

# **EIGHT HABITS AND PILLARS OF DIVINE HEALTH & FITNESS**

*(First Edition)*

**WONDERNET MINISTRY INTERNATIONAL  
(WMI), KADUNA-NIGERIA**



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# INTRODUCTION

- **“Or don’t you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself. For God bought you with a high price. So you must honour God with your body (1 Corinthians Chapter 6: 19–20).**
- **Habit means a routine or fixed way of Thinking, Willing or Feeling acquired through previous repetition of mental experience(s).**
- **The Dirty Dozen Causes of Health Problems include: Famine; Wars; Diseases; Epidemics & Pandemics; Droughts; Genocide; Slavery; Stress; Greed; Lack of Sanitation; Poor Eating / Nutrition; and Poor Relationships (anger, rage, bitterness, hatred, etc).**
- **The 8 habits represent God’s solutions or requirements for divine health which, according to World Health Organization, is “a state of physical, mental, social and spiritual wellbeing and not just the absence of disease”.**
- **They are the religious or God’s holistic ways of addressing Health as an Expanded triple “I AM SAFE” Checklist.**
- **The Checklist is: I for Illness, Ignorance and Insecurity; A for Attitudes, Ageing and Altitude; M for Medications, Motives and Mistakes; S for Stress, Sex and Sin; A for Alcohol, Abuses and Anger; F for Fatigue, Family and Finance; E for Eating, Exercise and Environment.**

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# **FAITH, THE MOST IMPORTANT HABIT & PILLAR**

- **“What is Faith? Faith is the confident assurance that what we hope for is going to happen. It is the evidence of things we cannot yet see” (Hebrews 11:1). Faith involves Obedience to and Speaking the Sweet Word of God.**
- **Just as a Patient trusts his or her Physician totally to do good for the best advice and treatment, so also must we trust Almighty God (our Creator) wholeheartedly for our health via His prescribed Word.**
- **Obedience leads to 14 Blessings including Healing while Disobedience of God leads to 48 Curses including several Diseases and Ill – health (Deuteronomy Chapter 28).**
- **Indeed, “True humility (to listen and believe God) and fear of the Lord lead to riches, honour and long life” (Proverbs 22:4).**

# **FAITH, THE MOST IMPORTANT HABIT & PILLAR – Cont.**

- **Two examples of Faith are Jesus Christ while on earth and Aram's top Commander, Naaman in the Holy Bible in 2 Kings 5 obeying God and Prophet Elisha, respectively.**
- **Faith and Trust in Almighty God as the most important habits and pillar of divine health involve 8 mental steps and aspects, namely: Clear conscience; Happy heart; Gratitude and praise; Claiming God's promises; Forgiveness; To love others; Helping the needy in Charity; and Sweet Godly Words.**
- **“Kind words are like honey – sweet to the soul and HEALTHY for the body” (Proverbs 16:24).**
- **“Some people make cutting remarks, but the words of the wise bring HEALING” (Proverbs 12:18). (Proverbs 18:20-21).**

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# **HABIT 2 – GETTING SUNLIGHT AS FREEST VITAMIN SUPPLIER**

- **“Light is sweet; it’s wonderful to see the sun!” (Ecclesiastes 11:7).**
- **Man was created and placed in the Garden of Eden so that the sun would shine upon his entire body.**
- **As sunshine strikes tiny oil glands (Sterols) just beneath the skin some substances (Ergosterols) are irradiated and transformed into Vitamin D (Vitamin D<sub>3</sub>) which is transported by red blood cells to the entire body from the 3,000 square inches of our skin. (Vitamin D<sub>2</sub> is from dietary sources).**
- **Vitamin D<sub>3</sub> is the only vitamin that humans produce intrinsically after exposure to Ultraviolet – B light from the sun.**
- **Vitamin D influences the entire body as receptors responding to this vitamin have been found in almost every human cell from the brain to the bones.**
- **Vitamin D strengthens the immune system by increasing the number of white blood cells while sunlight increases the number of the lymphocytes, the most powerful germ killers of white blood cells thereby strengthening the immune system.**

