



*"Trust in the Lord with all your heart, and lean not on your own understanding;*

***In all your ways acknowledge Him, and He shall direct your paths.***

*Do not be wise in your own eyes; fear the Lord and depart from evil.*

***It will be health to your flesh, and strength to your bones.***

*Proverbs 3:5-8*

## Our First Go-To

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Eternally Speaking Now*

Earlier this month, our family had to drive about an hour and 45 minutes to our son's soccer tournament. During the commute, we received several texts with prayer requests for healing. So, we took some time to pray as we traveled.

As I finished praying, a Scripture came to mind for one of the couples in need of healing, so I quoted the verse and prayed through it for them by name:

***"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."** 3 John 1:2*

This is one of my favorite verses to quote when interceding for the sick, as it holds promises to prosper both body *and* soul. The Holy Spirit reveals in many Bible verses that the state of our soul (mind, will, emotions) has a positive correlation to the condition of our body.

If we think on the truth, we'll live by it.

If we dwell on lies, fears, and worries, we'll be controlled by them.

*(Proverbs 3:5-8, Proverbs 23:7, Romans 12:1-3, 2 Corinthians 10:3-5, Luke 6:35, Matthew 12:35, 1 John 4:18, to name a few)*

Even the medical community at large has discovered and reported that things like stress and anxiety can cause or exacerbate disease.

Anyway, back to our drive to the soccer game...

A few minutes after we prayed [3 John 1:2](#) in the car, it was time to merge off the highway. A mile before we approached the ramp, I noticed the exit number:

*It was Exit 312.*

The digits in the exit number matched those in [3 John 1:2](#)!  
*Beloved, I pray that you may prosper in all things and be in health,  
just as your soul prospers.*

How cool is that?  
Then it got better.

A moment later as we veered onto Exit [312](#), we saw this:



It was a hospital sign coupled with...[3 John 1:2](#).

Not only was this the exact verse I'd prayed,  
but it also provided the exclamation mark after a clear statement:

*As your soul prospers, so will your body be in health!*

Along the roads of life,  
if you need a Hospital,  
whether for your soul *or* for your body,  
consider God's Word **first**.

## Challenge

I'm convinced that if we go to God **first**, then our souls will prosper.

Over the years, there have been many times when I've forgotten to run to the Lord and His Word **first**. Maybe it's the busyness of life, or it's the natural inclination of the human heart to lean on self-sufficiency. Either way, every day is a good day to ask,

*"Am I going to God with everything? Is He my **first** Go-To?"*

***"But seek first the kingdom of God and His righteousness,  
and all these things shall be added to you."***

*Matthew 6:33*

What are all "these things" the Lord promises to add to us when we seek **first** His kingdom and His righteousness? The context of Matthew 6 tells us: food, water, clothing. In other words, our Father and Creator will provide us with everything we need to live. *And thrive.*

Yes, there's a place for medicine.  
Absolutely, there's a time for doctor appointments.  
Yup, surgery can be a gift from God.  
Just make sure to seek the kingdom of God and His righteousness **first**.

Let's keep our souls (mind, will, and emotions)  
surrendered to Him and rooted in truth.  
He will reveal the next step,  
and "all those other things" we need will be taken care of.  
By Him. In His way and His timing.

Then, we'll find ourselves not only prosperous in soul  
but also healthy in body.

Don't worry.  
God's got it.  
Let Him be your first Go-To.

*P.S. Scroll down for an exciting bonus!  
You don't want to miss this.*

Did you know one of the Names of God is Jehovah-Rapha? That name literally means *The Lord Who Heals You*.

See the link below to discover when God introduced Himself with this name to humanity (Exodus 15). Notice how His promise to heal is directly connected to our obedience to Him (and making Him our first Go-To).

The other link shows the definition of the Hebrew word Rapha. It's so rich. *It's Jesus!* Fall in love with Him all over again as you consider the deep, extensive meaning of His name and character expressed towards you in Scripture.

[Exodus 15: God reveals Himself as Jehovah Rapha](#)

[Detailed definition of the Hebrew word, Rapha \(this is awesome!\)](#)



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