had read my teaching tract 'A prayer for your healing'. She read it and claimed her healing. Her testimony was that she received back a perfect eyesight among other things. No one laid hands on her.

The word of God works always; the issue is whether we are willing to launch out on it.

Take charge of your health even when you are not feeling any symptom of any disease. Declare the word of God over yourself and your home and all that concerns you.

Be quick to respond to all kinds of news with the word of God.

***CHAPTER 14. THE PROCESS OF
HEALING***

What I will like to explain in this chapter is the issue of patience. We need to know what it is.

Remember that we said that hope is a sure expectation that we have because of our faith in the word of God. It is not a wish, but is something that I am expecting because I have discovered from the word of God that it has been given to me.

Now, as long as the thing promised is not yet physically manifested, it is called a hope.

*...hope that is seen is not hope; for why does one also
hope for what he sees?*

Rom 8:24

Let me reiterate this again: the fact that it is called hope does not at all mean that it is uncertain; it only means it is still only in the realm of the spirit.

So, what do you do while what have been promised you is still not seen?

*But if we hope for what we do not see, with perseverance
we wait eagerly for it.*

But if we look forward to something we don't have yet, we must wait patiently and confidently.

Rom 8:25 NLT

Holding on to the word of God in spite of the fact that what you can see does not tally with what is promised is what is called patience. Patience is nothing more than faith projected over time.

Faith is nothing if it cannot wait; it only proves to be unbelief. It is faith coupled with patience that eventually sees what was promised.

And we desire that each one of you show the same diligence so as to realize the full assurance of hope until the end,

that you may not be sluggish, but imitators of those who through faith and patience inherit the promises.

Heb 6:11-12

Movement of a thing from the spirit to the physical may take time, but it is sure. God will not delay for a day longer than is necessary.

In the interval, hold on tightly to the confession of your faith. Do not let any physical evidence or suggestions in your mind persuade you against the word of God. Tell the devil and

all his human friends that you will hold on to God even if you died doing so.

Your health will certainly come.

You see, healing is a process; the moment you start believing God, it starts. It may take a little while to be completed, or it may rush to a completion. Whichever one applies in your case, just hold on to God until it is done.

A few weeks ago, I was watching an interview on the satellite channel GOD TV. The lady being interviewed had been healed of a disorder she was born with. Her mother was exposed to some radiation while she was in her womb and this led to her being born with an abnormally large tongue. By the time I was watching her she had a perfectly normal tongue that she repeatedly stuck out to show to the viewers. Her healing had come suddenly one day, but after months of holding on to the word of God that she had heard.

God will surely come through.

While you wait, keep feeding on the word of God. Busy yourself with all necessary activities both in the word and in your daily duties. Do not sit down waiting on your sickness; wake up everyday rejoicing because of the victory that the Lord has given you in Christ.

Please do not take pleasure in declaring the works of death. I have met people who seem to me that they love pain and

suffering; I say this because they seem to love talking about it – how much they have suffered and are still suffering.

In your case, let not a day pass without a song of thanksgiving and a declaration of victory coming from your mouth. Your words are weapons; keep using them to dispossess the devils of your goods till you have completely occupied your land.

Declare it daily that you have life in Christ Jesus.

Everyday, your circumstance will continue to improve until you are fully made whole.

*But the path of the righteous is like the light of dawn,
That shines brighter and brighter until the full day.*

Prov 4:18

CHAPTER 15. LIVE IN IT

We must not forget that the last part of what we are to do with what God has given is still there to be examined.

...and you shall possess it and live in it.

After you have taken possession of anything that the Lord gives to you, you must occupy it and be established in it. If this is not done, it is only a matter of time before you find your self back where you began.

The gospel is not just a gospel of getting healed but that of living in health. The same thing that procures healing is what guarantees health. It is a spiritual law that the same way you get a result is the way by which you will maintain it. Paul explained this to the Galatians when he told them that what was begun in the spirit cannot be perfected in the flesh.

The life of faith determines that we take the word of God as first even in the issue of preventing ill health. We that are of faith know that there is a power of life that is our defence against all kinds of sickness.

There are two prescriptions that are preventive that I will love to show you today.

This is the first.

*My son, give attention to my words;
Incline your ear to my sayings.
Do not let them depart from your sight;
Keep them in the midst of your heart.
For they are life to those who find them,
And health to all their body.
Watch over your heart with all diligence,
For from it flow the springs of life.*

Prov 4:20-23

The first thing to remember is that life comes from the word of God. You will remember that we have seen that life is a spiritual tangible substance that permeates a persons body and restores health to all parts of it. It therefore follows that the guarantee of health is the continual entrance of the word of God. This is why we are enjoined in this portion of the scriptures to give attention to the word of God.

