

**4-11-18**  
**Health**

Dearest Ones,

Today I want to talk to you about health. In order to go through the rigors and trials of the last days, you must have healthy bodies and minds. I do not mean that you must make your health the center of your focus as some do, and major on health topics as if it were the gospel itself. But I have made your bodies and minds and emotions on laws of health that must be obeyed in order to function as well as possible so that your spiritual life can be supported and augmented by your physical health. So in your daily activities, keep this in mind. That is why I want to influence your minds every day about the things you do, the things you eat, your schedule, your bedtime and rest, and everything in your daily activities because I know best what is happening in your body, and my Holy Spirit is in direct connection with every fiber of your being, and he wants to influence your health habits accordingly.

Do not get into fads and other bizarre, extreme ways of eating or exercising that come from magazines or from worldly sources, such as the all raw diet concept. Anything that is extreme and unbalanced is not from me. It is true that fresh fruits and vegetables should make up a part of your diet, but there are other foods that must be cooked in order for the nutrients to be broken down into a digestible form. Be balanced in all you do, whether it be food, exercise, rest, or work. In this way your body and mind will be in the best condition for physical, mental, spiritual, and emotional health and well-being to provide a foundation for communion with me through the higher powers of the mind, and physical and mental labor and service for God and others.

Then I want to talk about mental and emotional health. The biggest detriments to mental and spiritual health is worry, and criticism of others. Both are obviously not from me so these things not only drain your system, but connect you with the mind and emotions of the evil one. Nothing can take you down more quickly than these two emotions. As I spoke through Ellen White, "worry is blind and cannot discern the future." It disconnects your mind for me, and wears out your life forces. Look to me, trust in me, keep connected with me and I will give you encouragement and direction and peace and confidence in my leading in your life.

And just as detrimental is criticism of others. The first thing Adam and Eve did after they sinned was to blame and criticize each other, and of course the serpent. The whole sin problem began in heaven with criticism. It is the root of evil, for it stems from pride and self-sufficiency. It is the fruit from the Tree of Knowledge of Good and Evil. Do not partake of this fruit in your daily relationships with each other, for I assure you that when you do, you are connecting with the devil just as surely as Eve did at the tree. Keep your minds clean and healthy by partaking of the Tree of Life and the water of life which flows to you through the Holy Spirit. Its fruit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance. It brings you health and happiness and peace and holy joy every day. It makes you a fruitful vine in my vineyard, for it comes from me. It elicits praise, which is the doorway to the Sanctuary, bringing all other blessings in its train. I did not create you to be unhappy and unhealthy, and when you

are fully connected with me in every aspect of your life, you will receive the fruits of righteousness, which includes health of body, mind, and spirit.

Now go to the activities of your day, but keep in mind that I have a purpose for you today, and if you follow me and keep connected to me, I will guide and inspire you so that when the day ends, you will have accomplished all of my will for you, and I will give you the joy and peace and fulfillment that continual connection with me brings. Lovingly, Jesus.