

# 146 Full ep. edited

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## SPEAKERS

David Sandstrom

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### David Sandstrom 00:00

Here's a sample of what you'll hear on this episode of Christian Healthy Lifestyle. In fact, back then we didn't call them gas stations, we call them filling stations. We weren't there to get filled up. So we should be going to our spiritual filling station every day. That's what we're talking about this episode here. Jesus was our example. And he never let his spiritual tank get low. In Luke, chapter five, verse 16, we see this, but Jesus often withdrew to lonely places and prayed, we should be doing the same, we should take his example. Our devotion time should include not only Bible study, but listening prayer time as well. I'm inviting all listeners of this show anyone in the natural nation to do a health coaching session with me for free, no strings attached. I'm not going to try to sell you anything. I'm offering this for free because you'll be helping me create some content for the show. Go to my website, [ChristianHealthyLifestyle.com/audit](https://ChristianHealthyLifestyle.com/audit), click on the button labeled schedule a lifestyle audit, answer a few questions and you'll be all set up. You'll come on the show with me it won't be live, it will be pre recorded. We'll have a 20 minute conversation online, I'll provide some pointers to get you going in the right direction. And we'll make an episode out of it for a limited time. If you do a lifestyle audit, I'll mail you a softcover copy of my book for free. So again, go to my website, [ChristianHealthyLifestyle.com/audit](https://ChristianHealthyLifestyle.com/audit), click on the button there and you'd be on your way to better health and vitality. I look forward to hearing from you. Welcome to the Christian Healthy Lifestyle podcast where I help Christians over 40 maximize their health potential so they can age gracefully, live abundantly, and be thoroughly equipped for every good work. I'm your host, David Sandstrom, N Doctor and Biblical Health Coach. And this is episode number 146.

### David Sandstrom 02:04

Today, I want to talk about the importance and the value of establishing routine, or a daily devotion with God. If you've been listened to the show for a while, you know that we maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. And a true disciple of Jesus will have a consistent and fruitful daily devotion time with God, where we're studying his Word. And we're participating in listening prayer, where we're not only praying to God, but we're listening for a response from him. Now, I can't talk about the

ins and the outs of having a devotion and how we establish that routine, until you've decided that you actually want one. So I want to give you some reasons or some motivation, if you will, for doing exactly that. So the first thing we got to do is we got to decide that we want to move from being a simple believer in Jesus to a disciple. A lot of people believe in Jesus, you know, there's a lot of people you talk to that might say, Sure, I believe in Jesus, and they believe that he existed. And they might even say he was a good man or a good teacher, or maybe even a prophet, but they don't believe he was the Son of God, and you'll believe he was the Messiah. So that's not the kind of belief I'm talking about. Here. I'm talking about a true believer in Jesus Christ believes that Jesus was more than just a prophet. He's the 1/3, member of the Triune Godhead, 1/3, member of the Trinity. And he came to earth he was born of a virgin who left his throne room in heaven, came to Earth, walked among us, lived a sinless life, and died on a cross in our place to ransom us from sin's penalty, the death penalty of sin, and He rose again in the third day so that we might live. Now if you've appropriated the life and the work of Jesus Christ in that fashion, then you are a believer. Romans 10:9 says, If you confess with your mouth, the Lord Jesus, and believe in your heart that God has raised Him from the dead, you will be saved. And that's the kind of belief I'm talking about is when you've appropriated the life and work of Jesus Christ, and made it your own and asked Him to be Lord of your life, that now you're a believer. But that doesn't mean you're a disciple. Being a believer is a necessary first step to being a disciple. So you can be a believer without being a disciple, but you can't be a disciple without being a believer first. So discipleship is a little bit different from simple belief. When Jesus was getting ready for his ascension, after he had rose from the dead, he was talking with his disciples and teaching them just before He ascended into heaven. He gave his disciples the Great Commission. And he said, Go therefore and make disciples of all nations. He didn't say, Go and make converts or or make believers. He said make disciples. Webster's Dictionary defines a disciple as a convinced adherent of a school or individual. And that's what I am, I am a convinced adherent. I call myself a follower of Jesus Christ, because I have voluntarily submitted myself to his teaching. And I've committed my life to being obedient to that teaching. So that's what makes you a disciple. So, in order to adhere to Jesus teaching, we've have to expose ourselves to it. So by doing that, we become students of Jesus teaching. One of the ways I like to look at it is if you wanted to be a great tennis player, and Novak Djokovic said, Hey, I've got some spare time, I'll spend as much time as you want. teaching you everything I know about the game of tennis, no charge, just want to be there for you. Would you do it? Of course you would write the same way if you wanted to be a successful actor or actress. And somebody like Tom Hanks, or Meryl Streep said the same thing and said, I'll spend as much time as you want, teaching you everything I know about the acting business. If you want her to aspire to be an actor, or an actress, would you do it? Of course you would. Well, our Creator knows more than any of those people. He is omniscient. He knows everything. He has more knowledge than all human knowledge combined. And he is willing to do exactly that, to spend as much time as is necessary to teach us how to become more like Him and walk in His ways. But we've got to humble ourselves, we've got to be willing to put ourselves under and submit to His teaching. And that's where we'll find real success in life. In Joshua chapter one, verse eight, we see this, this Book of the Law shall not depart from your mouth, but you shall meditate on it day and night. So that you may be careful to do according to all that is written in it, then you will make your way prosperous, then you will have success. So there is something required of us, we need to meditate on the Word, and we need to be obedient to it. In order to have prosperity or success, we have a role to play. So a disciple of Jesus knows that Jesus holds the keys of the kingdom, but he also has the keys to success in life. And that knowledge doesn't come to us automatically. We can't put our Bible on our nightstand next to our bed, never open it and expect to go to sleep and by some type of osmosis just absorb that information into our minds. You know, we're not nio downloading some program from the matrix on how to fly a helicopter or something like that. We have a role to play. And we've got

to expose ourselves to Jesus teaching it we've got to be willing to humble ourselves enough and submit to His loving kindness, to be obedient to it. So to that end, a true disciple of Jesus will have a consistent and fruitful devotion time daily.

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David Sandstrom 08:03

So God has a plan for our lives. And he has things for us to accomplish, and he gives us assignments along the way. And he wants us to be thoroughly equipped for those assignments at all levels. So he wants to give us spiritual strength. He wants to give us mental emotional fortitude, and he wants to give us physical vitality. And part of that equipping is a daily devotion time or alone time with God. So the tagline for the show to be thoroughly equipped for every good work comes from Second Timothy 3:17, where it says that God wants the man or woman of God to be adequate and thoroughly equipped for every good work. And Ephesians 2:10 says that God has works for us that he prepared beforehand, so that we would walk in them.

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David Sandstrom 08:50

So if God gives us work to do, he's going to give us assignments, he wants to prepare us for those assignments. Many of you know that I was an airline pilot for 35 years. And what you may not know is that airline pilots are surprisingly unsupervised. My boss when I was at work was the chief pilot. But the chief pilot didn't know my name. And I, for the most part didn't know his name. And he didn't even know what I looked like, we would sign in for a four day trip and I go to the computer, sign in and then I print out we called it a trip pairing. And it would be all the city pairs that we needed to fly to for the next four days. Now while we did that completely unsupervised, for the most part, I mean, once in a while we did have random checks by the company, or the FAA where they'd right up in the cockpit and look at us. But that was relatively rare most of the time we were on our own. So how could we do that? How could they trust us to fly those airplanes around like that without any direct supervision? Well, the reason is, we were thoroughly equipped and prepared for the job. We had the training, and we had the authority and the tools and the resources to handle any emergency or any situation that might come our way? In the same way, God wants to prepare us for our assignments and challenges. That equipping starts with knowledge and obedience to His Word. That equipping doesn't happen automatically. So we have a role to play and that equipping Hebrews 11:6 says he is a rewarder of those who diligently seek Him.

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David Sandstrom 10:25

So just as we need physical nutrition, we also need spiritual nutrition, we need spiritual nourishment as well. And John chapter four, when Jesus was speaking with the woman at the well, the disciples had gone into town to go buy some food. But Jesus was ministering to this woman. And when they came back, they said, Master has some food must be hungry. And Jesus reply was, I have food to eat, that you did not know about. So the disciples started asking one another, well, who gave him this food? Where did it come from? And Jesus said, My food is to do the will of Him who sent Me, and to accomplish his work. So Jesus was talking about spiritual nutrition that he had, he was saying, that's all I need. Right now, I don't need any physical nutrition. Right now. I have enough spiritual nutrition to do what my father wants me to do to

complete this assignment, which was ministered to the to the woman at the well. So when it comes to spiritual nutrition, we've got to understand, we leak. Alright, we're like, a bucket full of water with a bunch of holes in the bottom, we fill it to the top and starts quickly running down because it's leaking out the bottom. That's why we're told in the word to be filled with the Holy Spirit. Ephesians 5:18 says, And do not get drunk with wine, but be filled with the Holy Spirit.