# **HABIT 2 – GETTING SUNLIGHT AS FREEST VITAMIN SUPPLIER- Cont.**

- **Vitamin D provides pain relief, strengthens and steadies the heart, elevated mood, improves mental function with one study showing that just 20 minutes exposure to bright white light in the morning makes participants more alert with brain images of regions involved with alertness and cognitive functions becoming more active.**
- **Moreover, Vitamin D increases muscle tone which in turn burns up more calories; encourages weight loss as sunlight increases the body's Resting Metabolic Rate by stimulating Thyroid gland; lowers Cholesterol by converting the cholesterol under the skin to vitamin D and in turn, more cholesterol from the blood is sent to take its place, Indeed, 2 hours after a sunbath, there is a 13% reduction in human blood cholesterol!**
- **Furthermore, Vitamin D, by aiding Calcium assimilation, strengthens the bones and teeth (with more dental decays in people living in sunlight – deprived areas); increases the volume of Oxygen in the blood as sunlight increases the capacity of the blood to carry more oxygen and take it to the body tissues (Bronchial asthmatics who can hardly breathe are able to inhale freely after a sunbath).**

## **HABIT 2 – GETTING SUNLIGHT AS FREEST VITAMIN SUPPLIER- Cont.**

**Finally, Vitamin D inhibits cancer growth; has Insulin-like effect on the body—stabilizing blood sugar. Simultaneously, sunlight helps to elevate blood sugar that is low while lowering blood sugar that is too high in Diabetics; prevents Type 1 Diabetes Mellitus, Multiple Sclerosis and Schizophrenia; improves liver function—helping the body to eliminate toxic chemicals and environmental pollutants; balances hormones (reaching the Pineal gland through the eyes and affecting the Pituitary gland, the body's master gland to control the hormone production of other endocrine glands in a beneficial way; destroys germs (within 10 min) including dangerous ones and destroys germs on the skin (it changes the natural body oil on the skin into bactericidal agents—with the vapour rising from this irradiated natural skin oils actually killing bacteria; and lastly, Reverses Jaundice as done to neonates with Phototherapy or exposure to sunlight as treatment.**

## **HABIT 2 – GETTING SUNLIGHT AS FREEST VITAMIN SUPPLIER- Cont.**

- **We can enjoy the benefits of sunlight without the risk of skin cancer or premature aging by gradual sunlight exposure for 10–15 minutes on face, arms and legs daily with no use of sun block or suntan lotion, then build up to 20–30 minutes exposure daily and gradually.**
- **To avoid skin cancer risk, we should eliminate all free fats and bad fats. Commercial vegetable oils are not recommended as several chemicals are used in their extraction and refining processes at high temperatures.**
- **Recommended oils are extra–virgin, cold–pressed oils including coconut oil, flaxseed and olive oil which once opened need to be refrigerated while remembering that oils found in food such as raw nuts and seeds, avocados, olives, corn, etc are good.**

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# **HABIT 3 – AIR & OXYGEN, THE INVISIBLE DISEASE REMOVER**

- **While humans may live 5–6 weeks without food and survive a few days without water, he or she can live for only a few minutes without air because our body's most important nutritional requirement is Oxygen.**
- **In order to have good blood, we must breathe well with deep inspirations of pure air to fill the lungs with oxygen, purify the blood and send a life – giving current to every part of the body. Good respiration soothes the nerves, stimulates the appetite, improves digestion and induces a sound, refreshing sleep.**
- **Fresh air will prove far more beneficial to sick persons than medicines and it is far more essential to them than their food.**
- **Many diseases can be cured most of all by proper oxygen availability and this also explains the magic of Hyperbaric Oxygen Therapy (HBOT).**

## **HABIT 3 – AIR & OXYGEN, THE INVISIBLE DISEASE REMOVER – Cont.**

- **Indeed, regular deep breathing exercises along with regular physical exercises (Habit 4) explain the convergence of Scriptural truths and Science – why singing, praises and dancing in joy trigger the miracle of healing among believers with Peace of the Holy Spirit in their hearts.**
- **Even while sleeping, we must breathe fresh air with open windows even on cold winter nights. When we sleep in unventilated rooms, we will wake up feeling feverish and exhausted. It is best to avoid tobacco smoked air and wear 100% cotton on everything touching the body for good skin ventilation, avoiding smog, chemicals, cleaning solutions, solvents, paint removers, insect sprays and deodorants.**
- **The best air is at unpolluted beaches, oceans, waterfalls, forests and sunshine as all these environments charge oxygen molecules to health – giving negative ions (A/Cs are positively ionized!).**

