



RAY EDWARDS

LIVE WITH JOY LEAD WITH PASSION PROSPER WITH PURPOSE

If You Don't Have Your Health You Don't Have Anything

This is Mike Stelzner from Social Media Examiner and you're listening to the Ray Edwards Show.

Some people may say Ray I can't change the world and I can't grow a business because I'm sick, disabled or have health problems and I'm not as energetic as I used to be. We've all heard the phrase before, if you don't have your health you don't have anything. I think it's usually uttered with the best of intentions.

It's usually used in the context that's trying to get you to do something to make your health better, trying to get you to pay more attention to what you eat and your exercise program and those are good intentions. I have said this phrase myself many times, I've said to people, you've got to take care of your health because if you don't have your health than you don't have anything. I'm here to tell you that is one of the stupidest things we could possibly say.

In today's episode I'll explain why and what I believe we should be saying instead. Just as a little preview for those who don't have your health, I have a newsflash, you also don't have a free pass to whine, complain or make excuses. I love you I'm not being harsh I think you'll come to understand that as we dive into this episode.

Tip of the Week

Since we're talking about health, I have been working on my own health over the last few weeks for a couple months. I've lost a considerable sum of fat from my body. My waist has gotten so much smaller that I've had to buy a new belt. I was down to just one remaining belt loop so it's time to buy a new one when you get to that point.

What have I been doing? I've been hitting the gym six days a week, strength training, using a circuit training routine Mon-Wed-Fri, interval cardio Tues-Thurs-Sat. I've been doing a lot of hiking, it's been fantastic but, I've found some technological tools to help me in this quest and of course you knew I would. I want to share some of my favorite tools with you. I've actually shared these before, but never together and never with so much conviction because I know what a change they can help you achieve in your life.

Here are the apps I'm using which have played a key role in transforming my health and physical body.

Lose It app... this app makes tracking your nutrition, hydration and exercise. It makes it easy, fun and can help you stay accountable. It has a social aspect where you can buddy-up with others to keep you accountable to your goals and it has been instrumental for me in tracking accurately what I'm eating and the results I'm getting in helping me achieve my goal. It is free. There is a premium version you can upgrade to very inexpensively, which is what I recommend. You can do a variety of things with the premium version that aren't available in the free version.

Lumosity... a website and app that offers brain exercises to keep your thinking sharp and help improve your memory and cognition and ability to solve problems or recognize patterns. It's fun because they do it by giving you games to play. One of the things I love about this is they give you a test to set an index score to figure out where you are on the brain power index right now and where you would be six months from now or six weeks from now and how much improvement have you made through doing the brain exercises. I must stress again they don't feel like exercises, they're more like video games you play on your computer that are good for you. I highly recommend this.

Habit List... helps you cultivate habits that you want to develop in your life and with this you can keep track of how you're doing, like what type of streak you're on with your different habits. I currently have a number of daily habits that I'm tracking that don't have anything to do with necessarily keeping track of my calories and things like that, but I want to habitually do certain things every day.

For instance, I want to meditate every day, make a picture every day, post a picture everyday...I'm not on a good streak with that one so I need to work on it, but I'm only able to tell you this because I use this app, which is deceptively simple and incredibly powerful for keeping you on track in cultivating new habits.

Those are my top three apps and I recommend each to you for different reasons. You'll find links to each in the show notes at RayEdwards.com/132 for each.

Spiritual Foundations

Do you ever get super busy? I've talked about this in a recent episode about how busy we all are and how, if I ask 10 of my friends how things are going in their lives, at least five will answer by saying I'm just so busy Ray. If you are feeling this pull, this stress... if you are busy, stretched and stressed to the max in every minute of every day because you're working 14-15 hours a day just to keep your head above water and keep up with all the commitments in your life, here's the best thing you can do being in that situation and having no time to do what you need to.

Set aside plenty of time to read God's word, the Bible.

I know what you're saying. But Ray, I'm so busy how can I take 20 minutes or an hour out of my day, however long you're recommending, to read the Bible? It's not going to help me I have to get the bills paid. I have to get my job done. I have to get my responsibilities taken care of. I hear you, but here's what it says in Proverbs 4:20-22.

My son be attentive to my words. Incline your ear to my sayings. Let them not escape from your sight, keep them within your heart, for they are life to those who find them and healing to all their flesh.

