



Antidotes for Healing the Human Body



Muscles

Obedience: The Health of the Muscles

Just as water, oxygen, and movement are the key to having healthy muscles, so also is obedience to the Spirit of God. Obedience allows us to be stretched and pliable for our greatest use. It keeps our minds flexible to the ever-moving Spirit. The scriptures teach that the Spirit is given to those who obey. Obedience to God's leadings is the key to energizing the blood flow through our muscles, ligaments, and tendons. The degree of our flexibility to God's thoughts and feelings is reflected in the condition of our muscles.

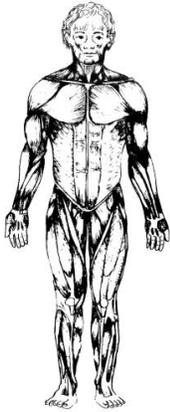
When we follow these leadings, we free ourselves from stubbornness which restricts the energy flow to our muscles. Our job is to feel after God and find Him. Making right choices to obey God's leadings not only heals our muscles, but qualifies us for entrance into a heavenly life. God urges us to make the right decisions for our own health's sake in the scripture below:

“Look, today I have set before you life and death,
depending on whether you obey or disobey...
Oh, that you would choose life;
that you and your children might live!
Choose to love the Lord your God
and to obey him and to cling to him,
for he is your life
and the length of your days.”¹

Following God's impressions means that we are open to obeying our first thoughts and first feelings. These are usually the most accurate and carry with them God's initial inspiration. It is much easier to hear them when we are quiet or alone. For me, this is early in the morning or in the quiet of the night. Thoughts are clearer and insightful. The more we follow these quiet thoughts and inspirations, the more sensitive and freer in God we become.



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Obedience: The Health of the Muscles (continued)

Following God's leadings will always keep your energy levels high. For example, God will always inspire you to leave an event in the bloom. When the need is met, the energy will slightly begin to wane. That is the best time to go. Otherwise, if you delay past the time, your energy begins to deplete. Being aware of your energy levels requires awareness and flexibility. Notice which people or events elevate your energy or deplete it. These are telling signs to follow. God's Spirit is always energizing and recharging your battery. Be flexible at a moment's notice to make a change in your plans when the urge and the signs are there to do so. .

Spiritual Causes of Muscle Problems

Muscle problems reveal the inability to listen to God's instruction and adapt to change. Extending our will too far and for too long can cause us to experience muscle problems. Inflexibility in our mind-set can also cause our muscles to become restricted, knotted, or torn, restricting our movability. The muscles contract and envelope us as a tightening "web," as one physical therapist put it. These muscles remain in this restricted state until they are rehabilitated and stretched back out through physical therapy. When we have made a habit of saying no to God in some area of our lives because we are set in our ways, our body follows suit and begins to reflect our restricted thought patterns. When this happens, our muscles begin to speak to us through strains, tears, arthritis, or rheumatism. Our attitude is what has restricted us from going any further. What is it that drives us this way? A preconceived idea, a standard we are holding onto, or just plain stubbornness.

Antidotes for Muscle Problems

Do not let the initial reaction of being shown your weaknesses prevent you from changing your behavior. Minimize the hurt by seeing the good that it is doing to make you a stronger person, preparing you for your future.

"A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels... The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction. My son, hear the instruction of thy father, and forsake not the law of thy mother: for they



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Antidotes for Muscle Problems (continued)

shall be an ornament of grace unto thy head, and chains about thy neck.”ⁱⁱ

It is better to get the lesson the first time, so you do not have to experience the situation again. Grab your moment of opportunity and learn from it, for it is allowed by God to develop a certain quality in you that you will need in the future.

“My son, despise not the chastening of the LORD; neither be weary of his correction: for whom the LORD loveth he correcteth; even as a father the son in whom he delighteth.”ⁱⁱⁱ

There is an eternal good designed in every hardship.

“Children, obey your parents; this is the right thing to do because God has placed them in authority over you. Honor your father and mother. This is the first of God’s Ten Commandments that ends with a promise. And this is the promise...that if you honor your father and mother, yours will be a long life, full of blessing. And now a word to you parents. Don’t keep on scolding and nagging your children, making them angry and resentful. Rather, bring them up with the loving discipline the Lord himself approves, with suggestions and godly advice.”^{iv}

“Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account.”^v

ⁱDeuteronomy 30:15, 19b-20a TLB.

ⁱⁱProverbs 1:5, 7-9.

ⁱⁱⁱProverbs 3:11-12.

^{iv}Ephesians 6:1-4 TLB.

^vHebrews 13:17a.

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