People love to obey the words of science and Medicine as they tell us what is good for us and how to prevent ill health. For this reason many believers' homes are filled with all forms of health books and journals. I am not at all inferring that there is no use to these things; I am however emphasizing that they do not guarantee a good and healthy life and that you should spend

more energy on the word of life as this is the thing that will not fail.

This is precisely what the Lord was warning the children of Israel about when He told them that...

...man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD.

Deut 8:3

He was emphasizing that the source of life is not what you do in the physical realm but that rather life comes as a consequence of the entrance of the word of God.

The word of God must be your constant companion.

Eat it, live it and enjoy it.

Play the tapes of it in your car; let it be your novel; let it be your entertainment. Surround yourself with it daily; let it be your habit.

Do not let them depart from your sight.

There is something I have noticed in my life; I have noticed that anytime my health begins to fail, it is due to the fact that I have been negligent with the word of God. I have been occupied with many affairs of this life and have not been feeding on the things of the real life. Many of such times I have taken

medical treatment but they repeatedly failed until I take my whole life and turn it around to proper order. Once I return to eating good spiritual meals, my health has always broken forth speedily.

Know that what you focus on will eventually become flesh in your life. If it is the word of God that you focus on all the time, it shall come to pass that all that you will continually experience will be the health that is produced by the Spirit of Christ.

If your focus is on your fear and the things that are befalling the world, then one day a portion may fall into your hands out of the lot.

Be wise.

The second prescription is this.

Who is the man who desires life

And loves length of days that he may see good?

Keep your tongue from evil

And your lips from speaking deceit.

Depart from evil and do good;

Seek peace and pursue it.

Ps 34:12-14

What we are being taught from this portion of the scriptures is that there is a kind of lifestyle that is in keeping with health and a long life. We are not at this time talking about eating habits or physical exercise; rather we are talking about a spiritual lifestyle. Healthy eating habits and physical exercise have only a little profit when it comes to ensuring a good health and a long life. It is a lifestyle of godliness that holds the main promise.

for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

1 Tim 4:8

The instruction is simple. Keep your tongue from evil and your lips from speaking deceit.

Depart from evil and do good, seek peace and pursue it.

Do not ever speak anything that is contrary to the word of God.

One major thing you can do with your tongue against God, which is a great evil in His sight, is to murmur and complain. People die for it. Stop looking at those who have what you don't have alone; take a glance at those who do not have what you have for a second.

Be ever cheerful and thankful. There is so much He has done for you.

Rejoice in the Lord always; again I will say, rejoice!

Phil 4:4

Do not plan evil. Shun corruption and sexual immorality.

For this is the will of God, your sanctification; that is, that you abstain from sexual immorality;

1 Thess 4:3

Be honest in business and all your dealings with people. Do not give anybody a legitimate right to curse you. Pay people what you owe them.

All acts of wickedness and evil give sickness and death a foothold in your life.

Be a kind person. Be quick to forgive.

Do not be one that spreads evil between friends.

Be a giver. Again I say to you, be a giver. Let your presence radiate life. Organize your life in such a manner that people will bless you. Those you give to will bless you.

Let your parents bless you.

Let your husband bless you.

Let the poor bless you.

Let your minister of God bless you.

Be a blessing to all these people and they will return to you with their words of blessings. These words will take on flesh in your body as the health of God.

Speak a kind word to people you come across. Be cheerful about life and be thankful to the Lord all the time.

This is the godly lifestyle that is in keeping with a long, healthy and prosperous life.

...to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

...to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rear reward.

Isa 58:6-9 KJV



Dr. Bankole Olusina, fondly called Pastor Bankie, is a teacher of the Word of God. The emphasis of his teachings is the separation of the Church from the world by obedience to the truths of God. He is a member of the Light of Christ Alumni Fellowship (LOCCAF) Ministers Forum, and the Pastor-Teacher of Kingdom-Word Ministries which he founded with his wife and partner in ministry, Ufuoma.

Kingdom-Word Ministries is a non-denominational teaching ministry based in Enugu, Nigeria. Activities of the ministry include weekly Bible classes at the ministry office, publication of free teaching tracts and books, radio/TV broadcasts and organizing teaching seminars in various towns and cities.

Pastor Bankie's audio message digital catalogue includes hundreds of messages which are available on CDs and MP3 CDs.

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