

My Spiritual Renewal Transfer Process

(Utilizing Scriptures, Strategies, and Spiritual
Declarations to Renew the Physical Body)



Part One: “Lord, Heal My Hip!”

✿ MY TESTIMONY, MY JOURNEY, MY PURSUIT, MY BENEFITS (2010-2012) ✿

Part Two: Spiritual Renewal Transfer Process Declarations

✿ SCRIPTURES, DECLARATIONS, DISCOVERIES, ACTIONS ✿
(For a Renewed Body, Mind, and Spirit)

Dr. Kenneth Hammonds

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My Spiritual Renewal Transfer Process

PART ONE: “Lord, Heal My Hip!”

☞ My Testimony, My Journey, My Pursuit, My Benefits (2010-2012) ☞

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MY UNEXPECTED HEALING: *“I thought this spiritual/physical journey was about the healing of my hip only; but as it turns out, this ongoing journey is resulting in the healing of my entire body.”*

NOTE: This eBook was written and developed gradually over about a two year period (August 2010- May 2012) before my eventual hip replacement surgery. It started out as just series of personal studies and devotions in Scripture and a one-page overview to now this 27-page treatise. So, this eBook represents my various thoughts and feelings over a two-year period, full of ups and downs regarding my physical, mental, and emotional condition. This is why some of the language has a feeling of past tense and pre-surgery.

Having successfully staved off hip replacement surgery for about two years through radical exercise (I exercise 3-6 days each week.) and diet changes, I feel I am on my way to a fuller more focused physical well-being. Through my persistent implementation of lifestyle changes: I have lost over twenty pounds; lowered my cholesterol; maintained excellent blood pressure levels; increased muscle strength; and I feel just great. This document presents my **pre-operation meditations and spiritual devotions** which have given me the strength to endure and thrive spiritually and stay sound emotionally during this difficult time of bodily challenge.

However, it now looks like the time has approached where I may indeed need the replacement or some other procedure within the next few weeks. The pain, while walking or moving, has increased and it has been more difficult to move about. Tying my shoes and putting on socks is increasingly difficult. Because of the problem I also have with both my knees (arthritis – hurtful bone on bone), I am limited to only a few minutes where I can stand without pain.

I had put off writing about this experience and my Spiritual Declarations until the Lord released my spirit to share these very personal thoughts and inner feelings and until I felt comfortable with the idea of surgery for me being God’s plan and His blessing for me.

I cried out, “Lord, heal my hip!” But, sometimes during this experience I literally wanted to give up and forget about seeking God for anything dealing with my body; being convinced that He did not hear me or really care. (Can I be real for a moment?) Having made this declaration I was intent on thinking that the “healing” I was seeking was going to come ONLY “supernaturally” or ONLY “naturally” through diet and exercise. So, I gave God my ONLY TWO options and waited for Him to do one of them. After all Lord, can’t I just “name it and claim it”? And anyway, “Why me? I’m a believer, teacher of the Word and live a holy life; Can’t you just heal me and let me testify about it?”

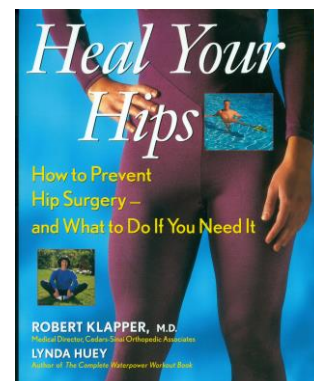
But, as I did my Declarations and Meditations, God began to reveal to me that the healing He was primarily concerned about was the healing of **my entire body and inner soul**, and not just some healing (in my definition) of the left hip.

Yes, I still personally prefer NOT to have a total hip replacement, because my situation is not one of damage or deterioration of bone, but arthritis (thin cartilage). There are still some possible new procedures that I will discuss with my orthopedist, but if they are not best suited for my situation, I'll acquiesce to the replacement surgery. I have had people tell me all the time, "*Oh, today the hip replacement is simple surgery. My grandmother, aunt, uncle, or I had it, and they (I) feel so much better.*" However, at the same time, others have spoken of the years of complications that have resulted from this "simple" surgery. But, it is not so much any fear that I have; it is just that I don't want to do it. It is to be my LAST resort, which is what many excellent orthopedists recommend. "It is up to you," as one of my orthopedists told me.

Well anyway, I had to deal with the spiritual and emotional "disappointment" that God didn't follow either of the two options I gave Him, until I realized that God had been setting me up for a COMPLETE body healing and not just some relief from hip pain. I was clearly headed toward possible diabetes through my nearly uncontrollable eating of sweets and refined sugar desserts (two desserts and a donut to go was not uncommon) and I devoured fried foods and other bad stuff for my body. I just didn't care. All that "health food stuff and nasty tasting food" was just for the "health nuts" and my wife. Well, I now declare that I am one of them today, and an advocate of mindful healthy eating. Got a way to go, however, before becoming a vegetarian, but the red meat is gone from our family diet. (OK, I do have an Arby's roast beef sandwich about once a month.)

It's interesting that I can no longer eat bacon, white biscuits with plenty of bad butter and jelly, and two donuts or pancakes with plenty of syrup with two pork sausages for breakfast any more. (I never really ate breakfast often at home, but when I ate out with others this is what they and I would consume.)

Well, let's make a long story shorter. As I was looking for other options rather than replacement, I discovered a book entitled, "*Heal Your Hips*" by Dr. Robert Klapper, M.D., orthopedic surgeon, and Lynda Huey, M.S. degree in kinesiology, and a pioneer in the use of water training and therapy with Olympic athletes. It changed my total perspective. I went to water therapy at Lynda's Complete PT Center and have been doing it now on my own for about two years with success. Before the exercise and therapy, I was in great pain while walking, standing, or sometimes even sitting and had to walk with a cane. But after water therapy, the level of pain greatly decreased and my mobility, flexibility, and ability to walk was greatly increased. Also, after water therapy and exercise, I was walking effectively without the assistance of a cane, even though I walked with a slight limp.



Heal Your Hips, Dr. Robert Klapper and Lynda Huey

A few months ago I went to see Dr. Klapper, who encouraged me to continue to pursue water therapy until I was ready for possible hip and later knee replacements, he said the replacement should be the last resort after other methods and procedures have been exhausted. [It was Dr. Klapper who eventually performed my surgery – Great job, Dr. K!]

I must confess, I had felt defeated in not reaching my goal of NOT having to do hip replacement and having God to heal me through MY two options. But, in my new view of my situation I now understand that having a **renewed body** and not just *a new hip*, this two year "PRE-HAB", as it is called, is actually pretty nice and has given me great results. The Lord has used this injured hip (in fact, that is what it is — *injured*) as the vehicle for the lifestyle changes I have needed in order to live a healthy and whole life.

Benefits: Spiritual, Social, and Natural

Because of my bravery to challenge this hip ailment with **spiritual and natural** means (supplements, diet changes, and exercise), and to not just immediately go into surgery unhealthy and unfit, I have had some surprising, even life-altering benefits — **spiritual, social, and natural**.

Benefit # 1 The spiritual connection with people has been wonderful. Many people have told me, “I’m praying for you.” This has come from some people I had barely known. This experience of spiritual connection has been tremendous. Other people’s faith has increased as they saw my courage and improvement. I have been able to share some of my Declarations and healing insights with individuals and groups with an encouraging response and have seen people make lifestyle changes. Some have experienced God’s touch and physical healing.

Benefit # 2 There has been a renewed fellowship with my wife of 38 years centered around the meals we eat and even where we shop for food. She has always eaten in a wise and healthy way, but now I am also eating with nutrition and health in mind. She has a renewed interest in cooking for me (us) and we are having a wonderful time fellowshiping, eating, and talking about healthy living. Our spiritual talk and her encouragement during this time has been outstanding and loving. Thank you, Naomi, for your support and being with me throughout this and other of life’s difficulties. I love you dearly.



Benefit # 3 My relationship with the Lord has become greatly increased in my devotional life and there has been a depth to the Scriptures in interpretation and application that I have never before experienced in my nearly 50 years as a Christian believer. I have unearthed some rich insights in my in-depth studies of the Word. Being a student of the original languages of Scripture, Greek and Hebrew, has been most beneficial to my research and insights. Most of my research is far too much for public sharing (I reveal a bit in Part Two.), but certainly central for my personal deliberations with my God and His Word. But, you too can talk to God and study His Word in-depth and you’ll receive mighty insights.

