

# 158 Full ep. edited

📅 Wed, Oct 02, 2024 12:13AM ⏱ 36:31

## SUMMARY KEYWORDS

health pillars, mindset importance, mental toughness, emotional intelligence, placebo effect, nocebo effect, ultimate truth, God's control, vitalism, delayed gratification, pursue excellence, God's design, toxic emotions, forgiveness exercise, spiritual growth

## SPEAKERS

David Sandstrom

---

### D David Sandstrom 00:01

David Sandstrom, welcome to the Christian Healthy Lifestyle podcast where I help Christians over 40 maximize their health potential so they can age gracefully and live abundantly. I'm your host. David Sandstrom, naturopathic doctor and biblical Health Coach. And this is episode number 158 if you're new to the show, I'm glad you're here. If you enjoyed this content, I encourage you to subscribe or follow the show on your favorite podcast listening platform. That way you won't miss out on any new content. Now we're moving through a series on the nine pillars of health, and with the last episode, we just finished up the section on the spirit. And with this episode, we're going to be launching the section on the mind with this episode. I intend to challenge you a little bit, but this information just may be the key to unlocking the health and wellness breakthrough you've been looking for. Many of the things Jesus taught made people uncomfortable, but he never wavered from proclaiming the truth. Now I'm not trying to offend or stir up any controversy. My only intention is to proclaim the truth and see that truth set you free. Now this is going to be good passenger seat belts. Hold on your hats. In the words of our Lord and Savior, He who has ears to hear, let him hear. Now, hang in there to the end, because I'm going to have an exercise for you that I think you're going to find very useful. So as a review, as we're changing sections now, the last section was on the spiritual component of health.

### D David Sandstrom 01:29

The spiritual component of health is all about loving relationships, our love for God, our love for one another, and the love we have for ourselves. This section is on our mental, emotional component, and we want to be our own MVP. M stands for mindset or mental toughness. V stands for victory over limiting beliefs. And P stands for practicing emotional intelligence for the body. The mnemonic for that is food, move and snooze, nutrition, movement and sleep. We'll be covering those in future episodes, but today, we want to tackle mindset. Now when I was creating the outline for this episode, I was trying to include mental toughness in one episode with mindset, but I realized this is going to be too much for one episode, so in this episode, we're going to tackle mindset, and in the next episode, we're going to tackle mental toughness.

Now this is a pretty broad topic, you could have a whole podcast on just mindset. Some people do. But keep in mind, my goal is to help you maximize your health potential so that you can age gracefully and live abundantly. Now that's a pretty lofty goal, so the advice to eat less and exercise more is going to come up a little short. We're going to need a little more than that if we really want to maximize our health potential. So why is the mind important? Someone might be asking, Well, what does my mind have to do with my health? Well, the answer to that is a whole lot. As we're about to see our minds act as a bridge between our spirit in our body.

D

David Sandstrom 01:41

Our spirit is designed to be connected to and animated by the Holy Spirit, which leads to more spiritual strength. A strong, robust spirit will animate our minds in healthy ways, and a healthy mind will animate our brains in healthy ways. And the brain runs the body. Now, when this system is operating as designed. It's like an orchestra with professional musicians all hitting the right notes at the same time, producing a beautiful harmony and beautiful music. If someone's missing their their notes or playing off key, there's going to be some distortion to the music. So the same is true with our spirit, mind, body, relationship. If there's some dysfunction going on, we're going to experience some dis-ease, if you will.

D

David Sandstrom 03:45

Now in this series, we've already talked about the placebo nocebo effect, but real quick as a review, if a pharmaceutical company wants to get a new drug approved by the FDA, they have to prove or demonstrate that it's more effective than placebo, because about 30% of the time, if someone's given a sugar pill or a saline injection, they actually experience the purported benefit that that drug is supposed to elicit, and it works the other way around as well. The nocebo effect is when someone gets the placebo and they actually experience the side effects or the negative impact that that drug is supposed to have. So this is an important connection here that we need to address. Now, this mind body connection works in both directions. Something that affects our physical well being will affect our mind as well. Who would want to take a big test or make a presentation at work or maybe go on a big job interview if they had a cold or the flu, we know that that compromised physical state will produce a sluggish mental performance.

D

David Sandstrom 04:48

Webster's defines mindset as a mental attitude or inclination, a fixed state of mind. I would define it as our overall attitude or perspective. It's the lenses we use to an. Interpret the events of our lives and how we choose to respond to those events. That's our mindset. Our mindset is our attitude. Now mental toughness is a little different, but it's very related. My definition of mental toughness is our ability to exercise our agency or free will over our thought lives. It's claiming dominion, if you will, and acknowledging that we're responsible for and in charge of our own thoughts.

