

Experiencing Wholeness



The Bible Path to Wellness Body-Soul-Spirit

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About the Author

Lawrence DeSantis is President and Founder of the following faith-based educational institutions and ministries:

- Aquila Christian Ministries
- Aquila Christian School of Ministry
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- International Institute for Wholistic Medicine
- International School of Wholistic Naturopathy
- International Institute for Wholiopathic Education

Lawrence DeSantis is an Ordained Minister, a Traditional Naturopath, and a Doctor of Wholiopathy.

Dr. DeSantis has been serving in ministry and in the health & wellness field for over thirty years.

This book has been inspired by his strong belief and conviction that true wellness can only be fully experienced when a wholistic approach is taken. He believes that addressing the three-dimensional issues (body, soul, spirit) is the path to true wellness and longevity.

Lawrence DeSantis hopes and prays that the reader will be enlightened by the content of this book.

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Chapter 1

Wholeness

Biblical Roots

Wholeness

The definition of wholeness is an undivided or unbroken completeness or totality (body, soul, spirit) with nothing wanting and needing nothing.

Biblical Roots

God created mankind as a whole being, made up of three parts or dimensions: spirit, soul, and body.

The bible indicates this:

Genesis 2:7

⁷ And the LORD God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a living soul.

Man was created in the image of God spiritually and this was pleasing to Him.

In the New Testament, the Apostle Paul says this to us.

1 Thessalonians 5:23

²³ And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

Mankind is a spirit (intuition/presence/conscience) that possesses a soul (a personality with a mind, will and emotion) and lives in a body

(outer shell that communicates with the external world through the senses).

God's will is that we experience wholeness at three levels: spirit, soul and body.

Biblical Example of Wholeness

Mark 5:34

³⁴ And he said unto her, Daughter, thy faith hath made thee whole; go in peace and be whole of thy plague.

In the scripture above, we see Jesus using divine healing to bring physical and spiritual wholeness to a suffering woman.

The foundational biblical practices that lead to wholeness are:

- Cultivating Intimacy with God
- Practicing a Biblical Lifestyle (Obedience to the Word)
- Natural Diet and Nutrition
- Prayer, Fasting, and Detoxification
- Herbal Medicine and Natural Products
- Adequate Rest, Sleep and Relaxation
- Exercise, Sunlight, and Outdoor Activity

Chapter 2

Foundational Healing and Restoration for the Body

Healing and Restoration for the body cannot truly take place unless God is in the picture. God alone has all the knowledge and power to create or restore wholeness.

The account of Creation in Genesis chapter one gives us the keys to wholistic health, healing, and restoration for the body.

Genesis (defined as the beginning) chapter one reveals the important elements to physical health based on the order of Creation.

The Creation

Genesis 1:1-31 (Amplified Bible Version)

*1 In the beginning God (Elohim) created [by forming from nothing] the **heavens** and the earth. ² The earth was formless and void or a waste and emptiness, and darkness was upon the face of the deep [primeval ocean that covered the unformed earth]. The Spirit of God was moving (hovering, brooding) over the face of the **waters**. ³ And God said, Let there be **light**"; and there was light. ⁴ God saw that the light was good (pleasing, useful) and He affirmed and sustained it; and God separated the light [distinguishing it] from the darkness. ⁵ And God called the light day, and the darkness He called night. And there was evening and there was morning, one day.*

⁶ And God said, "Let there be an expanse [of the sky] in the midst of the waters, and let it separate the waters [below the expanse] from the waters [above the expanse]." ⁷ And God made the expanse [of sky] and separated the waters which were under the expanse from the waters which were above the expanse; and it was so [just as He commanded]. ⁸ God called the expanse [of sky] heaven. And there was evening and there was morning, a second day.