Benefit # 4 I have avoided all kinds of potential diseases and ailments, as I stated above, because of my new found emphasis upon healthy eating, nutrition, and body nourishing supplements.

Benefit # 5 My sensitivity to and compassion for those with physical ailments and challenges has also increased as I have faced this great challenge and pain in my body. I even got a slight glimpse of the insensitivity and verbal cruelty individuals with physical challenges and disabilities receive. Some individuals actually made public fun of me as I walked with a limp. One woman thought it was cute and rather laughable to publically call me, “one leg.” Another, thought that calling me “crip” was funny even when I shared with her my displeasure with that expression as a personal designation. (And yes, they were both Christians.)

Benefit # 6 The physical exercise has also brought great change to my 60+ year old body. I never had a gym membership before because I “never had the time” for exercise. But, oddly enough, now I “find time” for exercise in the gym 3-6 days a week. I feel good that I am better looking when I peer into the mirror. I no longer look a few months pregnant! (Men, you may know what I mean.) And I really like how my biceps look in the gym mirror when I am lifting those weights. This fine-fit-form appearance gives me another reason to be in the gym. I had also found another book, (after first seeing a special on PBS) “*Younger Next Year*” by Dr. Henry Lodge. This book is helping to revitalize my body. I’ll mention more about the book in Part Two.



Benefit # 7 My skin is smooth and glowing. The time spent in the steam room and sauna has really done wonders for my face, helping it to maintain a youthful vibrancy. Many have said I am actually looking younger! Maybe Dr. Lodge is right – *Younger Next Year*. (Although the 89% head of gray hair would seem to indicate that I have seen a few moons in my lifetime.) Hey, I wonder if I dyed my hair black, got rid of my limp, and increased the speed of my gait by fixing my hip and knees, if I'd look like I'm in my twenties!)

Sidebar: Steam Room and Sauna - Many benefits have been associated with the steam room and sauna. Some that are listed are:

- ❖ Rejuvenating, deep cleansing - hydrating the skin, and reducing the appearance of wrinkles
- ❖ Improving and increasing joint mobility
- ❖ Relieving sinus pressure
- ❖ Easing muscular pain by soothing aching muscles
- ❖ Opening the pores of the skin to allow for the release of toxins
- ❖ Bettering blood flow
- ❖ Boosting the immune system and promoting antibody production
- ❖ Relieving the discomfort of asthma, allergies, and arthritis
- ❖ Relieving stress and relaxing muscles

Run a Google search of “*steam room and sauna benefits*.” There are many claims as to their benefits.

Benefit # 8 I have developed a **greater spirit and attitude of thankfulness and gratefulness to God** for ALL His manifold blessings, provisions of favor, and open doors for me, EVEN in the midst of the great physical challenges before me.

A few months ago when I was in the doctor's office, the time for seeing the doctor became quite delayed. It was getting to be nearly an hour. As I sat there good-naturedly unperturbed, another patient near me just kept complaining loudly about having to wait and even went to the front desk to complain to the receptionists. She kept on complaining and then other waiting patients joined in and starting complaining about other things bothering them. I just sat there and began to thank the Lord. The Scripture says, “In everything give thanks: for this is the will of God in Christ Jesus concerning you.” (1 Thessalonians 5:18)

So, I said, “Lord I thank you so much for just **having** a health care plan and thank you Lord for my getting the appointment so quickly to see this orthopedist. And Lord, I thank you in advance for this being the doctor who can do my surgery sooner than six months and I thank you Lord that he will have other solutions to my ailment.” (As the Lord would work it out, this was not the doctor, but this led to an even more experienced doctor to perform the surgery who did not cut any muscle. “Ain't God good?”)

I am extremely grateful to the Lord that I am presently taking NO medications for weakened bodily conditions or diseases. And you too can thank God, even if you do take medications for various ailments. You can thank God that they do have help for your condition and that God has given human minds the ability to create human potions, medicines, concoctions, tonics, mixtures, and a myriad of remedies and cures from the raw materials He has placed within the Earth. I often think of and sing to myself the old Pentecostal upbeat praise song entitled, "**Hallelujah Anyhow**."

It says:

**Hallelujah anyhow,
Never let your problems get you down.**

**When misfortune comes your way,
Lift your hands up high and say,
"Hallelujah anyhow!"**

Note: "Hallelujah" is a translation of the OT Hebrew word meaning literally, **Praise Yah**[weh]. Yahweh is the God of the Bible's proper name. But, the word is translated in most older and modern translations as, "Praise the LORD." [LORD being all capital letters.]

Oh that *men* would praise the LORD *for* his goodness, and *for* his wonderful works to the children of men! Psalm 107, verses, 8, 15, 21, 31 – Yes, this is stated **FOUR TIMES** in the same Psalm. I think the Lord is trying tell us —“children of men” – *humans* – something! Let’s take this **Praise Injunction** seriously and make it a regular part of the woven fabric of our lives forever.

Benefit # 9 And last, but not least, on my list of the spiritual, social, and natural benefits from challenging this hip ailment with spiritual and natural means is that **I now have greater knowledge** about healthy eating and nutrition with a dedicated determination to pursue it with all **spiritual fervor**.

B e c a u s e . . . I now know this pursuit is a **Spiritual Discipline**. Yes, these two: physical exercise and right eating are **Spiritual Requirements**.

The Pursuit of a Revitalized Earthly Body IS an Important Spiritual Discipline.

**** Revitalized Earthly Body** = One that propels past bodily weaknesses, feebleness, and frailty and moves forward toward a physical body that is being renewed in a spirit of youthfulness and regaining increased health, strength, mobility, and flexibility and where bodily pain is being reduced or eliminated.

God says both Spiritual Exercise and Physical Exercise ARE important. ***Our bodies are the Temple of the His Spirit.*** (1 Corinthians 6:19), ***We are to honor God with our bodies.*** (1 Corinthians 6:20, New International Version), and ***Bodily exercise has some value.*** (1 Timothy 4:8, New Living Translation) (More about this is in Part Two.) Adding physical value to your life and producing a better functioning body result in increased **wealthy living** (especially if you wish to increase your opportunity to have more time on Earth to fulfill your spiritual vision and life’s calling).

Two Components of Wealthy Thinking

- ❖ **Spiritual Wealth** = a prosperous inner soul and spirit
- ❖ **Physical Wealth** = the health, strength, vigor, and mobility of your physical body

See more on this concept of wealthy living in every area of human life and definitions of the *Ten Dimensions of Wealth* in my book, **God Wants You To Be Wealthy (How to Release the Wealth Builder Within)**, Chapter 2, *Understanding True Wealth*. See my Ten Dimensions chart to the right.

Wealth in All Ten Dimensions of Human Life

SPIRITUAL (Godliness)	INTELLECTUAL (Mind)	EMOTIONAL (Moods)
MATERIAL (Things)	FINANCIAL (Money)	PHYSICAL (Healthy Body)
SOCIAL (Relationships)	OCCUPATIONAL (Work, Productive Activity & Your Vocational Calling)	TIME (Time Management, Goal Setting, Dreams)
ENVIRONMENTAL (The complex combination of social (<i>the type of people around you</i>), cultural, climatic, and living surroundings)		

[More information about the book and some free ebook downloads are available at the book website wealthythinking.com]

MY CONCLUSION – *finally!*

I can tell you for sure that NONE of these rich and wonderful benefits would have occurred had I just immediately opted for the surgery as was suggested by my then primary doctor, two orthopedists, and many well-wishers praying that I would just get the “simple” surgery. (You know that simple or minor surgery is only minor to those NOT having the surgery performed on them!)

Yes, all the “surgery now” folks were well-intentioned, however, it is clear that none of them knew there was a **God-plan** that needed **two years of pre-hab** before any medical procedures were to come into play. So, thank God for the **physical** pre-hab, the **spiritual** pre-hab, the **social** pre-hab, and the **mental and emotional** pre-hab. They all have made me a better man inside and out.

The Lord has now released me to share my Spiritual Renewal Transfer Meditations, Spiritual Declarations and scriptural interpretations, and my physical, emotional, and spiritual difficulties. The result has been this document. May the Lord use this Testimony and the Scriptures and Declarations in Part Two to assist someone else along their physical ailment journey.

So, enjoy the journey God has for you, and don't be too quick to give God YOUR options for HIM. He may just have a BETTER PLAN for you — Living a BETTER LIFE.