D

David Sandstrom 05:27

So let's start with mindset. I love this quote by Chuck Colson. This is an excerpt from a poem

So let's start with mindset. I love this quote by Chuck Colson. This is an excerpt from a poem that he wrote. It's rather long. I'm just going to give you the important parts as it pertains to our conversation today. The longer I live, the more I realize the impact of attitude on life. The remarkable thing is that we have a choice every day regarding the attitude we're going to embrace for that day. We cannot change the inevitable. The only thing we can do is play the one string we have, and that's our attitude. I'm convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you, we are in charge of our attitudes.

D

David Sandstrom 06:11

I love that quote. It's so to the point now our mindset is our attitude. It's our predisposition to think and react in certain ways, but it's our beliefs and values that are formed through our life experiences that shape our mindset. So what are some of the core beliefs that shape a mindset that promotes health and well being? Well, I want to tell you what mine are, and I'm going to encourage you to adopt the same thing.

D

David Sandstrom 06:37

So core belief number one is that there is such a thing as ultimate truth. Now I want to give you a little story here. There's a shipping company called R & L Carriers, and they have these big 18 wheelers on the highway. You see them a lot. And on the back of each truck, they have their sign, which has their slogan on it, and it says, we ship anything, anywhere, anytime. And whenever I read that, it always reminds me of the nature of truth, because truth applies to all people in all places, at all times. Truth is fixed. We don't invent truth. We discover it. Newton didn't invent the law of gravity. He discovered it. Now let me give you an example of how this works.

D

David Sandstrom 07:20

Stealing is wrong, right? And that's true for all people in all places at all times. Yes, it's one of the 10 Commandments. But stealing isn't wrong because the Bible says it's wrong. The Bible says stealing is wrong because it is wrong. You see, truth is fixed, and it exists outside of our personal opinions, or anything we're going to read in a book. Truth is truth. So ultimate truth acts like an anchor that stabilizes us in the in the middle of life's storms.

D

David Sandstrom 07:52

Core belief number two, God exists. He has spoken, and he's in control. So God exists. Psalm 53:1 says, The fool says in his heart, there is no God. Now, I believe most people listen to this show. They've already got this one down, right? You believe there is a God? You wouldn't listen to the show if you didn't. So Enough said on that he has spoken in more than one way. One of the ways, the primary way God speaks to us is through Scripture. Second, Timothy, 3:16, All scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness. Now, God's also revealed himself in nature. Romans 1:20 says, For since the creation of the world, His invisible attributes are clearly seen, being understood by the things that are made. And again, we have in Psalm 19, one and two, The heavens declare the glory of God, and the sky above proclaims His handiwork. Day to day, pours out speech, and night to

night reveals knowledge. So I believe we can take that concept and apply it to our physical bodies. We can look to our bodies and see exquisite, divine design in our pursuit of health and wellness, we do well to cooperate with our design, with good nutrition, exercise, sleep and good lifestyle choices and whenever possible, not work against it with drugs and surgery. Now, drugs and surgery have their place. They're great for emergencies and acute conditions, but with long term health challenges, there's a better way. Now we'll be talking more about nutrition, movement and sleep in the next section in this series,

**D** David Sandstrom 09:32

God is in control. Ephesians, 1:11 in Him, we have obtained an inheritance having been predestined according to the purpose of him who works all things according to the counsel of his will. And then in a similar fashion we see in Romans, 8:28, many familiar with this verse, and we know that for those who love God, all things work together for good, for those who are called according to His purpose. Another teaching on this is Proverbs 16, verse nine. Mean the mind of a man plans his way, but the Lord directs his steps. Now, as followers of Jesus Christ, this idea that we're not in control, but God is should bring us a great deal of peace, and peace brings more health.