⁹ Then God said, “Let the waters below the heavens be gathered into one place [of standing, pooling together], and let the dry land appear”; and it was so. ¹⁰ God called the dry land earth, and the gathering of the waters He called seas; and God saw that this was good (pleasing, useful) and He affirmed and sustained it. ¹¹ So God said, “Let the earth sprout [tender] **vegetation**, plants yielding **seed**, and fruit trees bearing **fruit** according to (limited to, consistent with) their kind, whose seed is in them upon the earth”; and it was so. ¹² The earth sprouted and abundantly produced vegetation, plants yielding seed according to their kind, and trees bearing fruit with seed in them, according to their kind; and God saw that it was good and He affirmed and sustained it. ¹³ And there was evening and there was morning, a third day.

¹⁴ Then God said, “Let there be light-bearers (sun, moon, stars) in the expanse of the heavens to separate the day from the night, and let them be useful for signs (tokens) [of God’s provident care], and for marking seasons, days, and years; ¹⁵ and let them be useful as lights in the expanse of the heavens to provide light on the earth”; and it was so, [just as He commanded]. ¹⁶ God made the two great lights—the greater light (the sun) to rule the day, and the lesser light (the moon) to rule the night; He made the [galaxies of] stars also [that is, all the amazing wonders in the heavens]. ¹⁷ God placed them in the expanse of the heavens to provide light upon the earth, ¹⁸ to rule over the day and the night, and to separate the light from the darkness; and God saw that it was good and He affirmed and sustained it. ¹⁹ And there was evening and there was morning, a fourth day.

²⁰ Then God said, “Let the waters swarm and abundantly produce **living creatures (fish, etc.)** , and let **birds (fowl)** soar above the earth in the open expanse of the heavens.” ²¹ God created the great sea monsters and every living creature that moves, with which the waters swarmed according to their kind, and every winged bird according to its kind; and God saw that it was good and He affirmed and sustained it. ²² And God blessed them, saying, “Be fruitful, multiply, and fill the

waters in the seas, and let birds multiply on the earth.”²³ And there was evening and there was morning, a fifth day.

²⁴ Then God said, “Let the earth bring forth living creatures according to (limited to, consistent with) their kind: livestock, crawling things, and wild animals of the earth according to their kinds”; and it was so [because He had spoken them into creation].²⁵ So God made the wild animals of the earth according to their kind, and the **cattle** according to their kind, and everything that creeps and crawls on the earth according to its kind; and God saw that it was good (pleasing, useful) and He affirmed and sustained it.

²⁶ Then God said, “Let Us (Father, Son, Holy Spirit) make man in Our image, according to Our likeness [not physical, but a spiritual personality and moral likeness]; and let them have complete authority over the fish of the sea, the birds of the air, the cattle, and over the entire earth, and over everything that creeps and crawls on the earth.”²⁷ So God created man in His own image, in the image and likeness of God He created him; male and female He created them.²⁸ And God blessed them [granting them certain authority] and said to them, “Be fruitful, multiply, and fill the earth, and subjugate it [putting it under your power]; and rule over (dominate) the fish of the sea, the birds of the air, and every living thing that moves upon the earth.”²⁹ So God said, “**Behold, I have given you every plant yielding seed that is on the surface of the entire earth, and every tree which has fruit yielding seed; it shall be food for you;**³⁰ and to all the animals on the earth and to every bird of the air and to everything that moves on the ground—to everything in which there is the breath of life—I **have given every green plant for food**”; and it was so [because He commanded it].³¹ God saw everything that He had made, and behold, it was very good and He validated it completely. And there was evening and there was morning, a sixth day.

The Original Diet for Man

The Original Diet for Mankind is the Genesis One Diet (G.O.D) Genesis 1:30 God says, "I have given every green plant for food".

Before mankind's fall from grace in Eden, Adam and Eve, and all created creatures ate green plants and fruits. They were all vegetarians. But after the fall (due to sin), mankind also ate fish, fowl, cattle, and more. The rest of the created creatures did the same, so the lion ate the lamb instead of playing with it. One day, everything will return to the original intent of God. All the hostility in creation will be removed in the New Eden (New Heaven and Earth).