Drink that in...God is saying that we should pay attention to his words and listen carefully. Don't let them out of your sight. Keep them in your heart, and the only way to do that is to read them frequently, so much so that we have them in our heart. For God says, because my words are life to those who find them and healing to all their flesh.

I know how hard it can be when you're stressed out and you feel like there are 10k things to do today and there's not enough time to do even a quarter of them. There needs to be four times as many hours in the day as we have available and you want me to take a half hour or longer to read

the Bible? I have certainly found that the source of peace in stressful times for me is to take refuge in God's word first. First, not last, not waiting until I have time and it's not just my experience either, many people will share this experience with you.

By the way, I want to be clear about something... I don't think that God is withholding help from you because you're not reading his word. I don't think He's punishing you for not doing your Bible reading and I don't want you to setup a legalistic practice that says if I read the Bible for 25 minutes everyday my life will get better. You shouldn't feel guilty if you haven't been reading the Bible, you should feel hungry. If you haven't been eating food you don't feel guilty you feel hungry, and this is the source of nourishment for your spirit just like food is the source of nourishment for your body.

I read an article recently by Pastor Joseph Prince of New Creation Church in Singapore. He was writing about George Mueller. You may be familiar with Mueller; in the 1800s he ran five orphanages and oversaw the care of more than 2000 orphans. George Mueller was not a wealthy man and he didn't do ministry fundraising. The funding of these orphanages depended solely on donations and Mueller just had the faith that the donations would come in, and they did. Everyday George Mueller set aside a large block of time to study the scriptures.

In fact, Joseph Prince wrote the following, which I quote... *"Once Mueller was talking with a man who worked between 14-16 hours a day. He told the man, you are destroying your health, you don't have time for your family and most importantly, you don't have time to nourish your inner man with the word of God."*

"The man replied, I hear you but I can't see how I can cut down my working hours and spend time in the word because even with the 14-16 hours I put in each day I still can't put enough bread on the table for my family." As the man walked away Mueller said, "He doesn't believe that if he gives time to God's word first God will take care of all his needs."

There's power in what I'm sharing with you. I'm not saying that if you read the Bible you'll develop some good feelings because there's some positive thinking in there that'll make you feel good about your life and things will be better because of that. I'm saying that if you're a believer you know that the Bible is living and active and more than just a regular book. There's a spiritual transfer from the realm of Heaven that takes place when we read God's word with an open heart. We make a connection. It's like we're plugging into the Internet and downloading something from God. He's downloading something into us.

So, whatever your needs are, whatever your stress or responsibilities are, this is a reality that can change the fabric of your life. Take time each day to read God's word first and nourish your spirit. Believe that if you give time to God's word first that God will take care of all your needs.

Feature Presentation

If you don't have your health you don't have anything... I think it's time we stop saying this. I think it's one of the most stupid things we can say to ourselves and it's certainly stupid and inconsiderate to say it, considering that there are many people in the world that don't have their health and when we say these words we're condemning them to a life of having nothing. Is that what you want? Think about it.

I used to say this phrase and then I received the diagnosis that I had Parkinson's Disease and suddenly I found this phrase to be haunting and condemning and I decided I wouldn't say that

anymore because it's not true, it's a lie. It's a lie from the pit of hell. Let me share 5 reasons why you should stop saying if you don't have your health you don't have anything.

1. It's not true

Okay, so you don't have your health, bummer. I understand, but you still have life. You still have breath in your body. One of the things I do each morning is to thank God for the things I'm grateful for and I could spend my time agonizing in prayer and saying oh Lord, I'm a writer and I have a disease that makes it difficult for me to write, why would you allow this to happen? Why me? Why? I'm a young man why do I have an old man's disease? I could do all that, but that's not what I do.

I have so much that God has given me and so do you. Whatever your challenge may be or if you know someone who has a physical challenge, whatever their challenge may be, they have so much. I thank God for being able to take a breath, being able to see, being able to hear, being able to walk and talk, have my family, my dogs and the privilege of living in a home that's warm and dry. That I have clean water and food to eat and maybe it'll be a different list for you, depending on where you are in the world and what you have or don't have.

Trust me, there are things you have that are a bountiful harvest of provision that God has given you. We all have it. If we're alive, if you're drawing breath and listening to this than you have been richly blessed. So saying if you don't have your health you don't have anything is not true!

2. It's a disempowering belief

Think of the implications of this... if you believe that if you don't have your health you don't have anything than, does that not completely disempower you? I don't have my health I don't have anything so what's the point? What's the point of me doing anything, trying anything, striving for anything? I have nothing. It's a totally disempowering belief that is not true, so why would you perpetuate it?

