

Healing of Overeating Smoking and Drinking



Brendan MC crossan

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I like the way Brendan Mc Crossan strikes again and again the note of hope, as he brings a timely warning to our ears on the abuse of God's gifts. Research has shown that over 80% of physical illness can be attributed directly or indirectly to the malfunctioning of the organs in the body's food processing system. Over-drinking and smoking also shorten the life-span.

However, Brendan's concern in this valuable little book, is not just about better bodily health and prolongation of life. His primary purpose is to show us how Gods power, with our Co-operation can work for our healing, and bring us into freedom from a compulsive over dependency in these areas.

While it is convenient to speak of the physical, psychological and spiritual levels of our humanity, these three is nevertheless intimately bound together. To care for our body is also to make it a fit vessel through God can work his divine purposes. Those who work in the medical profession is becoming increasingly aware of the spiritual dimension of healing.

Though the booklet is small, its message is big for an addictive society in which we live, Brendan skillfully unmask the heresy of self will' Gods grace is needed for the overcoming of addictions. Brendan offers us much practical wisdom in letting God do for us what is beyond our human strength. Under the discipline of the Holy Spirit we can let God reign in every area of our lives.

I trust this booklet will spread far and wide. May every doctor's waiting room have a copy. May it indeed grow to book length size as it incorporates the testimonies which will undoubtedly come .Through raising the awareness of freedom in these areas we have been rendered a valuable service. May everyone live the message of this little gem' the results will be out of this world.

GOD LOVES YOU

God loves you and cares that you are unhappy with yourself, Fat is uncomfortable, unsightly, and extremely hard to get rid of, It is also the cause of so much unhappiness, so many of us are struggling every day to lose weight, it is so easy to put on the pounds, a burger here a chip or two there, an odd fish supper, when we had a few drinks, or in my own case the dreaded beef curry, fried rice and chips, and a bottle of club orange. I should never have tasted curry, as I love it,

God spoke to me one day as I was out a walk, talking to him as I walked. he said. "Overeating was a sickness that made thousands of his children unhappy, and that he desired to heal them, in the same way he healed the sick, the blind and the lame, he said that he came so that they may " have a life to the end and that the thief's purpose was to steal kill and destroy - **John-10-10**.

He showed how overeating was a sickness that can be treated in his way and that people must look on it as a sickness and not as a failure within themselves.

Up until now you may have been struggling to lose weight, by dieting and other means that may have worked for a while, this time says God you can lose weight and keep it off, because God himself will be helping you.

The Lord himself is my helper, Hebrews 13- 6

This scripture from God's word is vital to you, learn it off until it becomes a part of you.

The Lord also told me this can also apply to overdrinking, and smoking, which are sickness that can end up killing us, actually so can overeating. Fatty tissues clog up the arteries, restricting the flow of blood.

ADDICTIONS

What is the cause of my overeating, overdrinking and smoking," I

have an addiction inside of me, a craving." And Satan uses that craving in me to try and destroy me. None of us received the love we needed, through no fault of our parents, they did not receive the love they needed either, so no finger pointing. we are where we are, right now and God wants to deal now in us as well as the craving for love that we needed as kids growing up.

Inside us the little child is still there needing attention, [if you do not believe the little child is still inside you, ask yourself this, ladies wont you still brush a dolls hair, when a child gives you a doll! And if your honest enjoy it and even fix their clothes. In other words the child is still within the adult, is this not true? Men like to buy toys for their sons that they would have liked to play with, and if given the chance I would still play with my kids Lego, or racing cars, since they are no one around. Inside every man is a little boy trying to get out, ask any married women that question and she will tell you its true.

Satan knows of our need for love and he distorts the feelings inside us and turns those feelings into needs for comfort. Smoking is a source of comfort, smokers will tell you every time trouble comes around they reach for a cigarette, to soothe their nerves.

Also when the pressure builds up some people reach for a drink to steady the nerves, is this not all true? Men cant cope with problems the way women can and so many men head to the pub to escape and reach for a drink. We need to be honest with ourselves for a change if were to receive Gods help. We all know these days that eating is a source of comforting ourselves, and doctors have proved this. We know its called comfort eating when we eat when were not hungry.

Our great enemy knows everything about us, and he hates us with a passion he hates us so much he wants to kill us, did not Jesus himself say it -**John-10-10,the thief comes to steal kill, and destroy**. Steal, kill and destroy who,? you and I, Gods children and he will use everything his evil mind can think of. As I said Satan

knows all about us, he knows where we did not get the love we needed, and so he distorts that need into a need for a cigarette, because he knows smoking can kill you. Read the side of your cigarette packet and your government itself warns you, smoking kills. Do not fool yourself any longer smoking kills God knows this also and wants to do something about it for you, he loves you and wants the best for you.

