

He may be allowing you to go through these Trials to get your attention!

1 Peter 4:19

19 Wherefore let them that suffer according to the will of God commit the keeping of their souls to him in well doing, as unto a faithful Creator.

Remember, however, God will never give you more than you can bear (endure).

1 Cor 10:13

13 There hath no temptation (experience of evil, adversity, trying or testing) taken you but such as is common to man: but God is faithful, who will not suffer (permit) you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

When going through Trials, Pray the 'Lord's Prayer' with emphasis shown here.

Remember, God is not the Tempter, but He may lead you to him! (Matt 4:1)

Matt 6:9 Matt 6:13

9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed (Holy, Sanctified, Consecrated, Purified) be thy name.

13 And lead us not into temptation (testing), but deliver us from evil (the devil): For thine is the kingdom, and the power, and the glory, For ever.

GOD WILL ANSWER YOUR PRAYERS:

God is Sovereign and He will usually answer your Prayers in one of these ways!

Immediately! Over a period of time! The Medical Profession! Or through Death!

Remember though: When there seems to be no answer? That is the answer!!

Rom 8:28

28 And we know that all things work together for good to them that love God, to them who are the called (invited) according to his purpose.

GET ON BOARD:

Now to make your future brighter, it is time to 'Get On Board' the Train to "Better Health", so that you can 'begin' or to 'continue' Serving the Lord with all your Heart & Might! This is the kind of Fast or sacrifice the Lord has chosen!

Isa 58:6-9, 11 NLT

6 The kind of fasting I want (or The Lord has chosen) calls you to free those who are wrongly imprisoned and to stop oppressing (discouraging) those who work for you. Treat them fairly and give them what they earn.

7 I want (or The Lord has chosen) you to share your food with the hungry and to welcome poor wanderers into your homes. Give clothes to those who need them, and do not hide from relatives who need your help.

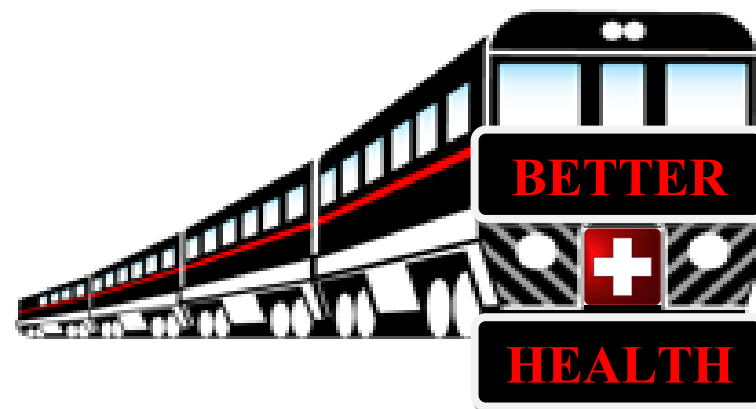
8 If you do these things, your Salvation will come like the dawn. Yes, your Healing will come quickly. Your Godliness will lead you forward, and the Glory of the LORD will protect you from behind (as your rear guard).

9 Then when you call (or cry out by Name), the LORD will answer (give heed to or respond). 'Yes, I am here,' He will quickly reply.

11 The LORD will guide you continually, watering your life when you are dry and keeping you Healthy, too. AMEN!

TIMOTHY II

**TAKE THE
TRAIN TO**



ALL ABOARD!

INTRODUCTION: (To “Better Health” as inspired by Rev. Phillip Mahlow)
No matter what stage your Health is currently in, this Tract has been created to provide you with the ability to “Take the Train” to “Better Health”. As a former Health Educator, I have recognized how Health issues have often been abused and misused by mankind and Science. As a Minister, I have also seen how some people including Christians have misused and abused their own Health; some through lust, some through misinterpretations of the Bible; and some who have been misled by Pastors who either do not believe in Healing, or that teach that everyone can have Divine (perfect) Health. The problem with the latter is if some do not get Healed, they often believe it is due to their lack of Faith and they become depressed and their Health worsens! I therefore encourage you at this time to read this Tract with an open heart and mind, and if you have a need for “Better Health” follow the things that are written in it. This will definitely help you to get “Better” and perhaps clarify what Gods Will is for your life. To start on your road to recovery, let this ‘Motto’ become your Daily Prayer!
“EVERY DAY IN EVERY WAY I GET A LITTLE BETTER”.

PRAYING TO RECEIVE BETTER HEALTH:

Pray to God for “Better Health”. Pray in the Spirit (tongues)! (Rom 8:26-27)

1 John 5:14-15

14 And this is the confidence (boldness) **that we have in him, that, if we ask any thing according to** (or touching) **his will** (purpose), **he heareth us:**

15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions (requests) **that we desired of him.**

Pray individually. Be Specific for what you are Praying for.

James 5:13

13 Is any among you afflicted (with hardship or troubles)? **let him pray....**

If you are sick, weak, feeble, or diseased, call for the Elders of the Church. Let them Pray over you and Anoint you with Oil in the Name of the Lord.

James 5:14

14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

Pray in Faith believing! (Mark 11:24) God will help any unbelief. (Mark 9:24)

James 5:15

15 And the prayer (petitions to God) **of faith** (belief) **shall save the sick** (the tired, the faint and the weary), **and the Lord shall raise him up:...**

Confess your faults one to another and Pray fervently (mightily) for each other.

James 5:16

16 Confess your faults one to another, pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Pray forgiving others so that you will be forgiven your trespasses (faults or sins).

Mark 11:25

25 And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

Pray with those who specifically have the Charisma “Gifts of Healing”.

1 Cor 12:9 (1Cor 12:4, 7)

9 ...to another the gifts (charisma) **of healing by the same Spirit;**

1 Cor 12:30

30 Have all the gifts (charisma) **of healing?...** The obvious answer is NO!

Pray specifically for the ‘Medical Profession’ when you are under their care.

Luke 5:31 Matthew 9:12 Mark 2:17

31 And Jesus answering said unto them, They that are whole need not a physician; but they that are sick (diseased, afflicted, sore or miserable),

Ask God to give them His Spirit of Wisdom, Knowledge and Understanding.

Col 1:9

9 For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;

LOOSENING THE SPIRIT OF INFIRMITY:

When Praying for the sick, command the ‘spirit of Infirmity’ to be loosened off of them. This is one of the fourteen ‘Foul spirits of Satan’.

Luke 13:11-13

11 And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.

12 And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity.

13 And he laid his hands on her: and immediately she was made straight,...

BINDING THE ENEMY:

God has given Christians power (authority) over all the power of the Enemy. Therefore, you can Bind the Enemy to keep him from hurting you!

Luke 10:19

19 Behold, I give unto you power (authority) **...over all the** (miraculous) **power of the enemy: and nothing shall by any means hurt you** (injure you or do you wrong morally, socially or physically),

Matt 18:18

18 Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven:...

SELF-INFLICTED POOR HEALTH:

Many people bring on their own “Poor Health” through the misuse of drugs, alcohol, tobacco; illicit sex, poor diet, lack of exercise, etc. This defiles your ‘Temple of the Holy Ghost’ and shows a lack of glorifying God in your body!

1 Cor 6:19-20

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body,...

GOING THROUGH THE TRIALS OF POOR HEALTH:

When you are going through the Trials of “Poor Health”, seek the Lord because