Healing for the body begins with acknowledging God as Father and Creator of all and Jesus Christ (Son of God) as Lord, Savior, and King of Kings of all.

Repentance of sins and accepting Christ as Lord and Savior is crucial for bodily healing because it was through Jesus Christ's sacrifice on the Cross that we can freely receive eternal life and all its benefits which includes divine health and healing: body, soul, and spirit.

Faith and trust in the shed blood of Jesus is important for wholistic healing to the body but we must also take care of our body in the manner scripture teaches us so that we do not have to deal with so much sickness or dis-ease.

Based on the order of creation, these are the things that need to take priority for wholeness to be fully experienced in our body:

Breathe Clean Air

Air contains 16% oxygen and other gases. Oxygen is important for every process in the body to occur. Humans would generally die after 6 minutes without oxygen.

The air you and I breathe needs to be as clean as possible so toxic particles like lead, mold, dust, and more does not burden our body and compromise our health.

To assure the finest quality of air for our lungs and body follow these guidelines:

1. Try to live and work away from polluted cities, and away from highways.
2. Purchase an air ionizer if you do not live and/or work away from polluted areas. Air ionizers are especially important for individuals with allergies, asthma, and immunological issues. Here is a link that describes the top ten air ionizers:
<https://www.herstylecode.com/electronics/best-air-ionizers/>
3. Change your home and office air filter as recommended. This is usually recommended every 1 to 3 months. Purchase air filters that block bacteria, virus, mold, allergens, dust, and more.
4. Fill your home and office with green plants that clean the air and release greater amounts of oxygen. Aloe Vera, Spider Plant, and the Snake Plant are some. The Weeping Fig (Ficus Plant) is a beautiful foliage air purifying plant. It is a common house plant with various benefits. It is one of the best air purifying plant and has been recognized by NASA, for effective at cleansing airborne formaldehyde, xylene and toluene. Here is a link that is useful:
<https://www.fnp.com/article/top-9-plants-that-provide-oxygen>
5. Do deep breathing exercises every day or several times a week to get the maximum amount of oxygen into your lower lungs and body.

Drink Pure Clean Water

Water has so many functions in the body that without it, we would begin to die after several days. Adults should drink 6 to 8 glasses of water daily and as the body calls for. It needs to be clean, filtered water void of chlorine, fluorine, lead, mercury, and other contaminants. It should not be hard water that is full of iron and

calcite (a form of calcium). It should have a pH of 7.0 to 9.0 and it should be antioxidant in nature.

Well water is usually hard water and requires a water softener.

Some of the best water purifiers are the Kangen Water System and Reverse Osmosis Water Purification Systems.

The most cost-effective water purifier that also alkalizes the water to a higher pH and produces antioxidant water is the EHM Alkaline Water Pitcher. Many will even put bottled water in this pitcher to obtain pH enhanced/antioxidant enhanced water. Here is a link to purchase it:

[Amazon.com: Ehm Ultra Premium Alkaline water Filter Pitcher - 3.8L, Activated Carbon Filter- BPA Free, Healthy, Clean, & Toxin-Free Mineralized Alkaline Water in Minutes- Up to 9.5 pH-2020 Model: Kitchen & Dining](#)

Natural Light and Earth Pulses/Energies

In Genesis 1:3, God said, “let there be light.”

Natural light is extremely important to physical, emotional, and mental health.

Facts:

- Natural lighting will reduce the production of harmful bacteria and organisms that can grow in any house. ... Natural light is terrific for a healthy complexion. Ultraviolet rays in the sun are naturally antiseptic. Sunlight stimulates appetite and improves digestion.
- Exposure to natural light helps our bodies produce Vitamin D, improves our circadian rhythms and sleep patterns, helps us to focus, enables us to get more done, and makes us happier. This vital resource is key to our physical and psychological wellbeing.