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#### David Sandstrom 11:40

So I'm old enough to remember when gas stations had attendants, and I'd be riding backseat as a young kid, and my dad would be doing the drive and you pull into a gas station, you wrote down a window with a cigarette butt hanging out his mouth, it's a filler up, and the attendant would fill the tank, and he'd pan through the window. And it was considered normal. Everybody did it that way, it wasn't anything unusual to have an attendant fill your car with gas and gas was cheap then. So we always filled up, we didn't get a couple gallons or get you know, \$5 Worth. We filled the tank. In fact, back then we didn't call them gas stations, we called them filling stations, who went there to get filled up. So we should be going to our spiritual filling station every day. That's what we're talking about this episode here. So I want to encourage you to do just that. So Jesus was our example. And he never let his spiritual tank get low. He never got the low fuel light on his spiritual gas tank. In Luke chapter five, verse 16, we see this. But Jesus often withdrew to lonely places and prayed. No doubt he was reading and studying the Word, but he was praying and listening to his father, for instructions. We should be doing the same, we should take his example. Our devotion time should include not only Bible study, but listening prayer time as well. In Luke chapter four, verse one, we see this, Jesus, full of the Holy Spirit left the Jordan, and was led by the Spirit into the wilderness. Now they are who is going to be tempted by the devil. So Jesus knew that there was a real challenge ahead of him. So he didn't have to be filled with the Spirit at that moment, because he always kept his spiritual tank full. He kept his tank topped off. So he was ready for the testing that was about to come his way. Just like a professional airline pilot was ready for any possible emergency that might come their way. Jesus was ready for the testing that was about to take place because he was always filled with the Holy Spirit.

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#### David Sandstrom 13:43

The Christian life is not a cruise ship. It's more like a battleship. In first Peter 5:8 we see this Be of sober spirit, beyond the alert, your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. That's pretty strong language and explanation that is, that's no light light statement right there. So we are being pursued by demonic forces and foul spirits. In Ephesians six, we see some more honest explanation on that started with verse 12. For our struggle is not against flesh and blood, but against the rulers against the powers against the world forces of this darkness, against the spiritual forces of wickedness and the heavenly places. So the enemy is planting landmines in our path. He wants to do everything in his power to disrupt us, or keep us from doing the kingdom work that God has for us. So life is gonna throw some curveballs and we need to be ready. So the best way to be ready is to get your spiritual gas tank tops off daily. Jesus gave us a great example to follow in Mark, chapter one verse 35. We see this very early in the morning while it was still dark. Jesus got it up, left the house and went off to a solitary place where he prayed.

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**David Sandstrom 15:05**

Now, if you want to supercharge your devotion time, try fasting from food. We see this as an example in Scripture as well. In Matthew chapter 17, there was a demon possessed boy and the disciples were trying to cast the demon out, but they couldn't. So the father came to Jesus and said, you know, your disciples couldn't cast the demon out of my boy. And Jesus proceeds to cast the demon out. And later on, the disciples asked Jesus, why couldn't we cast it out? And Jesus reply was, this kind does not go out except by prayer and fasting. So there's something very powerful about prayer and fasting, they go together. And I found personally that when I'm fasting, it really opens up the communication lines between me and God. It removes the static, and allows me to hear far more clearly, what the voice of Lord is. So if you want to supercharge your devotion time, try combining it with fasting. It's, it's a wonderful, wonderful tool, wonderful resource. That's why Jesus fasted for 40 days and 40 nights before his testing in the wilderness. In Matthew chapter four, verse two after fasting 40 days and 40 nights, he was hungry. Well, that's an understatement. So he was physically hungry, but he had spiritual strength. And that's what we should be looking to do is not only nourish our bodies well, but to nourish our spirits as well in develop our spiritual muscles.

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**David Sandstrom 16:38**

So what are the benefits of daily devotion? Well, their spiritual growth. Remember, there is a harmony and a hierarchy to our spirit, mind body connection. Now a spirit connected to God will animate our minds in healthy ways. And a healthy mind will animate our brains in healthy ways. And the brain runs the body is he it's all interconnected, you can't separate the three parts to a human being. And when we strengthen our spirit, by necessity, it's just the way things are. We will also be strengthening our mind, our mental emotional condition, and our body as well. Another benefit to spiritual growth in doing the devotion time is it reduces our anxiety. It brings us a supernatural peace. In Philippians, chapter four verses six and seven. Many of you know this verse, but I'm going to read it for you. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving. let your requests be made known to God. And the peace of God which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus, what a promise.