**D** David Sandstrom 10:18

So that's my thoughts on that. I don't want to overwhelm you with too many Bible verses here. If I do, I'm gonna have to put my preacher hat on. This is not a sermon. We're talking about mindset here, but

**D** David Sandstrom 10:29

another belief, a core belief that drives my mindset, is vitalism. And that concept is this, our bodies have a built in God, given intelligence, and they know how to heal, and our body's default setting is health. Let me give an example of how this works. If I cut my finger with a kitchen knife, I don't have to tell my body to dispatch fibrin in the blood to form for to form a clot. I don't have to tell my body to dispatch white blood cells to fight off any would be infection that might be present. I don't have to tell my body to dispatch cholesterol And Other repair proteins, to heal the skin. All that happens by default. That's God's built in intelligence that he's put into our divine design. We are fearfully and wonderfully made. One of the examples I like to use. You might have heard me say this before, if you're a regular listener, but

**D** David Sandstrom 11:21

most cell biologists agree that there's something like 75 trillion cells in the adult human body. Now, to put that in perspective, that's an awful lot of cells. To put it in perspective, if we started counting seconds, it would take 3.2 million years to count 75 trillion seconds. Now I dare you to do the math on that, but I've done it because I'm a geek. I do this kind of thing. Again, we are fearfully and wonderfully made in our design is exquisite, and our default setting is health. We've just got to get the obstacles out of the way, and these bodies know how to heal themselves. I don't even like the term biohacking, because it implies that we can somehow

outsmart God. It's my philosophy that we maximize our health potential when we cooperate with our divine design and not resist it. So that's my core beliefs, and that's what drives all my recommendations when it comes to health and wellness, those beliefs form my mindset.

**D** David Sandstrom 12:30

Hey, Dave Sandstrom, here I'm starting something new, and I need your help. I'm going to be doing lifestyle audit episodes. Would you like to be on the show with me? You tell me what your pain point is, and I'll offer my advice. There's no charge. You'll be helping me create some great content for the show. When you're done listening to this episode, go to [Christian healthy lifestyle.com/audit](http://Christianhealthy.com/audit), answer a few questions, and you'll be good to go. I look forward to hearing from you

**D** David Sandstrom 13:00

so we can have many different mindsets or attitudes as we approach various aspects of life. Here's a few that I like. I like to have the mindset of a willingness to accept delayed gratification. I love this quote by Jerry Rice. He said, I'm willing to do today what others won't, so that later I can have what they can't. Anyone who's been to college has probably adopted that mindset delayed gratification.

**D** David Sandstrom 13:29

Another big one is I'm going to pursue excellence and not perfection. If perfection is our goal, we're going to be forever frustrated. We can pursue excellence without ever feeling like we've come up short in baseball or softball. A 300 batting average is considered great, but that means seven out of 10 times at bat that player did not get on base, they got out. The great players are far from perfect, but they're not recognized for the seven out of 10 at bats they got out. They're recognized for the three out of 10 base hits that they got that makes them excellent or great. Pursue excellence, not perfection.

**D** David Sandstrom 14:14

Now here's the most important mindset when it comes to health and wellness, you'll never regret doing things God's way, we should strive to put God first in every area of our lives. Matthew 6:33, says, Seek first the kingdom of God, and all these things will be added to you. Now I'm sure most of you are familiar with the passage in Proverbs, chapter three, verses five and six. Trust in the Lord with all your heart, lean not on your own understanding in all your ways, acknowledge Him and He will make your path straight. What path is this verse talking about? What path is being made straight here? Well, we see the answer to that question. The next two verses, verses seven and eight Do not be. Wise in your own eyes, fear the Lord. Turn away from evil. It will be healing to your body and refreshment to your bones. This passage is a straight line, connecting the dots between holiness and righteous, living and physical vitality. Trust in the Lord with all your heart and lean not on your own understanding is just another way of saying, Do not be wise in your own eyes. Fear the Lord and turn away from evil. Now we all want vibrant health and vitality, and God wants the same thing for us. Why? Because he wants

us thoroughly equipped for every good work. Second Timothy 3:16, now, if that sounds like a foreign concept, I encourage you to listen to episode number 14 in this podcast. In that episode, I talk about the idea that God wants us healthy and why he wants us healthy. It's, it's a good discussion. So God wants us healthy, and he's made a way for us to achieve it. We just, we just talked about Matthew 6:33, Seek first the kingdom of God and His righteousness and all these things will be added to you. This verse is specifically referring to food, clothing and shelter. But I would suggest that physical vitality is every bit as essential as those things are. The idea here is do things God's way, even little things, and leave the outcome up to God,

D

David Sandstrom 16:25

small habits practiced regularly lead to big change. I like this quote here from Colin Powell, if you go to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude. So we should decide ahead of time that God's ways are better than our ways. Here's an example.