- Sunlight helps boost a chemical in your brain called serotonin, and that can give you more energy and help keep you calm, positive, and focused. Doctors sometimes treat seasonal affective disorder (SAD) and other types of depression linked to low levels of serotonin.
- The research suggests you do need natural light for wellness. Studies of bright light therapy, show that 15-30 minutes of exposure to daylight is enough to lift mood, improve concentration and aid our sleep.

In contrast, artificial lighting as well as electromagnetic radiation pollution coming from cell phones, computers, hair dryers, microwaves, 5G, and other electronics emit positive ions that adversely affect health. Here are some possible effects:

According to some scientists, EMFs can affect your body's nervous system function and cause damage to cells. Cancer and unusual growths may be one symptom of extremely high EMF exposure. Other symptoms may include:

- Sleep disturbances, including insomnia
- Headache
- Depression and depressive symptoms
- Tiredness and fatigue
- Dysesthesia (a painful, often itchy sensation)
- Lack of concentration
- Changes in memory
- Dizziness
- Irritability
- Loss of appetite and weight loss
- Restlessness and anxiety
- Nausea

- Skin burning and tingling
- Changes in an electroencephalogram (which measures electrical activity in the brain)
- Diabetes Type III
- Red blood cell clumping affecting circulation and detoxification.

Spending as much time outdoors not only gives you natural light but also provides valuable grounding benefits and helps you to detox from all the EMF pollution received indoors.

The Earth contains Scalar Energy and Pulsed Electromagnetic Waves that provide negative ions which combat the positive ions emitted by dirty artificial electricity.

Scalar Energy Pendants and 5G Shields are the way to go to protect your health from artificial lighting and electronics.

Here are valuable links:

[EMF Protection Device \(Scalar Energy Pendant-Original Design\):](https://www.scalarenergypendants.com/)

<https://www.scalarenergypendants.com/>

[EMF and 5G Protection Shields:](https://www.defendershield.com/)

<https://www.defendershield.com/>

Artificial indoor lighting can be replaced by full spectrum lighting, here is a link: <https://www.fullspectrumolutions.com/collections/light-therapy-products>

Informational link:

<https://www.jvejournals.com/article/16417>

Eat lots of Green Organic Plants Daily (Vegetables)

Now we have arrived at foods and God said that vegetation would be our main food (Genesis 1:30)

We recommend everyone to eat at least six types of vegetables daily, preferable raw. Some should be lightly steamed or cooked. Adding six raw vegetables in a salad is a good way to get all your veggies.

Vegetables have few calories but provide a tremendous amount of vitamins, minerals, enzymes, fiber, and phyto-chemicals that provide good nutrition and disease protecting abilities.

Raw fresh vegetable juices like carrot and celery or carrot and spinach are highly recommended.

Please read the book, Fresh Raw Vegetable Juices by Norman Walker. It contains valuable information.

Eat Organic Beans and NON-GMO Organic Wholegrains

Beans and wholegrains are the next types of vegetation that humans need to consume for health.

Beans are full of protein, complex carbohydrates, vitamins, minerals and much fiber that make them a valuable low-calorie category of foods. Chickpeas, lentils, black beans, azuki beans, and fava beans are some of the best to eat along with grains like millet, brown rice, quinoa, and/or root vegetables like organic potato, organic carrot and organic turnip.

A bean-grain-root vegetable dish can replace a meat dish.

Wholegrains are rich in carbohydrates, nutrients, fiber, and in calories. Combined with beans, they provide complete protein. Adding a nice raw vegetable salad will make up a complete healthy meal for lunch or dinner. Those with a gluten sensitivity need to avoid wheat, rye, oat, and barley. An IgG food sensitivity test offered by directlabs.com can

be a good way to see what foods you are sensitive to. Food sensitivities are a major issue in many sicknesses and disease.

The size of a closed fist is an adequate amount of carbohydrate (starch as in grains) to consume 1-3 times a day, depending on your need and body type.

Organic Wholegrain Cereal in Almond Milk or in other organic nut milks makes for a good breakfast. Use a little unfiltered natural honey, organic agave nectar or Stevia to sweeten. Do not ever use white refined sugar (table sugar).