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**David Sandstrom 17:48**

Another benefit to spending alone time with God on a regular basis is we will increase in wisdom and discernment. In Psalm 119, verse 105, we find this Your word is a lamp to my feet, and a light to my path. And then we have a similar teaching in Proverbs chapter two, starting in verse six, for the Lord gives wisdom, from his mouth come knowledge and understanding. And then jumping down to verse 10, for wisdom will enter your heart and knowledge will be pleasant to your sole discretion will guard you, understanding will watch over you, but a promise Hmm, why wouldn't we want that? Why wouldn't we want the God of the universe to walk alongside of us and protect us and watch over us? Well, the way to ensure that's taking place is to be voluntarily submitting ourselves to His teaching on a regular basis, and being obedient to it. As we walk with God through life, his knowledge and wisdom will protect us.

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**David Sandstrom 18:51**

Two years ago, we did a vacation out to Wyoming. And we were going to do what we did do a whitewater rafting down the Snake River. And we were going to experience some level four rapids. And most of the people in the boat were pretty much amateurs when it came to whitewater rafting. So the guide was giving us some instructions. And there was someone in the boat had done some whitewater rafting before. So they were trying to talk to another person in the boat about how to hold the paddle or something like that. And the instructor raised his voice and he said, everyone needs to listen to me right now. I've been down this river 1000s of times, and I know how to keep everybody in this boat safe, but you've got to listen to my instructions right now. Not anybody else. And you know, at the time, it sounded a little harsh, but he was speaking the truth. And I was sure glad when we hit those class four rapids that we were forced to pay attention to his instructions because it was a wild ride, but we all made it through and it was a lot of fun. But I'm sure glad that we listened to our guide. And we were prepared for what was to come All the same is true when it comes to listening to God and exposing ourselves to His Word. We're gonna face dangerous situations in life. And God offers his wisdom and protection, but we have to avail ourselves to it.

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### David Sandstrom 20:13

Another advantage of having a regular devotion time is we get strength to face daily challenges. In Isaiah, chapter 41, verse 10, we see this, do not fear, for I am with you do not anxiously look about you, for I am your God, I will strengthen you, surely I will help you. Surely I will uphold you with my righteous right hand. It's like being in the first day of grade school and making friends with the biggest toughest kid on the playground. You know, it'd be nice to have him as a buddy out there in the playground, nobody's gonna pick on us. So you know, we have the God of the universe that wants to walk through life with us. Why wouldn't we invite His presence.

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### David Sandstrom 20:56

And of course, and this is the big one. being spiritually strong will also increase or enhance our physical health and vitality. Now, I noticed some people that sounds like a stretch, but listen to this verse right here, Proverbs chapter four, verses 20 through 22. My son, give attention to my words, incline your ear to my sayings. Do not let them depart from your sight. Keep them in the midst of your heart, for their life to those who find them, and health to all their body. You see that spirit mind body connection right there. It's there. The Bible teaches it. I'm not making this stuff up, folks. I'm just reading it.

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### David Sandstrom 21:38

Here's some practical tips for establishing a daily devotion time. Set a consistent time and place. A lot of people like to do their devotion in the evening. I personally prefer mornings. But it really doesn't matter what time of the day you choose, just stick to it. And what matters more than the time of day is how consistent you are with it. That's what really matters. So we want to eliminate distractions. If you're on his computer, you know, set it on focus mode, turn your phone on silent. You know, get in a comfortable place and spend some time with with your your heavenly Father, you won't regret it. Now, if it's been a while since you've done a daily devotion, or maybe you've never done one, start off with short, manageable sessions, I would