D

David Sandstrom 16:47

When I got married 25 years ago, I walked down the aisle the church. I stood before our pastor, God and my friends and family, and I said something like this, I promise to honor you and cherish you, to have and to hold, forsaking all others till death. Do we part? So that decision has been made. I don't wake up in the morning and say, Should I be faithful to my wife today? Hmm? I wonder. Maybe, yes, maybe no, no, that's not the way it works. That decision was made 25 years ago. I promise till death, do we part forsaking all others, and that's what I intend to keep so we should have enough humility to submit to God's way of doing things. Proverbs 14:12, says, There is a way that appears to be right, but in the end, it leads to death. And then, in contrast to that, we see Isaiah, 55:8-9, for my thoughts are not your thoughts, nor are My ways your ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts higher than your thoughts. In our pursuit of health and wellness, we do well to acknowledge that God knows better than us.

D

David Sandstrom 18:01

God is our Heavenly Father, and He loves us with a love that's greater than we can fathom. He also is omniscient. He knows everything, and he's trustworthy. So like any loving parent would, God wants what's best for us. Therefore we can conclude it's not a stretch to say that when he tells us to do something or gives us an admonition, it's for our benefit, and if he gives us prohibition or some type of a restriction, it's for our protection. There's never a time when those two truths don't apply. I'm going to say that again, because it's worth, worth remembering, if God tells us to do something, it's for our benefit. If He tells us to avoid something, it's for our protection. You can take those two truths to the bank now. Jeremiah 29:11 says, For I know the plans I have for you, declares the LORD, plans to prosper you, not to harm you. Plans to give you a hope and a future. So I said all that to say this,

D

David Sandstrom 19:05

we maximize our health potential by aligning our lives more fully with God's natural design for

we maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. That's the mindset I'm encouraging you to adopt. God's best for us is that we enjoy vibrant health and vitality. Again, I talk about that in depth in Episode 14, consider proverbs. Chapter four, verses 20 and 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 they are life to those who find them and health to all their body. Isn't that encouraging. God says, If we immerse ourselves in His Word and are obedient to it, there are health benefits attached to that. So what if we don't give our attention to his words, and what if we don't incline our ears to. Sayings, well, Galatians, chapter six, verses seven and eight, gives us some insight. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. Eternal life starts today.

D

### David Sandstrom 20:18

We don't have to wait till we die to inherit eternal life. Consider the words of Jesus in John, chapter 17, verse three, this is eternal life that they may know You, the only true God, and Jesus Christ, whom you have sent. Do we have to die in order to know God? Eternity starts today, and that today should include health and wellness. So what I'm talking about here is obedience to the Word of God, or holiness or righteous living. Now please don't get me wrong. Don't get the wrong impression here. I'm not talking about being a slave to legalism. I'm not advocating some cultish parasitical devotion to a set of rules those keep us in bondage and it saps the joy right out of life. Perfection is an impossible standard, right? We're supposed to pursue excellence, not perfection. A life without sin is not attainable, but we ought to at least be aware of the target that we're aiming for. God's ways lead to life. We can choose to ignore his recommendations and continue to stiff-arm the Holy Spirit, but the consequences of those choices will stunt our spiritual growth, weaken our mental, emotional fortitude, and compromise our physical vitality if we're going to be effective in Kingdom work, we're going to need all the spiritual strength, mental, emotional fortitude and physical vitality we can get, and righteous living is the four lane highway to it.

D

### David Sandstrom 21:53

Now consider again proverbs 3 seven and eight. Do not be wise in your own eyes. Fear the Lord and turn away from evil. It will be healing to your body and refreshment to your bones. Let that sink in a little bit. I didn't make this stuff up. I just read it in the Word of God. Go read it for yourself. Proverbs, three, seven and eight. So if bodily health is God's desire and it is, we've got to trust that God made a way to achieve it. Yes, we're living in a sinful, fallen world, and it's becoming more and more difficult to embrace a healthy lifestyle. But don't forget, John 10:10. The enemy has come to steal, kill and destroy, but I have come that they might have life and have it abundantly. It's my position that part of the abundant life is enjoying vibrant health. Now, God is sovereign and in control, right? He can and does sometimes allow physical afflictions to grab our attention and produce the fruit of spiritual maturity in our lives. That does happen, but what I'm saying is, let's not let our poor lifestyle choices cause a physical trial that God would prefer to spare us from.