Consume Organic Nuts and Seeds and Sprouts

Nuts, seeds, and sprouts are the third type of vegetation that humans need to consume. They are rich in protein, healthy fats, minerals and nutrients, fiber, and enzymes. Due to their high fat content, nuts and seed (not sprouts) are to be consumed in moderate amounts. One ounce daily of nuts and/or seeds is adequate for adults.

Nuts and seeds complement a bean-grain-root vegetable dish. Nuts and seeds can be eaten at snack time.

Eat Organic Fruit

Genesis 1:12 speaks of fruit trees bearing fruit.

Fruits are the last type of vegetation that should be consumed for good health.

Two fruits a day should keep the doctor away. Eat them in season and eat them fresh and organic.

It is best to have fruit first thing in the morning and/or for snack. They can be mixed with organic yogurt.

Do not have fruit after a meal unless it is pineapple or papaya, these aid digestion. Other types of fruit can cause gas after a meal.

Fruits are an excellent source of natural sugar for energy. They are also full of vitamins, minerals, enzymes, fiber, and health protecting phyto-chemicals that have antioxidant properties.

80% to 100% of our diet should be vegetarian.

Use the Herbs of the Earth

God has placed herbs (also vegetation) on the Earth for many reasons. The primary reasons are:

- To make an infusion or decoction and drink them as teas for nutritive, digestive or detoxification (alterative) purposes.
- As herbal medicine in case of sickness and/or disease.

Good Herbal Medicine Resource Book:

Herbology Manual by Lawrence DeSantis. It is available through www.primitius.com

You Can Eat Clean Fish

Genesis 1:20

*Then God said, "Let the waters swarm and abundantly produce **living creatures (fish, etc.).**"*

Fish was the first type of living creatures God created and after the fall humans began to eat them in abundance.

You do not have to eat flesh foods, but you can because Jesus ate fish.

The best healthy fish to eat twice or more times a week are:

Wild Caught Salmon

Cod Fish

Wild Caught Trout

Bass

Grouper

Tilapia

Other Fish with Scales and Fins

Healthy fish are rich in protein, minerals, omega 3 fatty acids (healthy fats), and are easy to digest. Most people can eat them with some brown rice or other starch. Adding a salad with them make a nice dinner.

Do not consume toxin laden bottom dwelling fish like shrimp, crab, and lobster. Do not consume skin fish like catfish, tuna, and swordfish. They are high in mercury and other toxins.

The Old Testament book of Leviticus chapter 11 outlines which fish to eat and which not to eat.

Organic Fowl and Organic Eggs

Genesis 1:20

*..., and let **birds (fowl)** soar above the earth in the open expanse of the heavens.*

Fowl are the second type of living creatures God created.

Organic chicken and turkey can be eaten twice a week with vegetables and vegetable soup at lunch or dinner as a good source of protein. Do not eat these at the same meal with grains. This would not be proper food combining and thus affect proper digestion.

Organic eggs can be eaten for breakfast or at other mealtimes. They are rich in nutrients, especially in complete protein. Eaten with a little wholegrain toast and some vegetables makes for a good meal.

The Old Testament Book of Leviticus chapter 11 describes which fowl to eat and not to eat.

Remember to always give thanks before meals so that God can bless your health. This ensures wholistic health.

Grass Fed Cattle, Animals, and Organic Dairy Products

Genesis 1:25

*²⁵ So God made the wild animals of the earth according to their kind, and the **cattle** according to their kind, and everything that creeps and crawls on the earth according to its kind; and God saw that it was good (pleasing, useful) and He affirmed and sustained it.*

Cow meat and cow products like cheese and yogurt can be consumed. Cow meat should be from grass fed cows that have not been injected with hormones and antibiotics. Cow milk and yogurt should be organic. Cow's milk is difficult to digest for many and for those that can handle it, they should only have it once or twice a week.

Yogurt is good with fruit as a breakfast or for snack. Use plain yogurt and then add some fruit and honey or organic agave.

Goat and lamb are good meats to consume occasionally. Goat milk is easier to digest than cow's milk.

Only have red meat once a week or less. Do not eat red meat with grains at the same meal. This compromises digestion.

The Old Testament Book of Leviticus chapter 11 describes which animals to eat and not to eat.

Remember to eat fresh foods in season. Avoid junk foods, devitalized foods, refined foods, most packaged foods, white sugar, fried foods, refined and heat extracted oils, white bread, white rice, frozen pizza laden with chemicals, table salt, whiskey, brandy, vodka, and other hard liquor.

Important:

- Only use cold-pressed, organic oils like pure virgin olive oil and other natural oils for salads and cooking.
- Only use Whole Salt for flavoring. Whole Sea Salt, Himalayan Salt, and Celtic Salt are all good. A mix of these is fine also. They contain over 70 precious trace minerals your body needs to stay healthy.
- Always pray before you eat, thanking God for it and asking him to sanctify the food and keep you in good health. The same when you take natural supplements.

Exercise to Stay Fit

Adam and Eve moved around quite a bit so should we.

Exercise such as walking, brisk walking, swimming, and other healthy activity done several times a week can keep you healthy and you can live longer.

Exercise promotes circulation, tones the muscles, helps with detoxification, relieves stress, and more. The benefits are many.

I have just covered the twelve foundational keys to wholeness for the body.

Excellent Natural Health and Nutrition Resource for Reading:

Natural Health and Nutrition eBook by Lawrence DeSantis, CN, ND
The eBook is available through www.primitius.com

Excellent Book on Divine Healing for the Body:

Christ the Healer by FF. Bosworth

Chapter 3

Healing and Restoration for the Soul

The soul consists mainly of the mind, the emotions, and the will. Imagination, intellect, and dream world are also part of the soul.

The soul is our personality and we have been given responsibility by God to keep it healthy and clean.

Ill John 1:2, says:

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

The health of your soul affects the well-being of your physical body, science has proven this.

As a man thinks so he is. Therefore, it is extremely important to truly guard your thought life and your heart life from damaging words and visuals.

To possess a healthy soul, the following is necessary:

- Repentance and restitution for known sins and offenses.
Repentance before God and those affected is a must for a healthy soul and for soul healing. Reasonable restitution is also important. This is the Bible way.
- A loving relationship with Father God through Jesus Christ
Look at Psalm 23: 1-4
23 The LORD is my shepherd; I shall not want.
² He maketh me to lie down in green pastures: he leadeth me beside the still waters.
³ **He restoreth my soul:** he leadeth me in the paths of righteousness for his name's sake.
⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod (Word) and thy staff (Holy Spirit) they comfort me.

- A healthy positive thought life based on the Word of God.
We cannot allow stinking thinking and toxic emotions to govern our lives. Therefore, reading and meditating on God's Word daily will renew our mind to the mind of Christ. This will transform our mind and heart to that of Jesus. Remember that the heart is made up of the mind and the will. It is because of this that we need to guard our heart from damaging things.
- Avoid bad company and that which does not profit the soul
Choose your company wisely. Your close friends should be like minded individuals that do not have a foul mouth and do not have damaging addictions.
Be careful what you watch because it enters the eye gate, affects the mind and heart and thus contaminating the soul. It is the same with music and radio. Television tells a vision but who's vision is it telling? Most of what is on television, on the internet, radio, and the music world is damaging to the soul. The violence, the bad manners, the lust and perversion, the occult, and much more is not from God.
- Biblical counseling and prayer.
Biblical counseling and prayer offered at Church or through a wholistic counselor/wholiopath may prove to help with deep seated soulish issues like unforgiveness, depression, grief, sorrow, anxiety, lust, jealousy, anger, addictions, and so much more. All these negative soul issues affect the body and the spirit also.