suggest you know, five minutes to begin with. Do that for a couple of weeks, then maybe you might want to increase to 10. Then when it feels right, go to 20, 20 minutes or even more if you if you enjoy that. Here's an important part. I always ask for discernment before I study the Word of God. Because God's truths are spiritually discerned. We can't understand it in our flesh. In first Corinthians 2:14, we see this, the natural person does not accept the things of the Spirit of God for their folly to him. And he is not able to understand them because they are spiritually discerned. So we want to ask God for understanding, we want to ask His Spirit to empower us to understand what His Word is teaching us. I always pray something like this, as I come to the Word. God give me eyes to see ears to hear in a heart that understand your word. And that's a prayer he's happy to answer. There's all kinds of ways you can you can choose to spend your your study time, you can choose to go through a book of the Bible, you can find a devotional guide online, there's lots of them. There's Bible reading plans online, I have friends that like to read through the whole Bible in a year. And I've tried that. And personally, that didn't really work. For me, it's starting to feel more like an assignment and a task that I had to complete, you know, at the check the box off. I don't like having that much structure to my study time. I like to just spent some time and I feel like if I feel like chewing on one verse, or even one single word, I'll do that as opposed to accomplishing X number of chapters to read to make to make sure I get to the Bible in a year. So that really doesn't work for me. But if it works for you, great. I choose to most of the time all study my Bible on the computer, I get my office in the morning and turn on the computer. I like to use an app called the Blue Letter Bible. Very useful tool. Use that a lot when I was writing my book, The Christians G to Holistic Health. That's great for research. You have the concordance on there. All kinds of cross references. It's an excellent tool, the blue Letter Bible. And I think it's [blueletterbible.org](http://blueletterbible.org). I'll put a link in the show notes. If I'm on my phone, I like to use an app called The Life Bible. I liked that app because it's got a great system for organizing and creating folders for various study topics. find that very useful. And another app that I use on my phone is called Bible memory. And it helps you to memorize verse that's important to you. It's really really great for that. So Those are the tools that I use. But whatever works for you, you know is great, just stay consistent with it. Be patient and be persistent. Sometimes it's going to flow real easy. And other times it won't. Sometimes you have to push through. Remember, any move towards freedom is going to be opposed by the enemy of our souls. So sometimes we have to do some some battle, do some spiritual warfare, to press through, but it's always worth it.

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#### David Sandstrom 25:28

So, to summarize, here's what we talked about today, we have to decide that we want a devotion time because we want to be more than just a simple believer in Jesus, but we want to make ourselves a disciple. Now, we also need spiritual nutrition just as much as we need physical nutrition, we need spiritual sustenance as well. Jesus gave us the example of that. And God wants to thoroughly equip us for every good work. He wants to give us spiritual strength, mental emotional fortitude, and physical vitality. It's all part of it. Remember, there's a hierarchy and a harmony to the spirit mind body connection. Spirit connected to God will animate our minds in healthy ways. A healthy mind will animate our brains in healthy ways. And the brain runs the body. There's a connection there that we cannot ignore. We have to cooperate with the Christian life is not a cruise ship, it's a battleship. There will be opposition. And we need to be prepared for the battles and the struggles that lie ahead. We need to incorporate Bible study as well as listening prayer into our devotion times. And if you want to supercharge your devotion time, try fasting. It's a powerful tool. And don't forget to ask for

discernment. Ask the Lord to give your eyes to see ears to hear and a heart that understands. That's a prayer He's always happy to answer. Make it a routine and be in a specific time and place the movie distractions and make it a lifetime pursuit.

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David Sandstrom 27:03

Is your vitality everything you want it to be? Or is some health concern holding you back? If you've got a health issue that you'd like to finally get resolved and naturally the way God intended, I'd like to help you with that. I'm inviting all listeners of this show anyone in the natural nation to do a health coaching session with me for free, no strings attached. I'm not going to try to sell you anything. I'm offering this for free because you'll be helping me create some content for the show. Go to my website, [ChristianHealthyLifestyle.com/audit](http://ChristianHealthyLifestyle.com/audit), click on the button labeled schedule a lifestyle audit, answer a few questions and you'll be all set up. You'll come on the show with me it won't be live. It'll be pre recorded. We'll talk about anything you want spiritual growth, relationships, mental emotional fitness, and of course physical vitality. Now I can't give medical advice or help you with an acute condition. That's for doctors in emergency rooms. But if you're plagued with a mysterious health issue, that seems to never go away, I might just be able to help. We'll have a 20 minute conversation online, I'll provide some pointers to get you going in the right direction. And we'll make an episode out of it. Now, don't forget, I literally wrote the book on holistic health from a Christian perspective. It's called the Christians Guide to Holistic Health. And for a limited time, if you do a lifestyle audit, I'll mail you a softcover copy of my book for free. Now my book is not a 10 page ebook that somebody put together in a weekend. It's a 325 page comprehensive guide to live in the abundant life and Christ through vitality in spirit, mind and body. It's been selling quite well on Amazon for \$17.95 for quite a while, and it's worth every penny. But I'll send you one for free if you act quickly. So again, go to my website, [ChristianHealthyLifestyle.com/audit](http://ChristianHealthyLifestyle.com/audit), click on the button there and you'd be on your way to better health and vitality. I look forward to hearing from you.

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David Sandstrom 29:04

I hope you enjoyed that teaching I hope I've encouraged you to stick with your devotion if you're doing them now, or to start one and start a devotion routine if you don't have one now. For more go to my website [ChristianHealthyLifestyle.com/146](http://ChristianHealthyLifestyle.com/146). I always put links to all the resources that I mentioned on each episode and a whole lot more. That's it for now. Thank you for listening. I'll talk with you next time. Be blessed.