Blessings Galore for You and Yours,
KH, September, 2012

P.S. After I go through with the surgery, I may later have more insights and write my **post-operations** meditations and observations as I recover and as the Lord heals me from the surgery's impact upon my body. There may be those who prefer a “**no-operation**” medical strategy. These are those who with informed medical and professional advice decide not to do surgery.

This, of course, was my FIRST strategy as I stated in this Testimony when I was seeking healing through natural or supernatural means only. It was from this more narrow position that I moved to the TOTAL BODY HEALING view presented here.

(By the way, I did have the total hip replacement surgery July 11, 2012. Now about two months later I am coming along and healing wonderfully. — Still got the challenge of these two bad knees, but the hip is getting better and better and I have NO PAIN, just a tightness of the hip that will be around for another few weeks. Thank the Lord for waking me up from the surgery! I do not take this for granted.)

Psalm 139:17- 18 (KJV)

How precious also are thy thoughts unto me, O God! how great is the sum of them! *If* I should count them, they are more in number than the sand: **when I awake**, I am still with thee. [I have you, O God, in my mind and thoughts AND — You have me under Your watchful eye of care, comfort, and protection.]

Lamentations 3:23 (KJV)

They [God's unfailing compassions] **are new every morning**: great *is* thy faithfulness.

Just as a note: I checked with my doctors about the option of not having the surgery and they all said it was pretty much up to me and my pain level. It really would not make the situation much worse in the short term. IT WAS NOT life-threatening. So, please don't misinterpret anything said here as some kind of KH medical advice of whether or not to have or to avoid having life-saving or disease removing surgery or medications. You, God, good current information, excellent physicians, nutritionists, and perhaps also family members will need to assist in deciding these important matters. However, these Declarations and the spiritual knowledge insights can be used AS YOU GO THROUGH the physical and spiritual challenges facing you, and they will also greatly assist you to enjoy a full life of health and wholeness as you rehab and positively change your lifestyle, even AFTER the needed surgery.



My Spiritual Renewal Transfer Process

PART TWO: Spiritual Renewal Transfer Process Declarations

✎ Declarations, Scriptures, Discoveries, Actions ✎

(For a Renewed Body, Mind, and Spirit)

Dr. Kenneth Hammonds

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MY UNEXPECTED HEALING: *“I thought this spiritual/physical journey was about the healing of my hip only; but as it turns out, this ongoing journey is resulting in the healing of my entire body.”*

Here in Part Two, I discuss the Declarations, Scriptures, and the Discoveries I have made that have given rise to my life-changing actions bringing about a healthy body, mind, and spirit.

✎ My Spiritual Renewal Transfer Process ✎

Declarations and Scriptures

A **Declaration** is an explicit, formal statement, announcement, or proclamation either oral or written. It is a strong and forceful formal statement of resolve for an action. Many declarations are considered to be founded upon “self-evident truths” from the viewpoint of the declarer. The “evidence” and “reasons” for the declaration are supported by the facts surrounding the actions. For example, The Declaration of Independence of the 13 Colonies (later called the United States) from Great Britain has as its first phrase, *We hold **these truths** to be self-evident that . . .* 1. All men are created equal; 2. All men are endowed by their Creator with certain unalienable rights. And among these are three key entitlements of being born human: Life, Liberty and the pursuit of Happiness.

My 12 Declarations (*12 Key Spiritual Entitlements and Confessions for those residing in human bodies*) provide details of the essential truths, specific facts, readings, and Scriptures furnishing the foundation for my actions in obtaining and maintaining the health, healing, and wholeness process. Below, in my exposition of the Declarations, the reason for each Declaration/Confession is supported by accompanying Scriptures. In the process of my actual discovery of the 12 Declarations, my study of the Scriptures came first, then came the Declarations. Then I found additional supporting Scriptures for each Declaration. My Declarations are written, but they were also stated orally as I traversed my healing journey.

Even as the 13 Colonies “declared” their independence internally and acted upon that declaration, but were yet under British rule, so do I “declare” my healing internally and act upon my Declarations, even though as yet not having fully realized my goal. I declare my health and healing even though the full healing is still taking place. My declaration (and yours too) provides the foundation and the motivation in the midst of the ongoing healing situation.

Your desire, motivation, and actions are the key elements in your healing process.

SPEAK these Spiritual Declarations, **READ** these Key Scriptures, 2 Corinthians 4:16 and Psalm 103:1-5 (or any other Scriptures), and **DO** these actions (healthy eating and exercise). I speak some or all these Declarations, read these Scriptures, and do at least some of these actions nearly every day.

Defining the Spiritual Renewal Transfer Process: SRT is an inner spiritual empowerment which is transferred to the human body bringing about its physical restoration and renewal. It is where the inner spirit of man renews and restores to health the outer man (the body) through focusing upon specific Spiritual Declarations, Scriptures, Discoveries, and Actions.

The Goal of the Spiritual Renewal Transfer Process

To have the inner man to renew the outer man (physical body) through changes, adjustments, and renewal of ATTITUDE AND ACTIONS which I am calling, “The Spiritual Renewal Transfer Process.”

My Chief Physical Goal: To have INCREASED HEALTH, VITALITY, AND MOBILITY AND THE LESSENING — *AND BY GOD’S GRACE* — EVEN THE ELIMINATION OF PAIN.

My Primary Aim: I seek a renewed earthly body that will not be weak, feeble, and frail.

Below is a listing of my 12 Declarations placed in Five Categories. After the Listing, I have an Exposition of these Declarations (pages 13-21) where I include Key Scripture References for each Declaration.

I. The Spiritual Renewal Transfer Process

II. The Physical Restoration Process

III. My “Youth Renewed” through Physical Exercise and Nutritious Foods

IV. The Power of My Speech to Declare Health Transformation

V. The Power in Thinking Good Thoughts

A Listing of My 12 Life-Changing Declarations

I. My Declarations: The Spiritual Renewal Transfer Process

DECLARATION 1: My spirit has a daily and constant increase of inner vigor and strength. God daily imparts to my body and spirit His **life**, (Greek ζωή, *zōē*, pronounced: zoe-AY) — His eternal strength, vigor, and renewal.

DECLARATION 2: As my inner man acquires new strength, **it transfers that vigor** to my bodily processes and systems **even down to the cellular level**. This **Transfer Process** also helps to reduce and eliminate my PAIN.

DECLARATION 3: **I will not give up or lose heart** for I believe the Lord will use the renewed inner man to strengthen, empower, and make new the outer man’s skeletal structure and internal organs.

II. My Declarations: The Physical Restoration Process

DECLARATION 4: My body is being RESTORED: Regaining increased health, vigor, flexibility, mobility, and reducing pain.

DECLARATION 5: My body is being RESTORED: Renewed, renovated, strengthened and invigorated by the Power of God.

DECLARATION 6: My body is being RESTORED: And the results of my obedience are producing an energetic mobility through reconstructed and strengthened hips, knees, and joints down to the cellular level, lessening PAIN and moving toward the major goal of eliminating PAIN.

DECLARATION 7: My body is being RENEWED: in a spirit of youthfulness and is being invigorated little by little, atom by atom, cell by cell, and joint by joint.

III. My Declarations: My “Youth Renewed” through Physical Exercise and Nutritious Foods

DECLARATION 8: My youthfulness is also being renewed in part because of good exercise. **Good Exercise and Body Care** (i.e. exercise that is body-building, body-renewing, body-restoring, and body-healing)

DECLARATION 9: My body’s youthfulness is being renewed like an eagle’s as my body enjoys “good.” Psalm 103:5, Hebrew *tôv*, טוב = good [things]. This word has rich meanings and usages in the Scriptures, and all of them are *good*. *Tôv* means good, wealth, prosperity, joyfulness, beautifulness, and favour. Oh, what blessings and **Good Benefits** are bestowed upon us from our **Good God**.

DECLARATION 10: My mouth takes in “good things” (also verse 5) – beneficial and nutritious foods, snacks, and supplements (food medicines) that make me and my body healthy, well, and prosperous. **Good Food** (i.e. food that is good FOR me and my body) See Dr. William Li and cancer fighting foods. (www.eattodefeatcancer.org)

IV. My Declaration: The Power of My Speech to Declare Health Transformation

DECLARATION 11: My mouth also speaks good (**Good Speech**) and healthy things that will nourish my inner being and help to declare and even predict my healthy future end.

