

Spiritual And Physical

By Cindy Ussery

Psalm 16:7-11(NIV)- I will praise the LORD, who counsels me; even at night my heart instructs me. I keep my eyes always on the LORD. **With him at my right hand, I will not be shaken.** Therefore my heart is glad and my tongue rejoices; **my body also will rest secure,** because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

Psalm 44:3 (AMPC)- For they got not the land [of Canaan] in possession by their own sword, neither did their own arm save them; but **Your right hand and Your arm and the light of Your countenance [did it], because You were favorable toward and did delight in them.**

Acts 1:3 (NKJV)- to whom He also **presented Himself alive** after His suffering by many infallible proofs, being seen by them during forty days and speaking of the things pertaining to the kingdom of God.

Luke 24: 1-7 (NIV)- On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. 2 They found the stone rolled away from the tomb, 3 but when they entered, they did not find the body of the Lord Jesus. 4 While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. 5 In their fright the women bowed down with their faces to the ground, but the men said to them, **"Why do you look for the living among the dead?"** 6 He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 7 'The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.'

Luke 8:43-48 (NLT)- A woman in the crowd had suffered for twelve years with constant bleeding, and she could find no cure. 44 Coming up behind Jesus, she touched the fringe of his robe. Immediately, the bleeding stopped. 45 "Who touched me?" Jesus asked. Everyone denied it, and Peter said, "Master, this whole crowd is pressing up against you." 46 But Jesus said, "Someone deliberately touched me, for I felt healing power go out from me." 47 When the woman realized that she could not stay hidden, she began to tremble and fell to her knees in front of him. The whole crowd heard her explain why she had touched him and that she had been immediately healed. 48 "Daughter," he said to her, "your faith has made you well. Go in peace."

Psalm 91 (NLT)- Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. 2 This I declare about the LORD: He alone is my refuge, my place of safety; he is my God, and I trust him. 3 For he will rescue you from every trap and protect you from deadly disease. 4 He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. 5 Do not be afraid of the terrors of the... (read the entirety of Psalm 91)

Galatians 2:20 (NLT)- My old self has been crucified with Christ. **It is no longer I who live, but Christ lives in me.** So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.

Isaiah 41:13 (NLT)- For I hold you by your right hand—I, the LORD your God. And I say to you, 'Don't be afraid. I am here to help you.'

Hosea 6:1-7 (NLT)- "Come, let us return to the LORD. He has torn us to pieces; now he will heal us. He has injured us; now he will bandage our wounds. 2 In just a short time he will restore us, so that we may live in his presence. 3 Oh, that we might know the LORD! **Let us press on to know him.** He will respond to us as surely as the arrival of dawn or the coming of rains in early spring." 4 "O Israel and Judah, what should I do with you?" asks the LORD. "For your love vanishes like the morning mist and disappears like dew in the sunlight. 5 I sent my prophets to cut you to pieces—to slaughter you with my words, with judgments as inescapable as light. 6 I want you to show love, not offer sacrifices. **I want you to know me more** than I want burnt offerings. 7 But like Adam, you broke my covenant and betrayed my trust."

Daniel 7:13-14 (NLT)- As my vision continued that night, I saw someone like a son of man coming with the clouds of heaven. He approached the Ancient One and was led into his presence. 14 He was given authority, honor, and sovereignty over all the nations of the world, so that people of every race and nation and language would obey him. **His rule is eternal—it will never end. His kingdom will never be destroyed.**

Romans 8:11 (NLT)- The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, **he will give life to your mortal bodies by this same Spirit living within you.**

Ephesians 2:5-6 (AMPC)- Even when we were dead (slain) by [our own] shortcomings and trespasses, He made us alive together in fellowship and in union with Christ; [He gave us the very life of Christ Himself, the same new life with which He quickened Him, for] it is by grace (His favor and mercy which you did not deserve) that you are saved (delivered from judgment and made partakers of Christ's salvation). 6 And **He raised us up together with Him and made us sit down together [giving us joint seating with Him] in the heavenly sphere** [by virtue of our being] in Christ Jesus (the Messiah, the Anointed One).

1 John 4:17 (AMPC)- In this [union and communion with Him] love is brought to completion and attains perfection with us, that we may have confidence for the day of judgment [with assurance and boldness to face Him], **because as He is, so are we in this world.**

My friend,

Jesus rose from the grave in a physical body, yet He appeared and disappeared as a spirit. He was very physical in eating with them and allowing the disciples to touch His wounds yet He was and is God who is spirit! He ascended in physical form to the heavens and sat down at the right hand of the Father in the spirit realm! Jesus is alive in body and spirit! Spiritual and physical! Jesus, as I was preparing this teaching, spoke: **"I am alive and always with you! Your capacity is unlimited in Me. I am right there with you. Do you acknowledge Me? Right now, right this minute, I am with you."** Sometimes it can be challenging to live knowing this. We may understand He is with us theologically but are we aware of Him right now?! Believing the Word of God can and will change our lives forever. Can we believe He heals us, shelters us, protects us, and provides for all of our needs here in this life? Are we willing to believe Jesus rescues us, keeps us from disease, and is with us in every moment? He is El Shaddai, after all!

