

Forerunners for Christ Los Angeles

February 25, 2024 – 21 Days of Healing – Erlinda Cruz

Day 5: The Power of the Spoken Word Over Our Bodies

“He sent His word and healed them, And delivered them from their destructions.”

Psalms 107:20

“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”

Proverbs 18:21

From Charles Capp:

“A study of more than 2800 men and women 65 and older found that those who rate their health 'poor' are four to five times more likely to die in the next four years than those who rate their health 'excellent.' This was the case even if examinations show the respondents to be in comparable health. These findings are supported by a review of five other large studies, totaling 23,000 people, which reached similar conclusions, according to Ellen Idler, a sociologist at Rutgers University, and epidemiologist Stanislav Kasl of Yale University School of Medicine, co-authors of the new study. People that have an image of themselves being in poor health will talk about poor health. Even though they may be in good health, they seem to live out the reality of the image they have of themselves even unto death.

What you believe and speak not only affects your body but your immune system as well. Your words become either a blessing or a curse to you. Jesus put it this way: A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh (Luke 6:45).

I am convinced from my study of the Word of God that your own words can change your immune system for better or worse (James 3:2-7.)

The words you speak are vital to your health and well being. I believe there are some diseases that will never be cured unless people learn to speak the language of health that the body understands.

God's Word is infused (engrafted) into you by giving voice to His Word with your own mouth, and this is the language of health to your body. A continual affirmation of God's Word in faith will build into your immune system a supernatural anointing that is capable of eliminating sickness and disease in a natural manner.”

There's power in the spoken word whether you believe it or not.

The words you speak creates power in the atmosphere.