V. My Declaration: The Power in Thinking Good Thoughts

DECLARATION 12: My mind thinks and meditates only on **Good Thoughts** and **Good Things**.

12 Life-Changing Declarations



My Exposition of the 12 Declarations

I. My Declarations: The Spiritual Renewal Transfer Process

DECLARATION 1: My spirit has a daily and constant increase of inner vigor and strength. God daily imparts to my body and spirit His **life**, (Greek ζωή *zōē*, pronounced: zoe-AY) — His eternal strength, vigor, and renewal.

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DECLARATION 3: **I will not give up or lose heart** for I believe the Lord will use the renewed inner man to strengthen, empower, and make new the outer man's skeletal structure and internal organs.

Note on Bible Translation Abbreviations: **KJV** = King James Version, **NKJV** = New King James Version, **NIV** = New International Version, **NLT** = New Living Translation, **MT** = The Message Translation: New Testament, **NRSV** = New Revised Standard Version

Scripture: My Inner Man is Being Renewed

2 Corinthians 4:16, NKJV

“Therefore **we do not lose heart**. Even though our outward man is perishing, yet the inward man is being renewed [made new] day by day.” [KJV = “we faint not”]

The Word of God Encourages You and Says to You: Don't Give Up!

In my biblical research of the phrase in 2 Corinthians 4:16, “we do not lose heart,” (also used in verse 1) I made a rather interesting discovery – every occurrence of this phrase in the biblical text is coupled with the word, **NOT**. So, it says in each usage, “DO NOT – be discouraged, DO NOT – lose heart, DO NOT – give up. Don't . . . let the difficulties in your life get into your mind, your attitude, your actions, and then destroy your entire life.”

The NT Greek word used in all these occurrences is *ekkakeō*, **ἐκκακέω**, pronounced: ek-kah-KEH-oh. *Ekkakeō* means to be utterly spiritless, to be wearied out, exhausted. To be weak, that is, to fail (in heart): —faint, to be weary. (Thayer's Greek Lexicon and Strong's Dictionary definitions)

So, this “*don't get weary or lose heart*” passage is written for those who are being worn down by life's challenges, whether they are physical, emotional, spiritual, or social. The Word of God comes today for you, to encourage you, “**Don't Give Up!**”

The “Ideal” and the “Reality”

We all *should*, **at the ideal** God-level of thinking, not ever become discouraged in the work of the Lord or in doing good because we know God loves us, is in control of all things, and He is working all things for our favor according to His Plan. **But, in the reality** of daily living we do not always reach this lofty spiritual goal. The command from God is clear: “Do not become weary.” However, disappointment, discouragement, and the weariness of this life will sometimes enter in. When it does come, we have

effective “spiritual cures” for these ailments of the soul: We can seek encouragement from the Word of God, guidance from the Spirit of God, and comfort from fellow believers. But, no matter what comes, you must continue on and not despair, lose heart, or give up.

God is Working Things in Our Favor – Romans 8:28; Jeremiah 29:11

And we know that all things work together for good to them that love God, to them who are called according to *his* purpose. Romans 8:28 (KJV)

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. Romans 8:28 (NLT)

That’s why we can be so sure that every detail in our lives . . . is worked into something good. Romans 8:28 (MT)

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11 (NIV)

For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope. Jeremiah 29:11 (NRSV)

Encouraging Message from the Lord to KH

In this most difficult time of physical challenge the Lord has continually said to me:

*“KH: Don’t get weary or exhausted regarding the work and labor of this situation (or all your other situations) **and don’t give up**. Your body may be decaying, wearing down – but still, don’t give up on even that because that inner man is being made new EVERYDAY. This inner man attitude will affect to a large degree the health and condition of your body, mind, and emotions. I will lead you to the way to cope and have hope.”*

It is wonderful that the Spiritual Renewal Transfer Process (the renewal emanating from the inner spirit) is at work even when I think, “Lord help! This ain’t workin’.”

II. My Declarations: The Physical Restoration Process

DECLARATION 4: My body is being RESTORED: Regaining increased health, vigor, flexibility, mobility, and reducing pain.

DECLARATION 5: My body is being RESTORED: Renewed, renovated, strengthened and invigorated by the Power of God.

DECLARATION 6: My body is being RESTORED: And the results of my obedience are producing an energetic mobility through reconstructed and strengthened hips, knees, and joints down to the cellular level, lessening PAIN and moving toward the major goal of eliminating PAIN.

DECLARATION 7: My body is being RENEWED: in a spirit of youthfulness and is being invigorated little by little, atom by atom, cell by cell, and joint by joint.

Scriptures: The Lord Heals My Sicknesses and Pains

Psalm 103:1-4 (NKJV) Comfort and Hope in Healing and Recovery From the Old Testament Scrolls



Psalm 103:1 Bless the LORD, O my soul;
And all that is within me, *bless* His holy name!

Psalm 103:2 Bless the LORD, O my soul,
And forget not all His benefits:

Psalm 103:3 Who forgives all your iniquities, [Spiritual Benefit]
Who heals all your diseases, [Physical Benefit]

Psalm 103:4 Who redeems your life [Hebrew = also means - *age*] from destruction,
[Physical Benefit]
Who crowns you with lovingkindness and tender mercies. [Spiritual Benefit]

Each of the four verses below is followed by a brief **Commentary Note** from me with the insights the Lord has given me through prayer, study, personal revelation into my situation, and the Spiritual Renewal Transfer process as it comes from Scripture. But hopefully, you will also see application to your physical need or situation. Or you may wish to share this information with those you know and love who are also facing physical ailments and difficulties. I trust this will provide some assistance, revelation, comfort, and healing for them.

Psalm 103:1 (NKJV) Bless the LORD, O my soul;
And all that is within me, *bless* His holy name!

Verse One, Commentary Note: This verse challenged me during my great times of pain and disappointment with God's "slowness" to heal. However, the real joy from within comes as we all seek to BLESS the Lord no matter what the situation is or how we might feel. It says in another outstanding passage of Holy Writ, "I will bless the LORD at all times: his praise shall continually be in my mouth." (Psalm 34:1) Giving continual **great praise** to the God of our salvation with everything that is within us — our entire soul and inner being: That's blessing the LORD, our God.

Psalm 103:2 (NKJV) Bless the LORD, O my soul,
And forget not all His benefits:

Verse Two, Commentary Note: When things are not quite working out as we had planned, we tend to "forget" the many times of God's great deliverance and sustaining power. The benefits of knowing and following God are innumerable. In the next verse (v. 3), the psalmist gives us two general categories of "benefits" i.e. His divine favor, awards, dealings, and blessings to those who trust Him with their spiritual and natural lives.

Psalm 103:3 (NKJV) Who forgives all your iniquities, [Spiritual Benefit]
Who heals all your diseases, [Physical Benefit]

Verse Three, Commentary Note: These are the two general categories of Miraculous Divine Benefits: **Spiritual Benefits and Physical Benefits.**

The first great benefit in this verse is the “miracle” forgiving power of God toward offensive and undeserving humanity. Thank God for the personal “pardon” in the spiritual realm for our great offences to and sins against God and men. It is the greatest and most significant benefit God has made available to mankind.

This action of God’s forgiveness of our offense to Him and others should remind us of our obligation to also forgive those who have offended us (even though we are convinced they don’t “deserve” it). This too can be a major factor in receiving our own personal physical healing. Those in the naturopath profession have some definite ideas about the place of forgiveness and lack of bitterness and anger in our body’s healing processes. In an article by Dr. Tina Marcantel, Doctor of Naturopathic Medicine and registered nurse entitled, **The Healing Power of Forgiveness**, Dr. Marcantel makes the following observations regarding forgiveness, inner emotions and physical health. (*The numbering system is mine.*)

1. Holistic healing is about getting to the root causes of physical problems. Sometimes those root causes may lie in genetic tendencies we’ve inherited or in the foods we’re eating. Very often root causes can be traced back to emotional and spiritual issues that need to be dealt with before long-term healing can take place.
2. Until we’re willing to allow those emotions to surface and deal with them, we may never be able to find the physical healing we’re seeking.
3. The bitterness that accompanies grudges, for instance, may have a link to physical illnesses including obesity, arthritis, cancer, fibromyalgia, and countless other problems.
4. We have seen many clinical examples of patients who have found a path to physical healing by starting the journey with forgiveness.

