

HEALING PEARL: THE PRINCIPLE OF FOOD QUALITY

Today, there is a broad range of food and food quality in our supermarkets. Determine to be selective regarding the foods you choose to eat. Avoid foods of poor nutrient quality, or contaminated by toxic environments. Think twice about choosing items that may be addictive such as white sugar, coffee, soda, and alcohol. Food should not be your master.

1 Cor 6:12 All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.

God desires us to eat high-quality, nutritious food as opposed to empty, calorie-laden junk food. Here, God uses a sound principle of physical health to implore the people toward better spiritual health. Here is a rather pointed question that is worth answering:

Isa 55:2 Why do you spend money for what is not bread, And your wages for what does not satisfy? Listen carefully to Me, and eat what is good, And let your soul delight itself in abundance.

God approves of taking extra time or traveling the extra distance to select quality foods for our households:

Prov 31:10,14 10 Who can find a virtuous wife? For her worth is far above rubies. 14 She is like the merchant ships, She brings her food from afar.

HEALING PEARL: DO NOT GIVE NOR ACCEPT VOODOO CURSES!

“Voodoo curses” are a tongue-in-cheek term for when someone proclaims something negative over another that places a limitation on that person’s life and steals their hope. If you believe the voodoo curse, it can have tremendous power in your life. You are especially vulnerable to accept these if you view the person speaking them as an authority figure such as a parent, doctor, teacher, etc.¹⁵

Common voodoo curses: “You can’t...you wont...you’ll never...you’re so...you will never get well...why can’t you be more like...there is absolutely no cure...you only have 6 months to live...” as well as proclaiming, “Your cancer...your illness... your arthritis...etc.”

If someone places a curse over you, rebuke it immediately. Don’t admit ownership to a disease as “mine.” Experiencing disease is one thing. Claiming it is another.

Negative, hateful speech, as the verse below describes, harms both us and others.

James 3:9-10 9 With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. 10 Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.

The Book: Love, Medicine, and Miracles by Bernie Siegel, documents the lives of supposedly doomed, sick people who defied medical logic in their return to health because they refused to accept these types of negative statements.¹⁶

Unfortunately, we can also curse ourselves at all levels of our being (please do not read the following aloud):

“I am so dumb..., beyond help..., stupid..., my body is so crummy...disgusting...fat..., I will always be sick...I will never get well...I cannot do that...; I cannot eat wheat...I cannot be around cats—I am allergic... I cannot help it...I am ultra sensitive...I am always in pain... I have no luck with men/women...I can never get ahead... will never be successful, and so on.

Remember God’s words regarding mankind:

Prov 23:7 For as he thinks in his heart, so is he.

We will attract to our being what we believe, think, and say.¹⁷

God is also very concerned about us hurling curses at others or toward our parents. Have you spoken statements like these in the past?

He is a drunk...he will never change.
She is always complaining about something...she will never get well.
He has made so many wrong choices...he will always be a loser.
My mate, child, boss, parent, etc. is hopeless...I cannot stand them.

Loving corrections are upheld by God. However, we should be cautious in making any negative pronouncements upon others that land as a depressive burden on their shoulders. God especially addresses this in how we relate to our fellow Christians as well as our parents--

Rom 14:4 Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

This is God’s view when we judge those who belong to God and may be at a lesser level of spiritual maturity. Our personal judgments can easily be made foolish by God’s intervention.

Prov 20:20 Whoever curses his father or his mother, His lamp will be put out in deep darkness.

James 3:5-6 5 Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! 6 And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature;

No matter how weak or sinful or how much of a mess others have made of their lives, (or we have made of our lives); our judgment may not be accurate and our words may prove us foolish. God always reserves the right to intervene. He has the power to lift even the worst of lives up out of the gutter and give them victory.

Have you been the recipient of a voodoo curse?
Renounce it. Break it. Speak blessings in its place.

If you have given a voodoo curse: Verbally repent of it. Renounce it. Speak blessings in its place. Apologize to others if needed.