3. Repetition is the mother of belief

The things that we say, especially to ourselves over and over are the things we tend to believe are true. This is why people have had so much success with positive affirmations. Every day in every way my life is getting better and better, is one of the most famous positive affirmations.

You're telling yourself something over and over and if you say something long enough, often enough and with enough conviction you will begin to believe it. Repeating a disempowering belief like, if I don't have my health I don't have anything, is going to end up with you believing that lie and living your life accordingly.

4. It robs people of their destiny

I believe that every human being on Earth has a destiny that was intended for them by God, which is why they're here. It doesn't matter if you're the poorest person in the poorest country on Earth, there's a reason you're here. There's a reason God put you on this planet. If you woke up this morning there's a reason that you woke up. There's something you haven't done yet that you were destined to do. If the enemy of your soul, if Satan the Devil... yes I believe in the Devil, please send your mocking emails to support@rayedwards.com. I'll love you anyway.

There is a malevolent evil being who hates the very fact that you exist and would love nothing more than to rob you completely of your destiny and this is one of the tools he uses to do it.

5. It makes people into victim-thinkers

Victim thinking is the sneakiest most pernicious slimiest of schemes that the enemy has come up with to use against us. It sounds so reasonable... oh, I have a disease. I had an accident. I've had a misfortune. I was paralyzed. I have Parkinson's Disease. I have cancer or I lost someone I love very much... whatever your challenge is, I'm not belittling your pain please hear me. If I could spare you your pain, if there was something I could do to spare you your pain I would do it.

I don't believe that makes me some kind of perfect person, I'm perfect only by the grace of Jesus Christ, just as you are, but I believe when we have those feelings of empathy for others, that's God's heart beating in us. So I want you to know I'm not belittling your suffering, but I am suggesting to you that thinking like a victim... oh, whoa is me, why does this happen to me, why have I been put in this position, nobody knows this is one of the favorite refrains of victims. Nobody knows what it's like to be me. Nobody knows how much pain I'm in. Nobody knows how hard it is for me to get through the day. Nobody knows how lonely I am. Nobody knows the trouble I've known. Nobody cares... that's malarkey.

God knows. If nobody else knows your Creator knows and when He saw the consequences of the fall of creation through the sin of man, He looked at all of history, because He sees the beginning from the end so He saw every ounce of suffering each of us would endure and He said, I, the Creator of the Universe, will take all that pain from you. I will become a human being, live the life of pain and struggle that you live, die the painful death that you die and I will conquer death. I will conquer sin. I will conquer pain and I will arise victorious. I do it for you.

I know what you're going through, that's what your Creator says to you right now. So don't say nobody knows, because somebody does. Don't be a victim-thinker.

So what do we say instead of, if you don't have your health you don't have anything? That statement has been repeated so often it feels like it's true. I propose that we say this if you don't have your health you still have everything. Here are the reasons why that is true...

- **Everything in this world is temporary anyway**

We're only passing through. We're only here for a little while and then we are elevated to a different plane of existence. That's why the Bible teaches us not to lay up treasures where moth and rust can destroy it and thieves can steal it, but to lay up treasures in Heaven when it is incorruptible and can never be taken from us. It doesn't mean we don't have material things in this life it means we don't worship them and make that the center of our existence. It's the same thing with health. Health can be just as much of an idol of greed as money can.

Even the healthiest of people are only at the peak of their health for a few short years, in comparison to the span of their lives. Everything you have in this world good or bad is temporary it's not the permanent state of things.

- **God can and does restore health to the hopeless everyday**

Everyday this happens. He miraculously heals people. He restores sight to the blind, today, not 2000 years ago only but in the modern world God still performs miracles and heals. He says in scripture, *I am the God. I am the Lord who heals you.*

Jesus said, *'These signs will follow those who believe. They will lay their hands on the sick and they will recover and it still happens.* I've seen it I know it does. I've seen friends with stage four cancer completely healed and the doctor's said the only explanation is that it's a miracle. I've seen it happen time and time again it does happen.

- **Intentionally changing what we say begins to change our beliefs**

Therefore, if you believe that if I don't have my health I don't have everything, because there are so many things Ray that I can't do anymore, you just don't understand. I can't get out and be social with people like I used to or I can't walk anymore or I can't write, draw or paint like I used to. Or, I can't dance or play with my grandkids or I can't work... there's such a long list that many of us could make about the things we can't do. Many of those things are false beliefs. We could still do those things if we tried.