Recommended Reading

Switch On Your Brain, Dr. Caroline Leaf (2013)

Textbook available at drleaf.com

Scriptures to Read, Meditate and Declare Over Your Life For Soul Restoration and Bodily Health

God will honor His Word as we trust in Him and have faith in His precious promises. Suddenly, or in time, God's Word will produce fruit in your body and soul. Patience is faith's triumph.

3 John 2

² Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

I Thessalonians 5

²¹ Put everything to the test. Accept what is good ²² and don't have anything to do with evil.

²³ I pray that God, who gives peace, will make you completely holy. **And may your spirit, soul, and body be kept healthy and faultless until our Lord Jesus Christ returns.** ²⁴ The one who chose you can be trusted, and he will do this.

Matthew 8:14-17

¹⁴ And when Jesus was come into Peter's house, he saw his wife's mother laid, and **sick of a fever.** ¹⁵ And he touched her hand, and the **fever left** her: and she arose, and ministered unto them. ¹⁶ When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick: ¹⁷ That it might be fulfilled which was spoken by Esaias the prophet, saying, **Himself took our infirmities, and bare our sicknesses.**

Isaiah 53:4-5

⁴ Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted.

⁵ But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed (body-soul-spirit).

Mark 11: 22-26

²² And Jesus answering saith unto them, Have faith in God.

²³ For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

²⁴ Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

²⁵ And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

²⁶ But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.

Psalm 43:5

*⁵ Why are you in despair, my soul?
And why are you restless within me?
Wait for God, for **I will again praise Him**
For the help of His presence, my God.*

Psalm 23

New American Standard Bible

23 *The LORD is my shepherd,
I will not be in need.*

² *He lets me lie down in green pastures;
He leads me beside quiet waters.*

³ **He restores my soul;**
*He guides me in the paths of righteousness
For the sake of His name.*

⁴ *Even though I walk through the valley of the shadow of death,
I fear no evil, for You are with me;
Your rod (Word) and Your staff (Spirit), they comfort me.*

⁵ *You prepare a table before me in the presence of my enemies;
You have anointed my head with oil;
My cup overflows.*

⁶ *Certainly goodness and faithfulness will follow me all the days of my
life,
And my dwelling will be in the house of the LORD forever.*

Chapter 4

Healing and Restoration for the Spirit

The spirit of a man or a woman is the most powerful dimension of mankind.

The spirit should be governing the soul and keeping the body in check. This can only effectively be done when the spirit has experienced a rebirth through the Holy Spirit.

The rebirth through the Holy Spirit is spoken of in The Gospel of John.

John 3

New American Standard Bible

The New Birth

3 *Now there was a man of the Pharisees, named Nicodemus, a ruler of the Jews; ² this man came to Jesus at night and said to Him, "Rabbi, we know that You have come from God as a teacher; for no one can do these signs that You do unless God is with him." ³ Jesus responded and said to him, "Truly, truly, I say to you, unless someone is born again he cannot see the kingdom of God."*

*⁴ Nicodemus *said to Him, "How can a person be born when he is old? He cannot enter his mother's womb a second time and be born, can he?" ⁵ Jesus answered, "Truly, truly, I say to you, unless someone is born of water (Word of God) and the Spirit (Holy Spirit), he cannot enter the kingdom of God. ⁶ That which has been born of the flesh is flesh, and that which has been born of the Spirit is spirit. ⁷ **Do not be amazed that I said to you, 'You must be born again.'** ⁸ The wind blows where it wishes, and you hear the sound of it, but you do not know where it is coming from and where it is going; so is everyone who has been born of the Spirit."*

⁹ Nicodemus responded and said to Him, “How can these things be?” ¹⁰ Jesus answered and said to him, “You are the teacher of Israel, and yet you do not understand these things? ¹¹ Truly, truly, I say to you, we speak of what we know and testify of what we have seen, and you people do not accept our testimony. ¹² If I told you earthly things and you do not believe, how will you believe if I tell you heavenly things? ¹³ No one has ascended into heaven, except He who descended from heaven: the Son of Man. ¹⁴ **And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up,** ¹⁵ **so that everyone who believes will have eternal life in Him.**

¹⁶ “For God so loved the world, that He gave His only Son, so that everyone who believes in Him will not perish, but have eternal life. ¹⁷ For God did not send the Son into the world to judge the world, but so that the world might be saved through Him.

