



Free to be Fruitful

As we celebrate our Independence and the freedoms that we all enjoy, may we never forget that our freedoms- both earthly and spiritual were bought at a precious price. With freedom always comes responsibility. One of our responsibilities

in relation to our earthly freedom, is to honor those serving in the military and their families, by lifting them up in prayer in the name of our Lord and Savior Jesus Christ, who died and rose again to purchase our Soul's Freedom.

The indwelling life of our resurrected Lord is the truth that sets us free to live the fruitful life He created us to live. Let us honor our Lord by submitting our lives to His purpose and power. As we receive the indwelling life of Christ, God provides freedom from our natural self-indulgence so that we can take control of our lives to be able to love and serve Him and others. That is the fruit of freedom. *"It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows."* Gal.5:13

The view of the world too often is that true freedom is the ability to do whatever we please. This is really no freedom at all. Over-indulgence of our desires, irresponsibility or trying to satisfy our desires in a way that God never intended, create the very chains that enslave us. *"It is for freedom that Christ has set us free. Stand firm then, and do not be subject again to a yoke of slavery."* Gal. 5:1 When we misuse our freedom to indulge our own desires and not to exercise the control and responsibility that comes with freedom, we become "entangled" and "hindered" by those very desires. *"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."* Hebrews 12:1 *"promising them freedom while they themselves are slaves of corruption; for by what a man is overcome, by this he is enslaved"* II Peter 2:19

In the United States, we are surrounded daily by an abundance of choices and freedoms when it comes to food and drink. All we have to do is turn on the television, drive down the street or walk into a store and the assault of advertisement and enticement begins. We are perfectly free to eat whatever we would like, but a pattern of doing this will not lead us to the abundant life that God intends us to live. *"All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything"*. I Cor. 6:12. Some choices while they are not sinful in themselves, may not be God's best for us, because they can control our lives and do not lead to health and wholeness of mind, body or spirit. Taking ownership of the choices that impact our health is one of the ways that you can begin to realize the freedom that Christ has secured for you. "Christianity takes very seriously the realm of the physical... We cannot commit sin with our bodies without damaging our souls because our bodies and souls are inseparably joined." (Life Application Bible-Commentary). Out of His creative power and love, the Lord has provided us with a rich bounty of healthy natural whole food by which to satisfy our appetites in a way that honors Him and brings true satisfaction.

The good news of the Gospel is that Jesus takes captives and turns them into free people. The ability to make good choices is a fruit of spiritual growth. Self-Control is a fruit of the Spirit of God. (Gal.5:23). Our Lord is a kind and gentle Shepherd who meets us each at our point of need. We can approach our God in honesty and confidence knowing that He will help us break patterns of behavior that are not healthy and life-giving. God is faithful and will help you. He will walk this road of life with you and provide the means, guidance and support needed to take hold of the life He intends us to live, if we obediently submit our lives and desires to Him. *"Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself, as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."* (Phil. 3: 12-14).

Please contact me if you are in need of guidance for any health related concern.

I would consider it an honor to walk along side you on your journey to health and wholeness.

Adapted from: Boundaries-Henry Cloud and John Townsend And The Life Application Bible Commentaries

Continue to check the church website, www.oslc-wi.org for healthy recipes!

Click on the Health & Healing Ministry tab!

Recipes include: Chocolate Pumpkin Muffins, Chop Suey Cake, Chocolate Zucchini Cupcakes, Tropical Chicken with Mango Salsa & Coconut Rice...more to come!



"So, whether you eat or drink, or whatever you do, do everything for the glory of God." 1 Cor. 10:31

Health & Healing Ministry

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