SATAN IS YOUR ENEMY

Satan hates you because your made in God's image, and he wants to destroy that person you are, because of this. Your more important than you believe **you are**, Satan knows how important you are to God and to his plans for you .and he sends every foul demon and evil spirit to attack you, and part of their job is to get you to do unhealthy things,not just to get you to sin. People imagine that all Satan and evil spirits are interested in is to get you to sin, That is not true, Jesus said the thief [Satan] comes to steal [your health] kill [the body and spirit] and destroy [your relationship with God and you] he is out to destroy your spirit, soul and body, and all the fear you might feel about this wont help you one bit. Jesus said "**I have given you power over all the power of the enemy**"-**Luke-10-19**, and you have to start to taking control over Satan, using your God given power.

BIND SATAN IN THE BLOOD

The first thing you have to do to win your fight is to bind Satan in the blood of Jesus! It works, believe me it does. You must fight back for your health and life. It's yours, not mine, and your responsible for your own actions, no one else.

Once you start to fight back God steps in. Because you have just pushed the right buttons to move God,[faith] To decide, enough is enough, I have had enough of smoking. I am going to do it Gods way, that's faith in action, and nothing moves God more than faith.

You must also bind up Satan's helpers, **spirits of gluttony, obesity, overeating, false hunger, false desires, smoking and**

drinking. You must command them in "**Jesus name**" to release you.

If this is all new to you and even a bit frightening, do not worry, look around see for yourself. look at TV, almost all you see happening in the world today is evil, you know it exists, and if you belong to Christ Jesus, you have nothing to be afraid of, because God is for you, not against ,he's there to help you and wants you to know the power he has given you. NOW **USE IT, IN JESUS NAME.**

You may say that you asked God to help you in the past and he did. not God helps those who give him a hand to help themselves. In other words God gave **you** the tools , **you** must use them. When you do, he steps in & you will see he will not let you down. Faith moves God to act. Doing as your told, is faith in action, and God meets you there. Now do as your told here, God gave me this message for you, now do it!

THE REASONS WHY

Your body is the temple of the Holy Spirit **1-Corinthians 6-19.** That is a good reason for God to help you, your body is his Holy Spirits dwelling place and the Holy Spirit wants a really healthy house, and God the father wants to ensure that for him with our help.

Scripture says " The reason you do not have what you want , is because you do not ask God for it, and even when you do, **you still don't receive, because your whole aim is wrong, you want only what will give you pleasure' James 4-2** In other words you want it for a worldly reason.

"I want to loose weight because I want to look like miss world, or some model." That's not the reason why God will help you. that is the world perspective of how we should look, not Gods, "Lord I want to be healthy" that's a good reason and will get God's attention, but you have to be honest with yourself and God. Ask him to help you to change your reasons for wanting to be slimmer.

God knows that being overweight makes you feel uncomfortable and unhappy, and causes you not to love ourselves the way God tells you to. [**love your neighbour as you love your self Matthew 19-19**] You see he wants you to love yourself and to feel good. **That is the first thing you have to do**, you have to ask God to help you change your reasons to stop smoking, stop over drinking, and stop overeating.

The second thing to do is to ask God to send Jesus back into your childhood, **to walk through the years** into you are past into every area, where you did not receive enough love. When you ask , then imagine seeing Jesus going back through the years, and meeting that little, girl /boy. See yourself as a child sitting on his knee and feel him holding you, pouring in his love into the area where it is needed most. Spend a few minutes every night doing this. It wont be long before you start to love your self, and you wont want to harm your body, by overeating, over drinking, or smoking.

FOR THE GLORY OF GOD

1-Corinthian-10-31- Do everything for the glory of God. "Even you're eating and drinking" Decide to give your body back to God, he made it after all, and gave it to us to look after. Then " commit everything you do to God , trust him to help you and he will-Psalm 37-4" That's God's own word, and if he said it, he meant it, believe him.

You see that is where you and I failed before we have done all the work ourselves, we did not commit it to God for his help, did we? The difference now is that you know what to do. From now on, you can do this with everything in your life and it will please God.

1-Corinthians 10-13: No temptation is irresistible, you can trust God to keep the temptation from becoming so strong that you cant stand up against it, for he has promise this and he will do what he said"

God promised you that you won't be tempted beyond your means, even with a cigarette. We give in to the temptations, the cravings within us. But God promises to fill those cravings up with his love if we ask him.

When you feel a craving for a cigarette, ask God to turn that craving into a craving to get to know him better, and he will! Do the same with that desire for food, or drink. But you must keep it up. There is no point in trying today, and just because you had a little smoke in between, give up. God doesn't work that way, healing takes a little bit of time.