Jesus said that everyone must experience a transformational rebirth in their spirit man/woman by the power of the Holy Spirit. How can this happen? Verses 14 through 16 tells us. The bronze serpent Moses erected in the desert caused healing in the people that had sinned. They had to simply gaze at it. That was symbolic of something better to come, Jesus Christ crucified.

John 3:15 and 16 then says that God so loved the world that He sent His Son to die (as a serpent, for he who knew no sin became sin on our behalf)) on the cross for our sins so that we may be forgiven and be granted eternal life. Jesus is the second Adam who redeems mankind from the fall of the first Adam.

So how does this rebirth happen? It happens when we recognize we are sinners in need of the Savior Jesus Christ.

The moment we believe that Jesus Christ died for our sins, repent and receive Him in our hearts as Lord and Savior, the Holy Spirit of God regenerates our spirit and gives us a new birth. The Holy Spirit takes

His dwelling in our spirit man/woman and our spiritual eyes, ears and heart become alive to God. Redemption takes place.

The reborn spirit is now able to govern the soul and keep the body in check because the spirit is redeemed where the soul and body has not been totally redeemed yet. One day they will in the afterlife.

Before the rebirth, the spirit of men and women is dead to God but alive to the world and Satan. After the rebirth, the spirit becomes alive to God so he/she (the real you) can enjoy the presence of ABBA Father God.

God wants everyone to be born again in their spirit so that communion and intimacy with God can take place.

The whole purpose for salvation in Jesus Christ was to remove the sin that blocked us from God. But now those who are reborn are not blocked. They can enjoy the peace, the joy, the love, the presence, and the power of God forever.

The greatest healing of the spirit is the rebirth.

Wholistic healing is not possible without the rebirth of the spirit.

Once the spirit is reborn in Jesus Christ then complete wholeness is available spiritually and bodily.

The spirit has the ability to sense the presence of God and other spirit beings. The spirit knows the difference between right and wrong (conscience) unless it is seared by hardness of heart. The spirit is intuitive and can sense things.

The Holy Spirit lives in the reborn spirit and connects the reborn spirit with God. This is why scripture says *that the Spirit within us bears witness that we are children of God.*

The reborn spirit grows and strengthens through the following:

- The daily life of praise and worship to God
- The daily devotion to the Word of God and prayer
- The daily life of piety (love, devotion, and reverence to God in all holiness).
- The daily ministry of sharing the Gospel of Jesus Christ
- The daily walk of love towards God and His people
- Belonging to a local Church
- Fulfilling the calling of God
- Pursuing by faith and love the spiritual gifts God has ordained.

The greatest spiritual healing, restoration and growth comes when we **cultivate intimacy with God**. This goes beyond prayer, praise, communion, fellowship, and worship as we know it. **It is an intimacy with God and Jesus Christ by the Holy Spirit that brings you and I to spiritual intercourse**. It is joy unspeakable and full of glory! God desires it for you and I. We only need to draw close to Him, ministering to Him by pouring out our love to Him. This has transforming power in our spiritual and natural walk. This is wholeness.

1 Corinthians 2:9
New American Standard Bible

⁹but just as it is written:

*“THINGS WHICH EYE HAS NOT SEEN AND EAR HAS NOT HEARD,
AND WHICH HAVE NOT ENTERED THE HUMAN HEART,
ALL THAT GOD HAS PREPARED FOR THOSE WHO LOVE HIM.”*

Let us draw near to our Creator and experience wholeness to its fullest.

Recommended Reading: Ministering to the Lord by Roxanne Brant

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