Some within the medical profession are even examining the role of severe emotional responses and tension as they attempt to generate a grounded substantive theory of the process of forgiveness in patients with cancer. Forgiveness being used to relieve this tension and to gain a perspective allowing the resolution of these negative emotions. [Mickley, J. R., and K. Cowles. “Ameliorating the Tension: Use of Forgiveness for Healing.” *Oncology Nursing Forum*, Jan./Feb. 2001:28.]

I’m not sure about all the details or full validity in all these research studies, but it does seem to be clear that optimal health stems also from an emotionally whole individual with an attitude of forgiveness and lack of bitterness, anger, and emotional trauma. So, let’s do as the Scriptures enjoins, even as Jesus modeled for us, because it is good for our health and wholeness. It is good for our spiritual health, our social and relationships health, and our physical health.

Jesus said, “Father, forgive them, for they do not know what they are doing.” Luke 23:34 (NIV)

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you. Ephesians 4:32 (KJV)

The second great benefit in this verse given to humanity is the “miracle” healing WITHIN the human body. There is within the human body the God-given innate ability of **self-healing**. This power was given to the human body at the time of its healthy, robust creation. For if the truth be told, no facet of medical procedures or cures actually does any healing. We are told by doctors after surgery, even when we are

given drugs for our recovery, that the body must still respond to the medication and HEAL ITSELF. Key functions of medicines is **to enhance the body's innate, God-given ability** to heal, to prevent harmful "invaders" from unleashing a hostile takeover of the body, and to stabilize the body's homeostasis.

If the body did not have the natural antibodies, germ fighting agents, and strength building systems within, we would have died soon after our birth. Indeed, we would have had NO birth; No Parents; No human race. Thank God for His willingness and the psalmist's assurance of the promised healing of ALL our diseases. God heals various (all kinds of) diseases (Hebrew – sicknesses, pains). The favor of God in the healing of our bodies is one of the great benefits we must never take for granted. That's why we always have something for which to be thankful – **FULL of thanks**.

Also, because your body right now CONTINUALLY fights against disease and sickness God is continually providing healing for your body. Thus, the psalmist says, God IS HEALING (Hebrew present tense grammatical construction) all the malignant attacks coming against your body every moment of every day.

The psalmist had no doubt experienced God's touch in his body many times and so have we all. We know that as of a result of the fall of Adam from God's way, bodily decay and ultimately death are now a part of the human condition. But, in the meantime, God does provide access to healing and restoration for these feeble clumps of clay in which we reside. (See below, "**Seven Types of Pain Relief and Healing Remedies,**" page 22.) And we know that at the Second Coming of our Lord we will receive the full enjoyment of bodily healing in a different, much improved, and transformed human body.

Regarding this "new and improved" body being delivered from death's unyielding grip, the apostle Paul unveils God's revelation regarding our miraculous resurrection bodies being raised up by the Lord in 1 Corinthians 15:42-44, NRSV: ⁴² "So it is with the resurrection of the dead. What is sown is *perishable*, what is raised is **imperishable**. ⁴³ It is sown in *dishonor*, it is raised in **glory**. It is sown in *weakness*, it is raised in **power**. ⁴⁴ It is sown a **physical** body, it is raised a **spiritual** body. If there is a physical body, there is also a spiritual body."

See the Old Body and New Body comparisons chart below.

The Old Model-A (Adamic) Human Body	
vs.	
The New Model-T (Transformed) Human Body	
Model-A (Adam) Human Body	Model-T (Transformed) Human Body
The Image of Adam (a man of earth, dirt)	The Image of Christ (a Man of heaven)
Perishable	Imperishable
Dishonor	Glorious
Weakness	Powerful
Physical	Spiritual
Human body material (<i>flesh</i> – physical cells, atoms sustained for a limited time by Earth's ecosystem)	Transformed material (<i>spiritual</i> – sustained perpetually by the direct energy of God's Spirit)
Subject to decay and eventually death	Incapable of decay, death, or destruction
Sickly and prone to debilitating ailments and disease	Self-healing and having the continual renewal of the Spirit (impervious to disease and physical decline)
Good for and lasts for a time	Much better and lasts for an eternity
AND I'M SURE YOU CAN ADD SOME OF YOUR OWN PERSONAL MODEL-A AND MODEL-T COMPARISONS.	

Note: Just for Fun – A Theological Application of the Model T and Model A Ford Cars

The **Ford Model T** was produced from September 1908 to October 1927. It is generally regarded as the first affordable car opening up travel to the American Middle class. It was Henry Ford's mass assembly line production instead of individual handcrafting. The Ford Model T was named the world's most influential car of the 20th century in an international poll. The **Ford Model A** was produced after the Model T (1927–1931); it was the second huge success for the Ford Motor Company, after its predecessor, the Model T.

So, in the Ford automotive world, the Model T came first and it was followed by the Model A. But, in God's economy the **Model-A (Adamic)** came first and it is to be followed by the **Model-T (Transformed body)**. The newer Ford Model A automobile was created because of the market (people) wanted and needed a new improved Ford model that would be more reliable. Our coming Model-T body will similarly be created because of the need for a better, improved body model that will be more reliable and durable.

Also Henry Ford, the father, left the design of His new car to His son, Edsel Ford. Similarly God, our Father, has left the design and calling forth of the new resurrected body to His Son, Jesus Christ. 1 Thessalonians 4:16-17 – *For the Lord Jesus Christ himself shall descend from heaven WITH A SHOUT . . . and the dead in Christ shall rise first [with a new Model-T human body].*

And We Shall Be Changed!

Spirit, Soul, and Body

(1 Corinthians 15:52)

Psalm 103:4 (NKJV) Who redeems your life [*and my body*: Hebrew = also means - *age*] from destruction, [Physical Benefit]

Who crowns you with lovingkindness and tender mercies. [Spiritual Benefit]

Verse Four, Commentary Note: This passage (verse 4) may mean what some biblical commentators believe the Hebrew text is saying: "Who redeems [delivers] your OLD AGE from destruction (corruption)." Or as I interpret, "Who delivers you [your body] from destruction in your old age." God can uphold and empower your body – even in your old age. See Caleb – Joshua 14:6-13 (Strong at age 85. He "wholly followed the Lord" *and His Rules for living.*)

III. My Declarations: My "Youth Renewed" through Physical Exercise and Nutritious Foods

DECLARATION 8: My youthfulness is also being renewed in part because of good exercise. [Good Exercise and Body Care](#) (i.e. exercise that is body-building, body-renewing, body-restoring, and body-healing)

DECLARATION 9: My body's youthfulness is being renewed like an eagle's as my body enjoys "good." Psalm 103:5, Hebrew *tôv*, טוב : good [things]. This word has rich meanings and usages in the Scriptures, and all of them are *good*. *Tôv* means good, wealth, prosperity, joyfulness, beautifulness, and favour. Oh, what blessings and [Good Benefits](#) are bestowed upon us from our [Good God](#).





DECLARATION 10: My mouth takes in “good things” (also verse 5) – beneficial and nutritious foods, snacks, and supplements (food medicines) that make me and my body healthy, well, and prosperous. **Good Food** (i.e. food that is good FOR me and my body) See Dr. William Li and cancer

THIS PICTURE of one of my many “healthy-healing meals” provided by my wife, Naomi, during my recovery from hip replacement surgery. Wonderfully seasoned salmon with spinach (with red and yellow peppers and black beans), brown rice, and corn bread. The drink is my own concoction of blueberry juice and apple juice with water to dilute the sugar content.

fighting foods. (www.eattodefeatcancer.org)

Scriptures: My Youth is Being Renewed

Psalm 103:5 (NKJV) Who satisfies **your mouth with good things**, [Physical Benefit]
So that your youth is renewed like the eagle’s. [Physical Benefit]

Hebrew *châdash*, **שָׁדַשׁ** (kah-DASH) = **to be new (renew), rebuild, repair, restore**

Verse Five, Commentary Note: The Koren Jerusalem Bible (Jewish Translation) translates the Hebrew text of verse 5 as: “who satisfies thy old age with good; so that thy youth is renewed like the eagle’s.”

For more information on “youth renewed” from a current medical research perspective regarding the extraordinary results of physical exercise upon body’s renewal and transformation see Dr. Henry Lodge’s book below (page 23), “*Younger Next Year.*”



THANKFULNESS FOR RENEWAL

Thank You Lord for **Renewing, Repairing, Rebuilding, and Restoring** my body by the Power of Your Spirit and the results of my obedience to Your Divine Principles of Physical Health and Well-Being.