As the symptoms of my Parkinson's Disease diagnosis began to increase I told myself I can't draw anymore. I used to love drawing and sketching, doodle and I just started saying to myself and others I can't do that anymore. I can't draw anymore. I can't write with my hand anymore, because of this diagnosis that I've been given. One day as I began to wake up to this I realized that I am not going to say this anymore. I am every bit the artist and writer I ever was, if not even more so, and I began to draw. I discovered that I can draw.

I can write notes by hand. Maybe I don't write as fast as I used to or as pretty but I can still do it, so I began saying things intentionally, designed to change my beliefs and it has had a profound effect on my life and it will have a profound effect on yours if you'll let it.

This whole business of "having our health" is an illusion, because we live in a fallen world. Death was not part of God's original plan for the life of human beings on planet Earth. We all have a fatal disease called life and nobody survives it. Our spirits survive and those of us who believe and follow the Lord Jesus Christ will be raised again in incorruptible body's, a body like his, glorified and perfected, finally the way He intended it to be from the beginning. We have that to look forward to.

There are countless examples of people with horrific health problems, who accomplished incredible feats unknown to ordinary people, who have perfect health, so we don't have an excuse. None of us have an excuse.

Let me give you a few examples (6) to be precise that I'll share with you of people whose problems could have been used as an excuse but who achieved greatness in spite of or, perhaps even because of the health challenges they faced.

Currently, still achieving in this area – Stephen Hawking – even though he's totally disabled by ALS, Lou Gehrig's Disease. He can't take care of himself in any significant way. Can't move or speak, has to speak with a robotic voice. He's revolutionized the science of physics and astrophysics. He's completely turned science on its ear, every bit as significant a contributor as Isaac Newton or Albert Einstein. Most would have written him off, he's got ALS. So, what can he possibly do? Most in his position would have said what can I possibly do? Stephen Hawking had a different answer for that question and still has that answer and the answer is a lot. I can think. I can use the mind that I've been given and I can think and solve the riddles of the Universe.

Franklin D. Roosevelt, one of the greatest U.S. Presidents ever. He's the only U.S. President who served more than two terms in office. He is generally recognized as one of the best President's of the United States ever to hold the office. Roosevelt was paralyzed from the waist down by polio,

yet he still led the United States of America during two of our most trying times, the great depression and World War II. How easy would it have been for him to say, I can't walk, nobody will respect me or pay attention to what I have to say. I have no position of physical power. I have to be helped with the most undignified things, but that isn't the approach that he took.

Michael J. Fox, you know his story as one of the great comedic actors of the 80s/90s and then he was diagnosed with Parkinson's Disease and he eventually left his acting career. He has set up the Fox Foundation and has accelerated research for Parkinson's Disease sufferers by decades and millions of dollars. He continues to act, he's returned to acting, earning awards for his current roles, undeterred and undiscouraged and whose favorite saying is...*our challenges do not define us our actions do.*

Marlee Matlin, an Emmy award-winning actress who's been deaf since she was 18 months old, but she hasn't let that stand in her way.

Helen Keller, both blind and deaf. She graduated college and became an advocate for women's rights and made a huge impact in the world.

Ludwig Von Beethoven, one of the greatest composers in history. One of the classic composer's who's works are still known by people to this day, even people who are not into classical music can probably hum a few bars of some of Beethoven's greatest works and may not even realize they came from Beethoven, but they know the melodies that have survived to this day. Beethoven lost most of his hearing by the time he was 20 years old. He wrote 'Ode to Joy', one of his greatest compositions while he was stone deaf. Composed some of his greatest works by feeling the vibration of the notes from the piano.

So, what's your excuse? You and I don't have an excuse. That's my proposition. So please, don't say if you don't have your health you don't have anything, anymore! Say instead, if you don't have your health you still have everything! Say it because it's true.

What to Do Now

The question for this week's episode is... What is this excuse about not having your health and not having anything been holding you back from and what will you now accomplish because you've adopted a different belief about this subject?

I want to read your comment, go to RayEdwards.com/132 and leave your comments on the blog.

Next week our episode topic will be ...5 Bad Habits That Can Wreck Your Life and How to Avoid Them

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Until next time, I pray that God blesses you with crazy good favor, simply because He loves you!