## **HABIT 3 – AIR & OXYGEN, THE INVISIBLE DISEASE REMOVER – Cont.**

- **Even while sleeping, we must breathe fresh air with open windows even on cold winter nights. When we sleep in unventilated rooms, we will wake up feeling feverish and exhausted. It is best to avoid tobacco smoked air and when limbs are not as well dressed as the trunk of the body, the blood is driven from them to the head thereby causing headaches, nosebleeds or a sense of fullness in the chest, producing cough or palpitations on account of too much blood in that locality, or even the stomach with too much blood causing indigestion.**
- **Shallow breathing causes blood to move sluggishly with waste poisonous matter which should be thrown off in exhalation from the lungs being retained, causing impure blood which would adversely affect the stomach, liver, skin and brain.**
- **Oxygen deficiency in the cells causes cancer!**

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# **HABIT 4 – EXERCISE, BEST THING TO DO TO STAY YOUTHFUL**

- **As a simple prescription, Exercise will give you all the energy you need for each day; saturate your blood and cells with fresh oxygen and nutrients thereby preventing ageing; assist the body's healing and health-restoration processes; accelerate metabolism and digestion so that one will be able to eat the same amount of food yet lose weight or eat more and enjoy a good digestion.**
- **Moreover, exercise will stimulate the mental powers by increasing concentration and improving memory; assist our body's elimination organs in detoxification through the lungs, kidneys, skin and intestines; and stimulate the body organs to secrete more healthful hormones.**
- **Furthermore, exercise will put the body in good spirits and make one feel happy.**

# **HABIT 4 – EXERCISE, BEST THING TO DO TO STAY YOUTHFUL–Cont.**

- **Modern living has eliminated 90% of the motions and exercise that our bodies require to function optimally compared to rural humans who worked manually to grow and harvest food and feed their animals.**
- **“The Lord God placed the man in the Garden of Eden to tend and care for it” (Genesis 2: 15).**
- **Sedentary lifestyle leads to chronic oxygen starvation with organs, muscles, brain, nerves, etc being forced to struggle with their tasks in spite of the chronic under-supply of this most important nutrient with consequences of physical and mental deterioration as well as growing number of degenerative diseases resulting from new mechanized lifestyles and pollution!**
- **Exercise produces brain substances called endorphins which make us feel good.**
- **30 minutes of aerobic exercises daily is very good.**

## **HABIT 5 – WATER DRINKING HABIT & OUR NEGLECTED BATH**

- **“Blind Pharisees! First wash the inside of the cup, and then the outside will become clean too” (Matthew 23:26).**
- **Toxic waste builds up in the body when we do not drink enough water. The body of a new – born baby contains more than 80% water with the amount in the tissues reducing with advancing age to more than 60% in old age.**
- **Humans have lived more than 81 days without food but will die in 5 days without water! If one loses just 5% of total body water, he or she would start to hallucinate, become disoriented and experience twitching muscles. A loss of over 15% of body fluids may result in death. Yet the body has no water storage system to depend on in times of emergency!**
- **Parts of the body most affected are cartilages in fingers, knees and vertebrae so that chronic pain in these areas is often an indication of dehydration.**

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## **HABIT 5 – WATER DRINKING HABIT & OUR NEGLECTED BATH – Cont.**

- **Chronic pain of the body which cannot easily be explained as injuries or infection should be interpreted as a signal of chronic water shortage in that area where the pain is registered.**
- **By the time you are thirsty, your body may have lost more than 3% of its water. As such, thirst is not a good indicator. Your urine should be light yellow colour or almost colourless. Regular (one glass per hour) intake of water is important as a single large amount would be practically completely eliminated by the kidneys in the succeeding few hours. Warm lemon (alkalizing) water is recommended as it is also detoxifying.**
- **As the skin should be considered to play the role of a 3<sup>rd</sup> Kidney, a burned victim with over 50% skin destroyed has a lower chance of survival. Average person eliminates about one kilogram of waste material daily through the pores of the skin and it is essential to keep pores open/clean by bathing.**

