

Established by grace, not with foods

June 23, 2015

Established by Grace

Hebrews 13:9

New King James Version (NKJV)

9 Do not be carried about with various and strange doctrines. For *it is* good that **the heart be established by grace, not with foods** which have not profited those who have been occupied with them.

You are healthy NOT because

- You are healthy not because you are doing exercise regularly
- You are healthy not because you eat proper diet
- You are healthy not because you super perfect

You are healthy because

- You are healthy because of Jesus finished work on the cross
- He took all your diseases and sickness on the cross
- Be established with the work of Jesus on the cross

Related verses

Colossians 2:6-7

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6 As you therefore have received Christ Jesus the Lord, so walk in Him, **7** rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.