D

### David Sandstrom 23:09

I'm saddened to see that many of my Christian friends are eating a standard American diet, the

SAD, sad diet. They're getting their health and wellness and nutrition advice from three letter government agencies like the FDA and the NIH and the CDC, they're abusing their bodies with sedentary lifestyle and lack of sleep, living with very little margin in their lives, and they're hoping to not get sick, and when they do, they pray for a healing miracle. Now God can and does perform healing miracles. But is that the best approach? I think a better approach is to be much more proactive, get an education and start implementing these healthy lifestyle changes. Now, estimates are that 80 to 90% of all chronic diseases are lifestyle related. Why not make better lifestyle choices based in biblical truths that spare us from a physical trial in the first place? Now, of course, there are no guarantees, and we're not talking about naming and claiming here, where we paint God in what corner and make him perform for us like a circus animal. That's ridiculous.

D

#### David Sandstrom 24:21

I'm talking about the principles we see laid out in the Word of God, and that principle is sowing and reaping. Galatians 6:7 Do not be deceived. God is not mocked. For whatever man sows this, he will also reap. If we smoke two packs of cigarettes a day for a few decades, the predictable outcome would be lung cancer. If we drink a case of beer every day or drink a fifth of liquor every day, the predictable outcome would be cirrhosis of the liver. Now remember, this show is called Christian healthy lifestyle. We're talking about making wise lifestyle choices. That stack the deck in our favor. And remember, our bodies are designed to heal, and our default setting is health. God is faithful. He does his part. We've got to do ours. God's not going to let us down. He knows how to deliver Matthew seven, verse 11, if you then, though you are evil, know how to give good gifts to your children. How much more will your Father in heaven give good gifts to those who ask Him? Jesus would never keep the way of the abundant life a secret. He's shown us the way in His Word. If we follow it, we tend to enjoy better outcomes, no guarantees, but we've stacked the deck in our favor. Now here's an important point. We don't follow God for the perks. We follow him because he's worthy and vibrant. Health and vitality are simply the fringe benefits or the side effects to knowing God. Now we have a role to play. We're the ones that have to execute

D

#### David Sandstrom 26:02

often, the Bible doesn't get into specifics, but over and over again, it gives us guidelines with our well being in mind. For instance, we know that persistent toxic emotions like anger, hostility and rage can raise your blood pressure and lead to heart disease. The Bible just says, Do not let the sun go down on your anger. Hebrews 4:26 God doesn't say, Don't be an angry person, because it'll increase your blood pressure, and that'll put stress on the endothelial lining of your arteries, and that stress can lead to heart attacks and strokes. He just says, do it my way. You won't be sorry. Now I want to say this again for emphasis. Here's the mindset that I'm suggesting everyone in the natural nation adopt. We maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. We'll never regret falling into his loving arms and surrendering to His goodness and loving kindness.

D

#### David Sandstrom 27:04

Now this may mean letting go of a few things. We all have areas of our lives that we haven't completely surrendered to God. We sometimes become comfortable and complacent with



certain sins and and we stop contending with them. But God isn't comfortable with our sins. And God is relentless in his desire to see us become more whole, and he never gives up in that process. Philippians, chapter one, verse six, says, For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ, Jesus, we should strive to cooperate with that good work and not resist it. There is no neutral. When it comes to this process, we're either cooperating with the work Jesus Christ is doing our hearts and minds, or we're resisting it. There is no neutral. Jesus made this proclamation in Matthew chapter 12, verse 30, he who is not with me is against me, and he who does not gather with me scatters abroad. We've got to be willing to open our hearts and surrender to God's perfect will for our lives, and that's going to take commitment. Philippians, chapter three, verses 13 and 14, we find this but one thing I do, forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ, Jesus, do you see the commitment and the perseverance in there on Paul's part? we've got to be willing to let go of the thoughts, speech and actions that aren't serving our healthy pursuits, and pursue a better course. In a similar fashion, we see this teaching in Ephesians, chapter four, verses 22 through 24 with regard to your former way of life, put off your old self, which is being corrupted by its deceitful desires to be made new in the attitude of your minds and put on the new self created to be like God in true righteousness and holiness. Now, depending on what church background we have, some call this process spiritual growth. Some may call it sanctification or holiness or pursuing righteousness. It doesn't matter what we call it. It's a lifelong process of being set free from the things that are holding us back from becoming all the men and women God created us to be.