Let God do his healing in you every day, and you will see that the cravings will diminish. God loves you more than you could ever possibly know, and he wants the best for you. **He wants you healthy**, and even more so, **he wants you happy**, and enjoying life to the full. **"I have come so that you may have life and life to the full" John 10-10.** That is what Jesus said, and he means it, overeating, over drinking and smoking is not living life to the full.

TALK TO GOD

God wants us to glorify him, in every way, even through you're eating and drinking. Starting from today before you sit down to a meal to have a smoke or a drink, talk to God from your heart, tell him how your feeling, explain that you have a problem here, and sincerely need his help. HE WONT LET YOU DOWN

This is serious, even if you have that extra drink, smoke or overeat, do not condemn yourself, **you are not a failure you're just trying your best.** There are no failures in God, God works with you at your own pace, and he is very patient. If you do the simple prayer of asking Jesus to go back into your childhood he will, and he slowly heals the little girl / boy, he doesn't rush things, and as he is healing you, he is dealing with the root cause of your problem. I have seen many people prayed over for giving up the cigarettes

and they stop smoking, then a few months later they are back on them again, why? the root of their need has not been met. This time God is going to the root of your craving.

Miracles take place instantly and I have seen them many, many times. Healing's take place over a period of time, and are more frequent than you could imagine. I believe a healing is greater than a miracle, because I have prayed with people and seen God heal them instantly, and a few months later, there was still no change in them spiritually, they were still sinning away, doing wrong things, Healing's I have seen God do ,have brought about change in peoples lives. **Training it to do what it should, not what it wants.**— God wants us to train our bodies, with his help, he wants us to learn discipline, then once we learn to train our bodies , we can be of real use to the Lord for other things.

Is there someone in your life that is very important to you, maybe a wife, Husband, Son Daughter or Friend. Someone you love that maybe are experiencing problems. Maybe they are in ill health, or not right with God. When you get a craving for a cigarette, etc, instead of reaching for your comforter, decide to go and pray for that person using you're craving to intensify your prayer. You would be giving of yourself. and God is delighted when we do these things for others, and will even more quickly move on our behalf.

In healing services the people that seem to experience the most healings are people who have seen someone worse off than themselves and started praying for them and they themselves got healed.

GOD IS THE HEALER

Where is my diet sheet? you might be thinking, where is my smoking patch? and my alcohol free drink,? there is none! **God is your helper and your healer, and comforter.**

God does things in strange ways, but they always work. God says, "come to me every night, and for two or three minutes ask Jesus to go back into your childhood and heal that little boy / girl" No more than three minutes should be done here as you can overdo it and then you wont be consistent .The best time I feel would be as you lie in bed, just before you go to sleep Close your eye's and see your self young again, see Jesus and you talking, see him put his hand on your head, patting you, and sense his love pouring into you, — you don't have to feel it just do it and And you will start to receive healing daily. You are craving for these harmful things will start to diminish, that is why I say, "if you think you failed you have, not you are just being healed and keep going, do not give up be patient and you will see wonderful results"

When I first wrote this little book seven years ago in June 1998 I got letters telling me that it worked. On a retreat in Belfast, a lady stood up and told everyone that she had stopped smoking, doing what my little book said, she said, "she had smoked all her life and until then had not been able to give up cigarettes" doing what the lord told me to write, she no longer smokes and suffered no side effects like gaining weight.

Another time a lady came to Rose and me for prayer, and told us that she was an alcoholic, that she had read my book, did what it said, and stopped drinking. No more cravings. Others who did it, wrote or phoned testifying to Gods healing. It will work for you and I would love to hear from you also, so later I can maybe add **your** testimony, as I revise this book again someday.

SPIRITUAL PRESCRIPTION

To be taken three times a day.

1-Pray before each meal, ask Gods help.

2-Commit everything to God and trust him to help you.

3-Do everything for the glory of God,[offer it all up to him as praise].

4-Remember that your not a failure, just trying.

5-If you give in , start again immediately, no Monday's.

6-Bless your food, drink, and cigarettes.

Even if it takes three months or even longer for these addictions to leave, **remember they will leave and leave permanently.**

In everything give thanks , for this is the will of God for you: AMEN.

About the author

Brendan McCrossan, lives in Northern Ireland, He had a dramatic spiritual conversion. On five separate occasions God spared his life from imminent death. Since his conversion Brendan and his wife Rose have been involved in a healing ministry.

For the past 20 five years, Brendan and Rose have given talks at retreats and conferences, teaching on God's word and Healing, and on the Gifts of the Holy Spirit with practical teaching methods. Teaching peoples how to open to the power of the Holy Spirit. Showing them how they can pray for the sick and see healing and miracles happen. They teach on spiritual subjects out of a rich source of practical experiences. Having had many experiences in their lives, and have been through it all with God• s grace and love.

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