## **HABIT 5 – WATER DRINKING HABIT & OUR NEGLECTED BATH – Cont.**

- **Persons in health should not neglect daily bathing as this would induce disease. The pores through which the skin breathes become clogged and filled with waste matter when the skin is not in a clean, healthy condition. Even feeble persons who are diseased need the advantages and blessings of bathing daily.**
- **Bathing helps the bowels, stomach and liver, giving energy and new life to each. Instead of increasing the liability of cold, a proper bath would fortify against cold because the circulation is improved and uterine organs, for example, are more or less congested would be relieved with the blood brought to the surface.**
- **Always end a bath or shower with at least 30 seconds of cool water which would strengthen the body whereas ending with warm or hot water weakens the body. Cool water stimulates while hot water or steam relaxes (like pump for blood flow).**

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## **HABIT 6 – MODERATE EATING, IMPORTANT SECRET OF LONGEVITY**

- **This involves emotional or spiritual Temperance and Self - discipline. The Bible speaks of true Temperance in everything concerning life, not just food: “All athletes practice strict self-control. They do it to win a prize that will fade away, but we do it for an eternal prize” (1 Corinthians 9: 25).**
- **Main causes of fatigue include improper diet, irregular meals and a lack of physical exercise but irregular hours for eating and sleeping sap the brain forces. To have good health and be successful in reaching a high standard of godliness, we must be temperate in all things.**
- **True temperance does not only refer to eating and drinking but touches all aspects in life: work, thoughts, words, sleep, play, socializing, etc.**
- **“God will bring ruin upon anyone who ruins this temple (body)”. For God’s temple is holy, and you Christians are that temple” (1 Corinthians 3: 17).**

## **HABIT 6 – MODERATE EATING, IMPORTANT SECRET OF LONGEVITY – Cont.**

- **Temperance also includes avoiding the following harmful ingredients: cheese which is rotten milk; and sugar which in fact resembles cocaine in many ways as a thief that drains the body of precious nutrients and suppresses the immune system. Replace refined sugar with moderate amounts of dried fruits, dates, natural honey or molasses.**
- **Artificial sweeteners are even more harmful because they can cause cancer, increase appetite and craving for sweets as well as inhibit fat metabolism. Avoid vinegar, too much spices and irritating peppers but Cayenne pepper is good.**
- **Any food in excess becomes a poison. Overeating has worse effects upon the system than over working!**
- **Fast one day weekly and many people would benefit more by abstinence from food for a day or two every week than by any amount of treatment or medical advice.**

## **HABIT 6 – MODERATE EATING, IMPORTANT SECRET OF LONGEVITY – Cont.**

- **7 conditions that can be managed without drug therapy but lifestyle changes such as diet and exercise include: Arthritis, Diabetes, Hypertension, Depression, Osteoporosis, dementia or Cognitive decline and High Blood Cholesterol levels. Decision to use surgery, drugs including antibiotics should be made as a last resort.**
- **If the body's expression of the beginning of disease had been heard and treated properly in its beginning, there would be no need for drugs or, in most cases, even surgery.**
- **Whatever Christ asks us to renounce, He offers in its stead something much better.**

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# **HABIT 7 – THE PERFECT DIET AND NUTRITION**

- **“And God said, “Look! I have given you the seed – bearing plants throughout the earth and all the fruit trees for your food” (Genesis 1: 29).**
- **Vegetables, fruits, grains, nuts and seeds constitute the diet chosen for us by our Creator.**
- **“The three major killers in modern society – Coronary Heart Disease, Cancer and Strokes can all be linked to what people eat and drink” (Dr. B. Hetzel, from Division of Human Nutrition and Foundation – Professor of social and Preventive Medicine, Monash University, Australia).**
- **According to USA’s National Academy of Science, 60% of all cancers in women, and 40% in men are due to Dietary and Nutritional factors.**
- **God gave man no permission to eat animal food until after the Flood when everything upon which man could subsist had been destroyed!**

