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Can you claim healing when trashing your body

Something to ponder about ..

Can you claim healing scriptures and pray for healing when you are eating garbage and not doing any exercise?

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I have personally been struggling with people claiming healing scriptures and asking for prayer while they keep eating fastfood and keep feeding their body with garbage and also refuse to do any kind of exercise.

What do you think about that?
Is that right?

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I personally have no problem understanding that sometimes God in His mercy and grace will do a supernatural miracle, but if we as Christians claim total healing in faith .. can we use healing scriptures if we are not willing to eat fruit and vegetables and do some cardio exercise on a regular basis?

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19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

1 Corinthians 6:19 NKJV

8 For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

1 Timothy 4:8 NKJV

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This is my personal believe as I have been wrestling with this.

No, we as Christians can't claim healing scriptures if we are not willing to change our lives and do what we know is right.

Before we can claim any kind of healing scripture I personally believe we need to first step out in faith.

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Meaning that when we as Christians put actions to what we believe ..

eating fruits and vegetables ... eating much smaller portions of meat and avoid any kind of sugar and processed food.

So taking actions .. than yes we can believe God for healing us ..

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James clearly states ..

22 But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; 24 for he observes himself, goes away, and immediately forgets what kind of man he was.

25 But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

James 1:22-25 NKJV

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Although I am aware that there are many other factors that contribute to being healthy like ..

Stop listening to garbage and instead listen to uplifting and positive things. Stop reading gossip stuff but instead feed your mind with uplifting stuff. Stop complaining and judging .. laugh more in life .. pray and meditate daily .. be thankful ... forgive .. etc. etc.

However for this teaching I am just focusing mainly on the food we consume ..

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Let me know what you think.
Very curious what you think and believe.

Let me know your thoughts

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Hope this was helpful.

For comments, questions or suggestions please contact me. Love to hear from you.

God bless!!

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