

# Healing Starts Here

Proverbs 14:30 reveals a powerful spiritual truth: "A sound heart is life to the body, but envy is rottenness to the bones." This is more than wisdom literature-it's a spiritual law. The "heart" here speaks of the inner man, your soul-your mind, will, and emotions. When your soul is at rest, stable, and aligned with truth, it produces life in your physical body. But when it is disturbed by envy, offense, fear, or striving, it begins to work against your body instead of for it.

This aligns with 3 John 1:2, which shows that health and prosperity flow in proportion to the soul's condition. Many are trying to experience healing outwardly while neglecting what's happening inwardly. But the body often follows the soul. When the soul is full of peace and truth, it becomes a channel of life. When it is full of tension and wrong belief, it can restrict that flow.

The issue is not that believers don't know God heals-it's that their internal world hasn't been trained to agree with that truth. Meditation before manifestation. If the mind is constantly focused on symptoms, problems, or past hurts, it begins to shape the body's response. The soul acts as the control center, and what it consistently believes and rehearses will eventually show up in the physical realm.

A helpful picture is a pipeline: life is always available, but the flow can be hindered. Offense, bitterness, and envy act like buildup in the system. It's not that God has withheld life-it's that the flow is restricted. This is why the enemy targets the soul so heavily. He knows if he can keep a believer in internal unrest, he can affect what is expressed outwardly, even without direct physical attack.

The answer is not striving harder for healing but coming back into alignment-abiding in Christ, renewing the mind, and guarding the heart. A "sound heart" is a soul anchored in truth, free from offense, and settled in identity. When the soul comes into rest, the body follows. Life flows where peace is present, and this where true health begins to manifest.