# **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **With the introduction of meat into the diet, the recorded life–span of man drastically decreased after the flood with average length of life before the flood being 900 years whilst reducing to only 350 years after the flood!**
- **Moreover, God had given definite commands that any meat to be eaten was to be eaten without the fat or the blood in Leviticus Chapter 3 verse 17: “You must never eat any fat or blood. This is a permanent law for you and all your descendants, wherever they may live”.**
- **The Book of Leviticus also prohibits eating of pigs, camels, marine animals without fins and scales, eagles, vultures, kites, ravens, ostriches, owls, stork or bats, lizards and chameleons.**
- **Animals are no longer raised with natural foods or environments in a polluted world where, sadly, fish has the highest levels of pesticides than any other meat.**

## **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **In fact, the level of pollutants in fish is so high that the FDA in USA advises pregnant women to avoid eating fish because the concentration of Mercury in the fish are so high and may harm the unborn babies and young children's CNS.**
- **No wonder, Ann Wigmore once said: “The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison”.**

# **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **Plant-based diets are the best for promoting optimum health according to the most comprehensive study.**
- **Eat plenty of vegetables especially dark green leafy vegetables, fruits, whole-grains, nuts and seeds, legumes, beans and peas in fresh states. Raw clean vegetables, fruits, nuts and seeds are preferred.**
- **Avoid all foods that have artificial colours, flavours, preservatives and refined sugar. Moreover, avoid all processed foods and canned foods.**
- **Cook in stainless steel or glass (no aluminium) cookware, using stoves and ovens but avoid using microwave.**

# **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **Vegetable – based meals include potatoes, sweet potatoes, brown rice, millet, cassava, corn, squash, whole–grain pasta, whole–grain bread, etc.**
- **Cook in stainless steel or glass (no aluminium) cookware, using stoves and ovens but avoid using microwave.**
- **Make moderately big salads from raw or lightly steamed vegetables including shredded cabbage, lettuce, celery, grated carrots, cucumbers, green peppers, tomatoes, onions, broccoli, etc.**
- **Salad dressings can constitute lemon juice, avocado, nut or seed butters, olive oil and / or herbs of preference.**
- **The more colourful the vegetables, the better as the colour comes from chemicals called antioxidants which are powerful free – radical scavengers. Eat salads first to be digested first!**

# **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **Nuts include almonds, Brazil nuts, walnuts, pecans, Cashew, chestnut, hazel nuts, peanuts, while raw seeds include flaxseeds, sunflower, pumpkin, Sesame seeds, etc.**
- **Traditional breakfast – based cereals are good including oatmeal, brown rice, corn meal, Buckwheat, millet, wheat kernels, whole – grain toast, etc.**
- **Important principles to perfect eating habits include chewing to allow time for digestive enzymes in saliva to mix thoroughly with the food which should, therefore, be eaten slowly.**
- **When excited, anxious or in a hurry, don't eat until you have found rest or relief because the vital powers, already taxed severely, cannot supply the necessary digestive fluids. Avoid chewing gum that over – works the salivary glands!**

# **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **The practice of eating but two meals (good breakfast and moderate dinner latest 7:00 pm) instead of three meals daily is better but some people in some circumstances may require a third light meal to avoid faintness (allowing 5–6 hours between meals). “The ravens brought him (Elijah) bread and meat each morning and evening, and he drank from the brook” (1 Kings 17:6).**
- **Avoid eating before sleeping as the sleep is often disturbed with unpleasant dreams and, in the morning, you awake un-refreshed as the digestive organs would work throughout the night instead of resting!**
- **Eat at regular times. “There is a time for everything, a season for every activity under heaven” (Ecclesiastes 3:1). Having your meals the same time everyday regulates and controls the internal signals of satiety, appetite and hunger.**