All totaled, in three verses of Psalm 103, verses 3-5, there are **Six Benefits** mentioned, two Spiritual Benefits and four Physical Benefits.

Spiritual Benefits	Physical Benefits
God has Forgiven Us of All Our Spiritual and Personal Offensives against God and Man v. 3	God’s Continual Healings of Our Bodies from All Kinds of Diseases, Malignant Attacks, and Harm v. 3
We are Recipients of God’s Kind-hearted Love and His Warm and Compassionate Mercy v. 4	God Upholds Our Bodies, Even in Our Old Age v. 4
	God Fills Our Lives (old age) with “Good” (Hebrew = <i>tôv</i> - good, wealth, prosperity, joyfulness, favour, and beautifulness) v. 5
	God Imparts to Us a “Renewed Youthfulness” v. 5

A Personal Question:

How many God-benefits can you name in your lifetime or how many have been given to you in just this past year? A great hymn of the Faith challenges us to do that which is impossible — “**Count Your Blessings!**” Here are the words of verses one, two, four, and the chorus:

Verse One

When upon life's billows you are tempest tossed,
 When you are discouraged, thinking all is lost,
 Count your many blessings, name them one by one,
 And it will surprise you what the Lord hath done.

Verse Four

So, amid the conflict whether great or small,
 Do not be discouraged, God is over all;
 Count your many blessings, angels will attend,
 Help and comfort give you to your journey's end.

Verse Two

Are you ever burdened with a load of care?
 Does the cross seem heavy you are called to bear?
 Count your many blessings, every doubt will fly,
 And you will keep singing as the days go by.

Chorus

Count your blessings, name them one by one,
 Count your blessings, see what God hath done!
 Count your blessings, name them one by one,
 Count your many blessings see what God hath done.

COUNT YOUR BLESSINGS, 1897

Rev. Johnson Oatman, Jr., Lyrics, (He wrote over 5,000 hymns.)

E. O. Excell, Music (He composed over 2,000 songs.)

IV. My Declaration: The Power of My Speech to Declare Health Transformation

DECLARATION 11: My mouth also speaks good (**Good Speech**) and healthy things that will nourish my inner being and help to declare and even predict my healthy future end.

Scriptures: My Speech, Full of Power to Heal

Proverbs 18:12

The tongue has the power of life and death. (NIV)
 For the tongue can kill or nourish life. (NLT)

Proverbs 15:4

The tongue that brings healing is a tree of life. (NIV)
 Gentle words bring life and health. (NLT)

V. My Declaration: The Power in Thinking Good Thoughts

DECLARATION 12: My mind thinks and meditates only on **Good Thoughts** and **Good Things**.

Scripture: Carefully Minding My Mind's Meditations

Philippians 4:8 (NRSV)

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence [in health and wholeness] and if there is anything worthy of praise, think about these things.

Philippians 4:8 (KJV)

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure [i.e. are spiritually and naturally healthy], whatsoever things are lovely,

whatsoever things are of good report; if there be any virtue, and if there be any praise, think [NKJV – **meditate**] on these things. (**Good Thoughts on Good Things**)

That’s why one of my favorite “*whatsoever things*” and TV shows to WATCH and THINK and ACT ON is the **Dr. Oz Show**. Dr. Oz emphasizes healthy eating and lifestyle changes for optimal health. (www.doctoroz.com)

NOTE THE 7 ENJOYABLE “GOODS” OF DECLARATIONS 8, 9, 10, 11, AND 12

1. Good Exercise and Body Care

2. Good Benefits

3. Good God

4. Good Food

5. Good Speech

6. Good Thoughts

7. Good Things

CONCLUSION

You can add to these Declarations and Scripture studies by doing your own in-depth meditation, prayer, and research on these and other Scriptures. You’ll be blessed and satisfied with “good.”

The Scriptures say, God will satisfy us IN OUR OLD AGE with “good” — the “Good Life and the Good Things of Life.” Recall (page 19) that Psalm 103:5 is rendered by the Koren Jerusalem Bible (Jewish Translation) as:

**“who satisfies thy old age with good;
so that thy youth is renewed like the eagle’s.”**

We ALL can enjoy the “Good,” if we obey God and His Good, Beneficial, and Sound laws of physical health and prosperity. God said through the prophet Isaiah:

**“If you are
willing and obedient,
You shall eat
the good of the land.”**

(Isaiah 1:19, NKJV)

❧ Spiritual Renewal Transfer Process ❧

My Discoveries

The Lord has revealed to me so much during this time of physical challenge and spiritual growth. In the midst of this journey there were **three key discoveries** that stood out for me.

My First Discovery was that there are **Six Spiritual Transfer Methods** for bodily restoration and renewal. Prior to this present time of my journey I had only entertained Prayer and Faith as spiritual methods, but now God has revealed that He has more than two ways to transfer **His healing** to our bodies and lives.

Six Spiritual Transfer Methods

1. Prayer
2. Faith
3. Action (exercise, nutritious eating)
4. Consistency (patience, endurance – Don't give up!)
5. The Daily Mediations and Declarations of the biblically-based Spiritual Renewal Transfer Process and reading, studying, and meditating upon the Word of God
6. Spiritual insight upon the nature, cause, and cure of my physical condition.

The Second Discovery was that there are several (at least seven) healing remedies/methods that God has given to us in these modern times. Well, all but one have been available to mankind for centuries. While navigating along in my interesting “healing journey,” I continued to meditate and muse on these Key Scriptures above and others and began to feel better as I exercised. As I began to open up more to the idea of hearing from the Lord regarding my situation. He began to reveal to me that He has placed within our modern human experience **Seven Types of Pain Relief Healing Remedies** and that replacing damaged cartilage by growing new cartilage does not seem to be one of them.

Seven Types of Pain Relief and Healing Remedies

1. Natural Bodily Processes Produced by the Body Itself
2. Natural Foods, Supplements, and Herbal Cures
3. Physical Activity, Motion, Movement (Get off the couch!)
4. Modern Medicine's Drugs and Chemical Mixes
5. Mental Processes (Mind over Matter) [Research for yourself the “mental miracle” of the *placebo effect*.]
6. A Supernatural **Process** of the Spiritual Release of Brain Chemicals and Bodily Healing – **Through Prayer**
7. The Supernatural **Immediate** Spiritual Release of Rapid Bodily Healing – **Through Prayer**

In the Scriptures this kind of immediate healing and release of God's Power is commonly called a *miracle*, *sign*, or *wonder*.

The Third Discovery was new insight into the value of exercise from modern medical research regarding a biblically-based concept I'm calling, "**Youth Renewed**" from Psalm 103:5.

Psalm 103:5 "Your youth is renewed like the eagle's." – (NKJV)

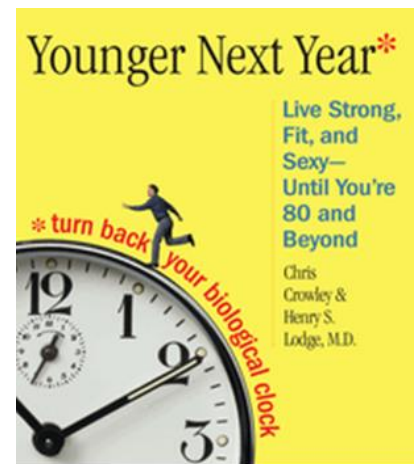
1 Timothy 4:8 "Workouts in the gymnasium are useful." – (MT)

[See other translations of this verse below. (page 24)]

I always knew that exercise was "good for you." (Well, I had heard about it, but never personally entertained the idea of exercise.) But, only after seeing a life-changing PBS special featuring the medical research and work of Dr. Henry Lodge did I realize the ABSOLUTE NECESSITY of exercise for bodily health, especially those in middle age and above (the 40+ group). And when I combined this knowledge with the spiritual insights of Psalm 103:5 "**Youth Renewed**" with the message of 1 Timothy 4:8, "**Exercise is Valuable,**" then began to realize that this idea of bodily care through exercise needed to be moved to the level of a **God-given responsibility** for every believer in Christ, indeed every human residing in a body. (See My Testimony, Benefit # 9 conclusion, page 7; "**The Pursuit of a Revitalized Earthly Body IS an Important Spiritual Discipline.**") There are, I'm sure, those who will need to start with lifting 5-pound weights, and first of course, checking with their doctors. But, for the greater part, getting off the couch would do all of us some good.

