

# Diabetes And Heart Disease And How You Can Prevent It: By Erica Jermanus

There are many Christians that develop diabetes or heart disease because of poor diet and exercise. Many Christians do not eat a healthy diet of fruits and vegetables, lean meats, and whole grains. Many Christians eat a lot of junk food and excess sugar in their diets. That is why they develop diabetes or heart disease. Also, there are Christians that are not getting enough exercise regularly and that is why they have developed these diseases and cancers. As believers in Christ, it is so important to take care of the body that God has given us and steward it well for His glory. We can take care of the body God has given us by being obedient to what He asked us to do. God will show us what He wants to do to take care of ourselves. He will show us what He wants us to eat according to what our bodies need.

God may even have you go on a fast and pray during the fast so that you can grow closer to Him and hear His voice to get guidance and instructions from Him. Fasting is not starving yourself, but it is to getting closer to Jesus Christ and growing in your faith and

relationship with Him. You can go on different fasts however He is leading you. You can fast by just eating fruits and vegetables and whole grains, or you can go on a water fast. Or you can do intervals of fasting where you fast for a few hours, and then you eat, and then you fast again. You can also juice fast.

Whatever the Holy Spirit has put on your heart to do, just be obedient to His voice and instructions. Following His leadership. He will show you what He wants you to do. We may need to get into His presence to hear His voice about what the next step is to take. We may need to ask Him for guidance and instructions and wisdom on making the right decisions in our lives. We cannot do it without His help, and we need His strength to do the things that He is leading us to do. We may need discipline as well to follow through with His instructions. We may not want to do certain things because it may be too hard or difficult for us. But when we do it anyway, we will produce fruit and results in the end of that thing.

1 Corinthians 6:19-20 says, “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?

For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

So, if you have developed diabetes, you can ask God to heal you from it and He will. But when He does heal you, you need to be willing not to continue with the same poor lifestyle choices. You need to be willing to eat healthier foods that will nourish your body and not cause diabetes or heart disease. You do not want to eat a lot of sugar or processed foods because it will lead to obesity and other diseases over time. We may need to replace refined sugar with natural sugar that comes from fruits. We may need to eat more lean meats and whole grains. These can give us protein and stabilize our sugar levels.

We also want to strive to get at least 30 minutes to 1 hour of exercise daily. If not daily, then strive for 3 days a week of exercise. Exercise is good for the cardiovascular system and other systems in the body. It also produces oxygen or blood to the brain. Exercise can also help to relieve stress, depression, and anxiety. Exercise can release endorphins in the brain, which can make you feel good. Exercise can help you to sleep better at night. Exercise can also help you to maintain a healthy weight. You can exercise daily by

walking, running, biking, or swimming. The Bible says in 1 Timothy 4:8, "For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."

To prevent diabetes or heart disease, I would recommend staying hydrated by drinking water. You can drink water when you first wake up and throughout your day. Especially in the summer months when the weather is warmer outside, you want to make sure you are drinking more water so that you do not get heat-related injuries. Water is good for your body because it can help to aid in cells and help your body to function properly.

Also, you can control portion sizes on how much you eat. You can practice the fruit of self-control when you are eating. You can even fast, which can help you to develop self-control and self-discipline. Galatians 5:22-23 says, "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law." Fasting also helps you to deny your flesh and your old sinful nature. Fasting coupled with prayer can help you

to walk in the Spirit and be spiritually minded. But if you have health problems or are pregnant, I would not recommend that you fast. I would suggest that you talk to your doctor if it is okay if you can fast with health problems.

If you have already developed diabetes or heart disease or cancer, not only can you get healed from going to a doctor and making lifestyle changes. But you can also ask Jesus Christ to heal you, and if you have already, believe that it is already done. Now just walk in your freedom and deliverance. It is not God's will for anyone to be sick or in pain. Jesus Christ died to not only save us from our sins, but to heal and deliver us. Isaiah 53:5 says, "But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."

Not only did He die so we can be healed and delivered, but He also wants us to repent and turn away from our sins by taking care of the temple that He has given us. We can repent by not smoking, drinking, or doing drugs. We can repent by eating healthier and exercising. We

can repent by doing the things we need to do to become a better version of ourselves. Mark 1:15 says, "And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel."

Another thing you can do is to track your blood sugar levels and blood pressure by using a monitor to make sure that your blood sugar and blood pressure are normal. But if you are praying over your body and putting in the work to take care of your body, then you should be okay, and you should not have to worry about getting diabetes or heart disease. If you are not eating all this excess sugar all the time, then you should be okay with not developing diabetes. But it takes discipline on our part. Sometimes, it is hard to resist temptations, but it is worth it because you will receive rewards in the kingdom of heaven for your obedience to the word of God. James 4:7 says, "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

You can also limit the amount of stress you are going through in your life to prevent diabetes or heart disease. You may need to let go of some activities in

your life or jobs that may be stressful so that it does not interfere with your health and sugar and blood levels. You can also seek support from Jesus Christ and other trusted godly friends about your health. It helps to talk to other godly friends who can pray for you and encourage you in your faith walk and journey with Christ. Proverbs 27:17 says, "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend."