

Garden of the Heart Ministries

Temple Talk Teachings

Removing the Root Cause

By Renée Lubinski

Have you ever heard of the ol' saying, "an ounce of prevention is worth a pound of cure"? That's great advice! When it comes to health and wholeness, I like to say it this way: "Preventative measures are always better than corrective surgery!" When I had complications in my right eye and faced the prospect of possible corrective surgery, believe me, I opted for preventative measures!

Preventative measures work toward removing the root cause of unnecessary adversities. How do you determine what the root cause is? Well, it could be things that eventually wear down your body, your mind and even your spirit. The root cause could be related to one or more physical, emotional, relational or mental realms. Your root cause is different from my root cause, or your friend's root cause; and could stem from several factors such as misuse of time or money, bad attitudes, overindulgence of the Internet, excessive worry, neglect of body, or neglect of your spirit.

So where do you begin? Well, the best place is to lift up any known areas to God in prayer. He'll grant grace and strength. Our bibles say we have Jesus who sympathizes with our weaknesses, who was in all points tempted as we are, yet without sin. You can cast your cares upon Him because He cares deeply for you.

As Christians we need to seek the Lord and trust Him above all else. We must not allow our faith to be swayed by a negative report from the doctor or because of a bad test result. The problem begins when you trust in the test result rather than in the Lord. There is a better way. You can begin trusting God for your health, or whatever other circumstance may be encompassing you -- right now, today. Then when the test results do come back, you will not be shaken, no matter what the outcome!

We must be careful to guard ourselves from looking to the world's system for happiness. That system leads to sadness because, although a test was okay last year for instance, this year that same test may show something that has metastasized throughout your body. The response might be, "How can this be? It's only been a year and this has crept in?"

Wrong attitudes, neglect of your spirit or your body is kind of like that. Such attitudes creep up seemingly unexpected, without check. How vital it is to invest time and energy in not only regaining, but also maintaining our bodies, our minds and our spirits.

Have you ever felt a negative reaction or emotion when a test result came back showing a problem? Most often, I've witnessed people react sadly or fearfully. Although this is most often a natural reaction, to allow your state of mind to depend on a test result or to remain in fear is not God's best for you. You can renew your mind, your reactions and even the very situation at hand by looking at what the Bible has to say and the peace that prayer produces. Also it's vital to daily maintain your body, your mind and your spirit. Doing this habitually, on a daily basis, will help you avoid destructive patterns, attitudes or even a fearful reaction to a negative prognosis or outcome down the road; be it relational, spiritual or physical.

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John 14:27, "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." (NKJ).

Always remember that emotions such as sadness or happiness easily fluctuate with circumstances. But real joy is a deep inner delight that only God can produce by His Holy Spirit, as you place your confidence and trust in Him through prayer and study of His Word. We have our part to play, which includes the realization that we ourselves are responsible. So, ask yourself, "Where am I putting my energy?" Is it in the things of the world, of the flesh or things of the spirit? Romans 8:12-14 says it best, "*Brethren, we are debtors-- not to the flesh, to live according to the flesh. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. For as many as are led by the Spirit of God, these are sons of God.*" (NKJ)

When it comes to relationships with other people, your personal relationship with God, finances, your time, your diet and lifestyle habits, are you investing wisely? Only you can answer that. Each one of us has a certain amount of energy each day to invest or waste. Where you invest your energy today will either produce a hundredfold harvest of blessing, or it will produce despair and regret, which equal bankruptcy.

Let me give you an example. Let's say you can only carry sixty pounds - not sixty-five or even sixty-one, only sixty. If you waste all your energy carrying sixty pounds of the world – its cares, words of man, test results, the devil's lies, adverse circumstances, sin, then there's no room left to carry that which really counts in life. Wouldn't you rather reserve your time and expend your energy carrying those things that really matter, such as deep inner joy, peace, love, health, wholeness, flourishing relationships with family, friends and the God that created you? If or when things come crashing down around you (and they will - trials are inevitable – the testing of our faith), will you be able to stand strong and sure because your energy was invested daily in the things that matter most for your body, mind and spirit? Regular routine care and maintenance is vital to your well being. You don't want the negatives to take over and "metastasize" before you realize what's happened! So take inventory and ask yourself, "Am I taking the time to remove negative root causes through daily checks of prayer, forgiveness, loving relationships, spiritual and bodily care?"

I encourage you to look more closely at where "root causes" may stem from in your life. Look honestly at where your time and energy are invested. Are you ridding yourself of those things that feed the old mind? If not you may be assisting the devil in producing unnecessary fear, damaged relationships, bodily disease, anxiety and depression. Proverbs 12:25 says, "Anxiety in the heart of man causes depression, but a good word makes it glad" (NKJ).

Make choices today that produce life and health, choices that feed your body, renew your mind, and empower your spirit. And take heed to God's good word to you out of Deut 30:19b, "*I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live*" (NKJ).

I invite you today to take a prayerful look at your every day life choices. Do they include focus on the problems, the conditions, circumstances, trials, (this list is never-ending), or are you aiming toward removal of the root cause?

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The daily choice is yours.

Prayer for Today: Lord, I pray that you would create in me a clean heart and renew a right spirit within me, one that glorifies You in my mind, my spirit, my emotions, my finances, my relationships, my body and my time. Reveal the root causes of adversity in my life. I pray for Your help and strength to remove each of them. I place (name each one) before Your throne of grace today.

Thank you for Your help in my time of need and for the promise in Your Word that, "You will perfect that which concerns me" (Ps 138:8 NKJ). I praise you, and thank you, Lord, that when I confess my sin and faults, You are faithful and just to forgive me and cleanse me from all unrighteousness. I love you and praise You for Your faithfulness, forgiveness and steadfast love toward me. In the mighty Name of Jesus, Amen!

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In addition to writing Temple Talk articles and recipes, Renée Lubinski is a [speaker](#) for women's conferences, workshops, seminars and retreats. Feedback is warmly welcomed, so please feel free to [email](#) her with your comments, questions or suggestions!

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