Dr. Henry Lodge, M.D.: *Younger Next Year: The New Science of Aging*

Dr. Lodge says we can take charge of and affect the chemistry in our bodies even at the cellular level by motion (exercise).



The motion (exercise) of the muscles is KEY in this transformation (neuron and chemically based) process, and exercise actually **renews (transforms) the cells** in the body and the cells signal to the body **GROW** rather than **decay**. Exercise, says Dr. Lodge, changes your brain and even the expression of your very DNA. With exercise, our brain develops "**a chemistry of optimism.**"

The neurons through exercise build themselves **AND** they build themselves better. There are better, more functional and improved connections also. PROGRAM SUBTITLE: **Live Stronger, Fit, and Sexy Until You're 80 and Beyond.** Dr. Lodge believes, "Some 70% of premature death and aging is lifestyle-related."

Regarding the aging process Dr. Lodge says we can hold off 70% of the normal decay associated with aging (weakness, sore joints, apathy, bad balance), and eliminate over 50% of all illness and potential injuries by exercise. Older individuals in their 50's, 60's and 70's who regularly exercise can be **functionally and internally younger each year** for the next five to ten years, and continue to live with a newfound vitality and pleasure. Many can continue to live like fifty-year-olds until well into their eighties. And with proper exercise all of us at any age can enjoy life and be stronger, healthier, and more alert.

However, being sedentary is a big biological signal to the body: "DECAY!" "DON'T GROW!" Dr. Lodge also mentions the importance of nutrition, and social interaction for healthy living for older individuals. He says, "The keys to overriding the decay code are daily exercise, emotional commitment, reasonable nutrition and a real engagement with living." (The *decay code* is the signal your body gives to the cells, organs, and systems in it (even to the brain) to **degenerate, decline and slow down** because it is inactive rather than moving and exercising, which is its natural biological function.)

* **A Note of Observation:** From my viewpoint (I think informed from a Christian lifestyle and language) some of the language (words) used by Dr. Lodge is a bit “racy,” and in his usage of a certain word in the title of one chapter, “irreverent” and unnecessary, but still the physical and scientific message of the book remains solid and will prove useful to you.

Scriptures: The Power of Exercise

1 Corinthians 9:25, 27

²⁵ And every man that striveth for the mastery is temperate in all things. (KJV)

²⁵ Athletes exercise self-control in all things. (NRSV)

²⁵ Everyone who competes in the games goes into strict training. (NIV)

²⁷ But I discipline my body and bring *it* into subjection (NKJV)

²⁷ I discipline my body like an athlete, training it to do what it should. (NLT)

1 Timothy 4:8

“*Workouts in the gymnasium are useful.*” (MT)

SCRIPTURAL PHYSICAL HEALTH CONCLUSION:

“**Bodily Exercise is Profitable, Useful, and Valuable – Do It!**”

I TIMOTHY 4:7b AND VERSE 8 IN FOUR MODERN TRANSLATIONS

* *New Living Translation*, * *New King James*, * *New International Version*, * *The Message Translation*

^{7b} Exercise daily in God—no spiritual flabbiness, please! ⁸ **Workouts in the gymnasium are useful**, but a disciplined life in God is far more so, making you fit both today and forever. (MT)

^{7b} Spend your time and energy in training yourself for spiritual fitness. ⁸ **Physical exercise has some value**, but spiritual exercise is much more important, for it promises a reward in both this life and the next. (NLT)

^{7b} And exercise yourself toward godliness. ⁸ For **bodily exercise profits** a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. (NKJV)

^{7b} Train yourself to be godly. ⁸ For **physical training is of some value**, but godliness has value for all things, holding promise for both the present life and the life to come. (NIV)

What do you think these verses below might mean for YOU as you seek to build a healthy body life?

- ❖ Workouts in the gymnasium are useful. **1 Timothy 4:8** (NLT)
- ❖ Everyone who competes in the games goes into strict training. **1 Corinthians 9:25** (NIV)
- ❖ Athletes exercise self-control in all things. **1 Corinthians 9:25** (NRSV)
- ❖ All athletes practice strict self-control. **1 Corinthians 9:25** (NLT)
- ❖ But I discipline my body and bring *it* into subjection. **1 Corinthians 9:27** (NKJV)

CONCLUSION

Well, this is my testimony and my journey. These are the Discoveries and Declarations that have encouraged and sustained me along the way. Even though I am just now releasing this document as a formal treatise, I have already shared some of these ideas and some of the **spiritual/physical renewal insights** from the Lord through my scriptural research into the Psalm 103:1-5 passage with others who have received great benefit and healing from it.

May God richly bless you as you seek body renewal and health along your life's journey. I trust God will use this to enrich your life and whole being in a special, long-lasting way.

**Therefore,
whether you eat or drink,
or whatever you do,
do all to the glory of God.
(1 Corinthians 10:31 NKJV)**



Disclaimer: None of the information within this document, workshop, or teaching is to be considered medical advice. This is a spiritual approach and mindset that is to be worked on personally with you and the Lord for spiritual renewal and health. Please consult your healthcare provider before starting any medically based nutrition or exercise program.

Appendix I

🌀 How to Use this eBook 🌀

My Spiritual Renewal Transfer Process (Utilizing Scriptures, Strategies, and Spiritual Declarations to Renew the Physical Body)

Purpose of the Book

This book is a motivational and scriptural account of my physical health journey. Its purpose is to inspire others to obtain and maintain healthy lifestyle eating, exercise, habits, and healthy spiritual habits by trusting God and by understanding and obeying the biblical basics of proper nutrition and exercise. I believe the Declarations and Scriptures will assist others in their physical challenges and give them hope through the Word of God.

How to Utilize the Book

1. This book can be utilized as an autobiographical reading of my journey and my Declarations which have led to improved health.
2. It can also be utilized for a Bible study discussion.
3. The Declarations can be utilized to assist individuals on their life's health journey.
4. The Scripture's health and healing interpretations can be utilized to drive the reader to her or his own personal examination of these and other biblical texts.
5. The index of Scripture References, Songs, Books and Articles will assist readers to quickly find the biblical passages and other reference materials in this document.
6. **AND LASTLY – Your Evangelistic Assignment:** This treatise is to be shared with other individuals who are challenged by physical ailments and diseases. Perhaps the ancient and trusted biblical insights and today's modern research information in this spiritual/physical approach to God's healing processes will assist in their hope, comfort, and healing.

Appendix II

❧ Scripture References, Songs, Books, and Articles Mentioned in this eBook ❧

Scripture References

Old Testament

Joshua 14:6-13, page 18
 Psalm 34:1, page 15
 Psalm 103:1-4, (exposition) pages 15-18
 Psalm 103:1-5, page 11
 Psalm 103:3-5, page 19
 Psalm 103:5, page 12, 18, (exposition) 19, 23
 Psalm 107: 8, 15, 21, 31, page 7
 Psalm 139:17-18, page 8
 Proverbs 18:12, page 20
 Proverbs 15:4, page 20
 Isaiah 1:19, page 21
 Lamentations 3:23, page 8
 Jeremiah 29:11, page 14

New Testament

Luke 23:34, page 16
 Romans 8:28, page 14
 1 Corinthians 6:19, page 7
 1 Corinthians 6:20, page 7
 1 Corinthians 9:25, 27, page 24
 1 Corinthians 15:42-44, page 17
 1 Corinthians 15:52, page 18
 2 Corinthians 4:1, page 13
 2 Corinthians 4:16, page 11, 13
 Ephesians 4:32, page 16
 Philippians 4:8, page 20
 1 Thessalonians 4:16-17, page, 18
 1 Thessalonians 5:18, page 6
 1 Timothy 4:7b page 24
 1 Timothy 4:8, page 7, 23, 24

Songs

Count Your Blessings, page 19-20
 Hallelujah Anyhow, pages 6-7

Books and Articles

Books

God Wants You To Be Wealthy (*How to Release the Wealth Builder Within*), Dr. Kenneth Hammonds, Publisher: Spiritual Empowerment, Plus Publishing Company.

Heal Your Hips: *How to Prevent Hip Surgery – and What to Do If You Need It*, Robert Klapper, Lynda Huey, Publisher: John Wiley & Sons, Inc.

Articles

“**The Healing Power of Forgiveness**,” published by Dr. Tina Marcantel on January 28th, 2010.

“**Ameliorating the Tension: Use of Forgiveness for Healing**,” Mickley, J. R., and K. Cowles, Oncology Nursing Forum, Jan./Feb. 2001:28.

