

#2 Home-Field Advantage: Biblical Healing and Preparation

“ He who created our body can heal our Body”

Introduction: Stewarding God’s Temple

Our body can be likened to a team playing on its home field, where God has given us both authority and advantage. Just as a home team knows every inch of its stadium and sets the conditions to challenge its opponent, we are entrusted by the Lord to steward the environment of our bodies. Scripture reminds us that this “stadium” is sacred:

1 Corinthians 6:19–20 (NKJV): *“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”*

As we dedicate our lives to Him, we fulfill the call to:

Romans 12:1 (NKJV): *“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”*

Through faith, prayer, wise nourishment, and obedience to God’s Word, we invite His presence to dwell within us, transforming our “stadium” into holy ground. In this sacred space, fear and disease become unwelcome visitors, and we stand on the promise of God’s healing power:

Exodus 15:26 (NKJV): *“...For I am the Lord who heals you.”*

This assurance is echoed in: **3 John 1:2 (NKJV):** *“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”*

Surrounded by the support of loved ones and fortified by these promises, we stand confident—not in our own strength, but in the power of God—knowing that the ultimate victory belongs to Him.

1. Discipline and Spiritual Readiness

1 Corinthians 9:26–27 (NKJV):

“Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.”

Principle: Physical and personal discipline strengthens endurance and prepares us to fulfill our calling to share the Gospel.

2. The Body as the Temple of the Holy Spirit

1 Corinthians 6:18–20 (NKJV):

“Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”

Principle: God dwells within us; therefore, we are called to honor Him through holy and wise choices in what we consume and how we live. While illness is not necessarily the result of personal sin, it may arise from genetic, environmental, or lifestyle factors. God’s grace and healing remain available in every circumstance.

3. Home-Field Advantage: Stewarding Our Environment

- **Home-Field Advantage:** Our body is our own stadium where God grants authority and stewardship.
- **Control of the Environment:** Through nutrition, mindset, lifestyle, and faith, we shape an environment that supports healing.
- **Familiarity with the Field:** We understand our bodies and can respond wisely to challenges.
- **Discomfort for the Opponent:** Strengthened physical, emotional, and spiritual health makes it difficult for adversity to thrive.
- **Limiting Opponent Support:** Healthy choices reduce the influence of harmful factors.
- **Surrounded by Supporters:** Community and loved ones provide encouragement and strength while praying against the enemy
- **Confidence and Momentum:** Faith and preparation build resilience and hope that will help overcome setbacks and challenges
- **Playing to Win:** With God’s guidance, we position ourselves for victory. When God is with us, who can be against us.

4. Healing Leaves: God’s Provision for Restoration

Ezekiel 47:12 (NKJV):

“Along the bank of the river, on this side and that, will grow all kinds of trees used for food; their leaves will not wither, and their fruit will not fail... Their fruit will be for food, and their leaves for medicine.”

Revelation 22:1–2 (NKJV):

“And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. In the middle of its street, and on either side of the river, was the tree of life... The leaves of the tree were for the healing of the nations.”

Principle: God provides natural and spiritual means of healing, symbolizing His ongoing restoration and life-giving power. He has given us all the herbs, nutrients and food to feed, heal and restore the body. Let our food be our medicine and our medicine be our food.

5. Biblical Healing and Preparation Through Diet

Daniel’s Diet – Simplicity and Faith

Daniel 1:12, 15 (NKJV):

“Please test your servants for ten days, and let them give us vegetables to eat and water to drink.”

“And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king’s delicacies.”

Principle: Simple, disciplined eating reflects trust in God and promotes physical well-being.

Ezekiel Bread – God’s Provision

Ezekiel 4:9 (NKJV):

“Also take for yourself wheat, barley, beans, lentils, millet, and spelt; put them into one vessel, and make bread of them for yourself...”

Principle: God provides balanced nourishment through grains and legumes.

Herbs for Healing Genesis 1:29 (NKJV):

“And God said, ‘See, I have given you every herb that yields seed... to you it shall be for food.’”

Principle: Plants and herbs are part of God’s provision for nourishment and healing.

6. Levitical Dietary Laws – Clean and Unclean Foods

Leviticus 11:3, 7, 9 (NKJV):

“Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud—that you may eat.” “And the swine... is unclean to you.”

“These you may eat of all that are in the water: whatever in the water has fins and

scales... these you may eat.”

Principle: These guidelines are designed to tell us what animals we should consume and ones we should not. If you look at pork and bottom, feeding creatures like shrimp and lobster they're simply not good for us.

7. Fasting

Fasting with the Right Heart

Matthew 6:16–18 “Moreover, when you fast, do not be like the hypocrites, with a sad countenance... But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting... and your Father who sees in secret will reward you openly.”

Principle: Fast humbly for God, not for others.

Fasting for Breakthrough and Deliverance

Isaiah 58:6 “Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?”

Principle: Fasting brings spiritual freedom and spiritual breakthroughs.

Fasting for Strength and Guidance

Ezra 8:23 “So we fasted and entreated our God for this, and He answered our prayer.”

Acts 13:2–3 “As they ministered to the Lord and fasted, the Holy Spirit said... Then, having fasted and prayed... they sent them away.”

Principle: Fasting helps seek God’s direction and invites His response.

Fasting in Spiritual Warfare

Matthew 17:21 “However, this kind does not go out except by prayer and fasting.”

Principle: Some battles require both prayer and fasting.

Conclusion

Biblical healing and preparation involve more than physical health; they encompass spiritual devotion, disciplined living, wise nourishment, and trust in God’s promises. By recognizing our bodies as God’s temple and embracing the

“home-field advantage,” we create an environment where faith, strength, and healing can flourish, confident that ultimate victory comes through Him.