# **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **No snacking between meals! “Happy is the land whose king is a nobleman and whose leaders feast only to gain strength for their work, not to get drunk” (Ecclesiastes 10: 17).**
- **Ensure variety in diets but less variety in each meal. “When dining with a ruler, pay attention to what is put before you. If you are a big eater, put a knife to your throat, and don’t desire all the delicacies–deception may be involved” (Proverbs 23: 1–3).**
- **Do not mix fruits with vegetables and do not have fruits after meals. Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results and the mind is not clear because digestion is imperfect. It is better to have the fruit at one meal and the vegetables at another meal. As fruits digest quickly, when eaten after a full meal causes fermentation in the stomach.**

# **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **Ideally, 80% of diet should consist of alkaline food as too many acid – forming foods bring disease while alkaline foods overcome or prevent disease. Alkaline foods include most fruits and vegetables while all animal protein including seafood, meat and dairy is very acidic – and cancer as well as several other diseases thrive in acidic environments.**
- **Drink warm water between meals. Stop drinking about 30 minutes before a meal and wait about 60 minutes after a meal. The more liquid that is taken into the stomach with meals, the more difficult it is for the food to digest because the liquid must first be absorbed! Dry food stimulates more saliva, gastric and intestinal juices.**
- **To improve digestion, drink one or two glasses of Tepid water 30 minutes before each meal.**
- **Avoid salty foods that imposes a burden on kidneys.**

# **HABIT 7 – THE PERFECT DIET AND NUTRITION - Cont.**

- **Food should be not too hot and not too cold. Cold paralyzes the stomach while heat debilitates the stomach and creates acidity. Hot drinks are not required except as a medication.**
- **Eating food as hot as it can be swallowed and taking hot drinks with or after meals causes constipation!**
- **Food assimilation is enhanced if we enjoy the meal. “A bowl of soup with someone you love is better than steak with someone you hate” (Proverbs 15:17).**
- **Neurophysiologists have found that people who ask for God’s blessings and eat with a grateful heart experience more efficient and complete digestion than people who are distracted when they eat.**

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# **HABIT 8 – THE SECRETS OF REST**

- **Rest is one of the most basic healers to mankind.**
- **Losing 3 hours of sleep can cause half the effectiveness of your immune system.**
- **The USA Institute of Medicine has confirmed definite links between sleep deprivation and increased risks of hypertension, diabetes, obesity, depression, heart attack and stroke.**
- **Since the work of building up the body and mind takes place during the hours of rest, it is essential especially in youths that sleep should be regular and abundant as the brain continues to learn when asleep when it deconstructs memory and connects it to related things so that performance is faster and more accurate after good night's sleep which improves memory by about 30%.**
- **In a study, those who slept 7 hours had highest survival rate and those who slept less than 4.5 hours had the worst survival rate.**

## **HABIT 8 – THE SECRETS OF REST–Cont.**

- **9 or more hours of sleep was also associated with a higher mortality rate! Most people require 8 hours sleep.**
- **“People who work hard sleep well, whether they eat little or much. But the rich are always worrying and seldom get a good night’s sleep” (Ecclesiastes 5:12). Idleness is the cause of many diseases!**
- **The best time to sleep is 8:00–9:00 pm. The deepest sleep is between 9:00–12:00 am and our systems, particularly the adrenals, do a majority of their recharging or recovering during 11:00 pm and 1:00 am.**
- **Eye exposure every morning enhances Melatonin production but exposing eyes to any light while being asleep can disrupt our body’s biological clock and the pineal gland’s production of Melatonin (number one anti – ageing hormone) and Serotonin (our happiness hormone).**

## **HABIT 8 – THE SECRETS OF REST–Cont.**

- **Rest is more than a good night's sleep. It is important to take time away from work. "Then Jesus said, "Let's get away from the crowds for a while and rest....." (Mark 6: 31).**
- **Do not waste your time in amusement but spend it in recreation which is re-creative, refreshing the mind and body thereby enabling us to return with new vigour to the earnest work of life while, on the other hand, amusement is sought for the sake of pleasure and is often carried to excess, absorbing energies required for more useful work.**
- **The Sabbath: "So the creation of the heavens and the earth and everything in them was completed. On the seventh day, having finished His task, God rested from all His work. And God blessed the seventh day and declared it holy, because it was the day when He had rested from his work of creation" (Genesis 2: 1-3).**
- **Exodus 20:8 says: "Remember to observe the Sabbath day by keeping it holy".**

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