I want to challenge us to a new level of belief in the Lord as we seek more of our God through this study. Our Lord is a physical and spiritual God and can do anything through our lives. However, the biggest hindrance to Him is the belief that we are primarily flesh beings. If we are honest with ourselves, we have probably believed at one point or another that there are things a spiritual God can't or won't do in the physical world. Through our beliefs that we are physical and He is spiritual, we put ourselves out of His reach in a sense. We miss out on so many promises of God! Friends, we are primarily spirit beings created in the likeness, image, and form of the Trinity (**Genesis 1:26**). We have also been known by God since before we were in our mother's womb (**Jeremiah 1:5**). He knew us first in spirit! Our God gave His Son Jesus for us to be reconnected to Him in spirit knowing we are more spiritual than physical. I know this thought might be challenging what we have always believed is our reality but, friends, we are more like Him than we know! Jesus is a physical and spiritual God and we are physical and spiritual children of God! We must get to know Him more and more to see the fullness of who we really are! We are not physical beings that have to try really

hard to hear God or to walk led by the Spirit. We are spiritual beings first that can connect spirit to spirit with Him and we live in physical bodies. We must know the truth about our God and the truth of who we are in the spirit to see His **John 10:10** 'life more abundantly' for us. We must believe He is here to help us navigate this life through and through!

My friend, if we know from scripture that Jesus is alive and with Him all things are possible, why do we feel so alone in our lives? Why do we question if He can help in our situations or even be our comfort through tough times? Why do we say "If it's His will, He will heal me"? He is right there with you able to work through you and through others to help you in all you need. It is His will that we know His presence, that we receive His healing and His protection. Do we know this? We are at a stage in this world where we must meet the fullness of our God instead of living in our experiential theologies and man-made traditions. This teaching is meant to challenge where our beliefs originated and to make sure we believe the fullness of the Word of God. The Lord challenged my beliefs as well and I chose His truth! It's time to let go of our pride and seek the Lord afresh. Pride says "I know the truth" but a humble heart says "Lord, show me the truth". What do we have to lose by asking that of our God...Lord, show me the truth!

I have learned in my life, having navigated through the pain of abuse and the healing process that followed, that there is so much more of God than we can even fathom! There is so much more in His word than we have ever learned. And there is so much more about the spirit than we know! Through that healing process with Jesus, I knew He was the only one who could heal me! I knew He was all the comfort that I needed in those dark places. I always knew there was more of Him and began seeking Him with all my heart! He fixed the emotional and psychological damage within me, turned me right-side up as I was created to be, and then began to show me more of Him! I began to see pictures that I couldn't explain and found out they were visions in the spirit. I began to hear Him more and more! My eyes (and ears) of understanding opened to what I could not see and had not heard. I had asked for more of Him and He was trusting me with that! Jesus, more and more, began to show me how to be seated with Him (**Ephesians 2:6**) and to see more spiritual places. There is more of God that maybe we haven't seen yet. There is more He wants to say to you to help His people. It's time to believe in faith! But, truly, isn't faith the assurance of what we cannot see? As a child enduring abuse and as an adult dealing with the mess from it, I believed only what I had seen. I believed I was not protected, which is the opposite of what the Word says. My experience had created my belief system! Choosing to believe His word that He is and was protecting me allowed the Lord, in a split second, to reveal His truth and healing to me. Choosing to believe the things of God gives Him the ability to work in our lives. My fleshly, experiential thinking for 50 years had kept God in a box. My friend, it's time to take Him out and allow Him to be God in and through our lives! Are you with me?

We know nothing is impossible with our God, right?! It's time to open our eyes to what the Lord tells us in scripture and to believe Him. He does protect us, let's believe it. He can provide for ALL of our needs, friends, let's begin to take Him at His word! Let's begin living out life knowing we are primarily spirit beings like God and that it can be easy to walk in the spirit. We have the spirit of God and the mind of Christ, as believers, for a reason! He has a deeper walk with Him waiting for you! He is trustworthy and faithful and He loves you! He wants us to know the fullness of what He has for us! Jesus is spiritual and physical and is right there with you! Allow Him to do what He does best...to be God in your life! Once we begin to believe what God says, our lives will change! Your reality will change, my friend! You are a child of God meant to live your life here on earth with Him in spirit as He takes care of you as only God can!

Activation

If you feel like there is a promise of God you haven't seen in your life or feel in some way you might not be believing the fullness of His Word, let's take care of that! When I went through His challenge of my beliefs, my job was to repent for my agreement with an ungodly belief and to CHOOSE to believe His truth. So pray this:

"Lord, I choose today to believe the fullness of Your Word and I repent for where I have agreed with an ungodly belief in _____ (name the belief that goes against His word) and for walking in unbelief. Thank you Lord for forgiving me and I thank you for showing me the truth. I choose now to believe _____ (name whatever you have not believed - ex. I am healed by Your stripes, You provide for all of my needs, that I don't need to worry about anything, etc)."

The Lord, through the Holy Spirit working within you, will lead you into truth! Seem Him with all your heart and He says He will be found by you (Jeremiah 29:12-13). Unbelief in His word is yucky, my friend, and tricky! Experiences or traditions can try to direct our theology but we must align with our God! Talk to Him about it! He's got you!