D

#### David Sandstrom 29:32

James, chapter eight, verses 31 and 32 if you hold to my teaching, you are really my disciples, then you will know the truth, and the truth will set you free. Now, most people quote this passage as verse 32 alone, then you know the truth, truth set you free. Well, that's an incomplete message. We've got to put this in context and attach verse 32 to verse 31 if you hold to my teaching, you are really my disciple. Bibles, then you will know the truth, and the truth will make you free. So did you catch that if then statement in there, the Bible is full of if then statements, the promises in the Bible, for the most part, are conditional. There's a condition attached here that we have a role to play in this process, and

D

#### David Sandstrom 30:18

what is our reward for doing things God's way. What's the fruit of our labor? Well, we see some insight in Isaiah, chapter 40, verses 30 and 31 even ewes will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. As a Christian over 40 who wants to age gracefully and live abundantly, I find those words very encouraging, and I hope you do too. And as if that weren't enough, we also see this psalm, 103, verses two through five, bless the Lord O my soul and forget none of his benefits, who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, who crowns you with loving kindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the Eagles are those not beautiful promises, but like most promises in Scripture, we have a role to play. There's a condition attached.

D

**David Sandstrom 31:30**

We can't just claim the promises of God without being obedient to his clear instructions. Second Chronicles, chapter 15, verse two, says, The Lord is with you when you are with him, and if you seek Him, He will let you find Him. If we want to enjoy a warm shower, we've got to actually step into the shower stall. We can't expect to enjoy God's blessings or his protections when we're not walking with Him and not surrendering ourselves to His will. Again, Galatians 6:7 Do not be deceived. God is not mocked for whatever a man sows this he will also reap. Now, most of us have done a pretty decent job addressing our outside sins, the ones that are visible to other people and could potentially let us in jail. We're not robbing banks. We're not committing murder or selling illegal drugs. But when it comes to the secret sins, the ones on the inside, the ones that nobody sees, that can often be a very different story. There are many secret sins that can be detrimental to our health, things like lust, envy, pride, greed, unforgiveness, persistent anger, inappropriate fear and worry, all the thoughts, speech and actions related to those sins are stress producing, and they end up being toxic to our minds and bodies, and when it comes to our health and wellness, relentless Stress is our enemy. Consider Romans, chapter eight, verse six, for the mind set on the flesh is death, but the mind set on the Spirit is life and peace,

D

**David Sandstrom 33:09**

and we've got to remember Sin always brings harm to the one that commits it, and no one ever gets away with their sin. God forgives our sins, yes, past, present and future. That's true, but he doesn't spare us from the consequences of it. That's why we're always better off surrendering to God's goodness and doing things his way. God's instructions are all health promoting. When we look at things this way, the Bible becomes a plethora of useful information for not only our health and well being, but for success in every area of life. God has a design for the way life works. His perfect will is that we align our lives with his preferences for that design. So he gives us admonitions and prohibitions in Scripture and we do well to align our lives with those perfect preferences. Now here's what that looks like for our minds, as we're talking about mindset with this episode second. Corinthians, 10:5, take every thought captive to the obedience of Christ. Romans, 12:2 be transformed by the renewing of your minds. Philippians, 4:8 whatever is true, lovely, pure, noble, praiseworthy. Think on these things. Now again, perfection is not attainable, nor is it necessary. King David committed adultery and murder, yet God said He was a man after his own heart. Acts, 13:22.

D

**David Sandstrom 34:42**

Now, thanks for hanging in there and getting this far in the episode. I know this has been kind of deep, but here's an exercise or the action step that I promised you at the beginning the top of this episode. If you've made it past the age of five or six, you probably have someone in your life that you need to forgive. Forgive. Forgiveness is a super important natural health concept, because withholding forgiveness is like drinking poison and expecting the other person to die. Now here's what I want you to do. I want you to go to my website, [Christian healthy lifestyle.com/158](http://Christian healthy lifestyle.com/158) and take advantage of the content upgrade I've got there for you. You can download a free chapter for my book on forgiveness. In that chapter, there's an exercise that'll

walk you through the letting go process. It's powerful, and I highly encourage you to do it, download the free chapter for my book, read it, and do the exercise. At the end, you'll be glad you did.

D

David Sandstrom 35:39

All right, I think that's enough for now. We're gonna have to hit the pause button here, but don't go anywhere, because the next episode, I'm going to be talking about mental toughness, and I'm going to share what the Bible says about mental toughness and spiritual warfare as it pertains to our health and wellness, and how that kind of rounds out this mind piece set again, if you're new to the show, subscribe or follow on your favorite podcast listening platform. And while you're at it, all this kind of information from a biblical perspective is hard to find. So would you tell a friend about the show? They'll think you're brilliant, and I think they'll thank you for it. I bet they will. That's it for now. Thank you for listening. I enjoyed serving you. Go out there and live abundantly. I'll talk with you next time. Be blessed. You.