WHE Group

Week 2 of 10: The B for Body – From Darkness to Light/Disease to Ease

The body was created with innate intelligence. Just as when we touch a hot stove, the body’s reflexes draw us away and healing occurs should there be a burn. The number one goal of the body is to survive. Our goal is to see us thrive!

Choose a verse from the accompanying sheet that best resonates with you

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This dimension is loaded with valuable life-giving information as provided in our summer event. Due to our time restraints in our WHE Group, we are not able to cover all of the material and welcome you to attend the next session on July 26th-30th, 2021.

For those of you who have attended in the past, what items do you remember the most? There is the Checklist of a Healthy Specimen, the Stages of Disease, the Components of Health, , the 3 Types of Stress, the Kreb’s Citric Acid Cycle, the Difference between Real and Fractured Foods, and the Healing Crisis.

Out of these topics, are there any that stand out as something you’d like to discuss?

What are your body’s signs and symptoms?

Do you believe God speaks through these symptoms in a form of correction?

From the list of Sample Goals for the body, find a specific goal to work on this next week. Remember: A written goal is more likely to be accomplished.

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Know ye not that your body is the temple of God? He entrusts us with the responsibility of taking proper care. Unfortunately, we don’t live in the Garden of Eden and yet, He provides us wisdom to live abundantly.