About Kenneth Hammonds

Life, Leadership, and Ministry Development Coach and New Testament Greek Trainer

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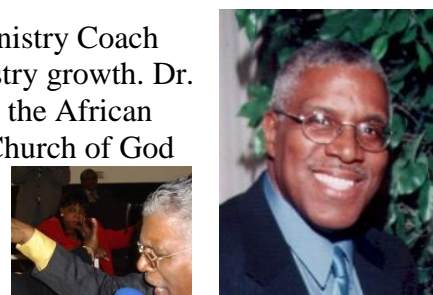
Book Website: WealthyThinking.com

“NOTHING HAPPENS *Without Personal Transformation.*”

Dr. W. Edwards Deming, International business change consultant and quality control expert.



DR. KENNETH HAMMONDS is a Certified Life, Leadership, and Church Ministry Coach specializing in Training and a Development for both Personal and Church Ministry growth. Dr. Hammonds is also a New Testament Greek Trainer, noted Christian Educator in the African American Church Community, and Director of Discipleship for West Angeles Church of God in Christ. He has been in Christian Ministry for over 45 years.



West Angeles Church of God in Christ



From 1983-2001, Dr. Hammonds was an executive officer with West Angeles Church of God in Christ, a 24,000-member ministry pastored by Bishop Charles E. Blake, International Presiding Bishop of the Church of God in Christ. As **Director of Education and Training and Executive Vice President**, he presided over a 1.3 million dollar education and training budget and assisted in designing the innovative leadership infrastructure for the rapid growth of the West Angeles organization. He launched an expansive leadership development program responsible for the training of over 100 staff members and 1,000 volunteers. He also founded **Four Schools of Education** at West Angeles Church.



Currently (since 2009) Dr. Hammonds has returned to the West Angeles Church staff as **Director of Discipleship** (*Perfecting Believers Discipleship*) and **Division Head** (*Sector Leader*) over the **Adult Ministries Division**, which encompasses nine departments and ministries of West Angeles Church.

**Bishop Blake, Lady Mae, and Dr. Hammonds' wife Naomi,
at Dr. Hammonds' 50th Year in Ministry Celebration**

Workshop Specialist



Dr. Hammonds is a Workshop Specialist offering training programs and coaching assessments for managers, leaders and employees. The life building, business development, and education workshops comprise the areas of: **Successful Living, Leadership Development, Personal and Spiritual Growth, Women's Self-Care Challenges, Entrepreneurial Expansion, Ministry Growth, Self-Publishing and Book Writing, Discipleship Training and Development, and Church Development.**

The personal and business assessments assist individuals and organizations in maximizing their **vision, mission alignment, and productivity.** He also provides personal growth assessments as a **Certified Personality Profile Consultant** and a **Tolerations Specialist.** With a Knowledge Base of over **90 Effective Coaching Skills** and **20 Personal and Management Assessments,** Dr. Hammonds assists people and organizations in reaching their important goals.

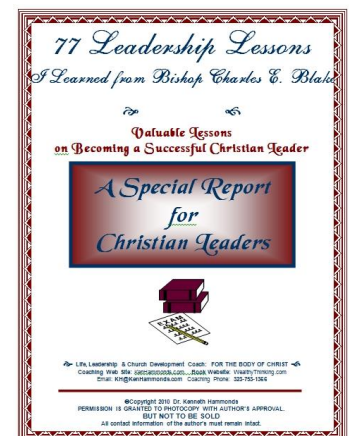
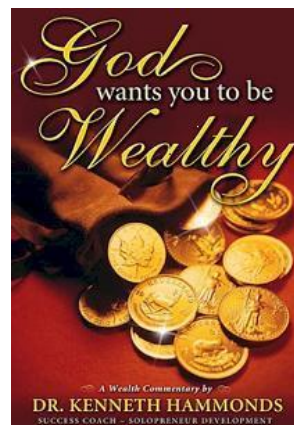
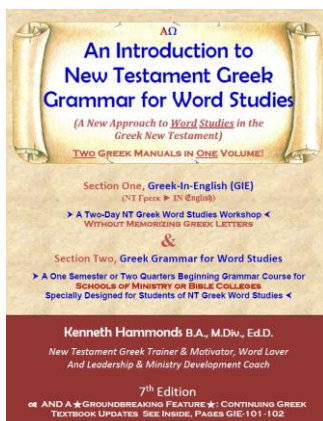
Author

He is an author of many books, special articles and essays. Three primary works are:

- 📖 **An Introduction to New Testament Greek Grammar for Word Studies**
(A unique and intensely practical approach to the study of N.T. Greek)
- 📖 **77 Leadership Lessons I Learned from Bishop Charles E. Blake**
(Valuable Lessons on Becoming a Successful Christian Leader)
- 📖 **God Wants You To Be Wealthy** (*How to Release the Wealth Builder Within*)
A powerful, biblically-based book for Christian Entrepreneurs and success-minded individuals; Dr. Hammonds firmly believes, declares, and applies this to Christians everywhere of all backgrounds and ages:

“God Wants All Believers to be Wealthy”

And his Prayer, Passion, and Purpose is to strive toward the aim of seeing the People of God abundant — with more than enough — and spiritually and financially whole for service to themselves, their families, and to the Work of the Lord.



New Testament Greek Trainer (Featuring a Special Two-Day Dynamic Workshop)



Dr. Kenneth Hammonds and a graduating NT Greek Class at Abundant Living Family Church in Rancho Cucamonga, California

A New Approach to New Testament Greek Words Studies

This “Greek in Two Days” Workshop provides ministers, Bible students, Bible teachers, and diligent interested lay persons with an introduction to the passion and depth of the New Testament Greek language. Primary emphasis is upon the practical use of the Greek NT in Bible studies, devotions, scriptural hermeneutics, and providing a solid foundation for preaching and teaching.

No prior knowledge of Greek is necessary. Learn all you need to know to begin word studies in the Greek New Testament.



THIS IS NO “ORDINARY” GREEK CLASS!

Education



Dr. Hammonds has a BA in Pre-Theological Studies, with emphasis in **New Testament Greek and Philosophy**; an M.Div. with an emphasis in **Biblical Studies and Theology**; and an Ed.D. in **Educational Administration**. He was honored to be included in the 1989-1990 “Who’s Who in American Education” and has received the “**Distinguished Educator Award**” from West Angeles Church. He has done postgraduate studies in **Ministry and Greek** at Claremont School of Theology; **Theological German** at Fuller Theological Seminary; and postgraduate studies in **Christian Education** at Talbot Theological Seminary.

Couples Ministry with Mrs. Naomi Hammonds



Dr. and Mrs. Hammonds are frequent speakers at marriage conferences and workshops. They have been married for 40 wonderful years and have two adult daughters, Chara and Dorielle Hammonds.

For a number of years they have consulted and coached couples in the joys and trials of marriage and seek to be a light and an example of a Christ-like, God-centered marriage. They authored their own marriage vows declaring they would seek to be an example to the Church and the world. Their marriage exemplifies true love and commitment to the Lord and to each other — *forever*.

Women's Self-Care Challenges

Dr. Hammonds provides coaching and empowerment for women drawing their attention to the important basic principles of “**self-care**.” Self-care is the personal coaching concept which emphasizes to women they must take care of their own emotional, physical, and personal care issues first before they can adequately and successfully take care of others, grow professionally, or serve the Church. Applying 1 Timothy 4:16 to women's self-care issues, he encourages the modern day, busy and stressed woman to:

“Pay close attention to yourself and to your personal care, for in doing so you will find deliverance, freedom, and personal stability for yourself, your family, and those you seek to serve.”

Church of God in Christ Denominational Ministry



Dr. Hammonds is an ordained minister of the Church of God in Christ. He has served with Bishop Jerry Macklin as **Director of Education** for the International AIM Convention and the International Sunday School Department of the COGIC where he founded the **Sunday School University** training program. He was also **Chief Editor** of the **COGIC Centennial Bible** presented in November 2007 at the 100th Year Anniversary Convocation of the Church of God in Christ and **Senior Editor** for the **COGIC Publishing Board**. He also serves on the **Curriculum Committee of the National Leadership Conference** of the Church of God in

Christ. He has provided Leadership, Personal Development, and Ministry Development workshops for both pastors and bishops. He also serves on the five-member **National Education Board**.

Dr. Hammonds in Action

