

Scriptural References:

Psalm 19:7
Psalm 30:2
Psalm 34:4
Psalm 60:12
Psalm 86:13
Psalm 91
Psalm 107:20
Psalm 118:7
Psalm 119:105,165
Psalm 126:5
Psalm 147:3
Proverbs 1:7
Proverbs 11:28,30
Proverbs 13:12
Proverbs 14:6,30
Proverbs 15:13,30
Proverbs 16:24
Isaiah 53:5
Isaiah 54:17
Jeremiah 30:17
Malachi 4:2
Matthew 4:23-24
Matthew 8:1-17,28-34
Matthew 9:1-8,18-34
Matthew 10:1-16
Matthew 12:9-14
Matthew 14:14,34-36
Matthew 15:21-28,29-31
Matthew 17:14-21
Mark 1:21-34, 40-45
Mark 6:4-13,53-56
Mark 7:24-37
Mark 8:22-26
Mark 9:14-29
Mark 10:46-52
Luke 6:17-19
Luke 8:26-56
Luke 9:37-45
Luke 13:10-17
Acts 10:34-38
Galatians 5:16-26
Philippians 4:13
2 Thessalonians 2:16-17
2 Timothy 1:14
3 John 1:2

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Divine Health And Healing

The world is full of misery, pain and suffering, including: physical, mental and emotional sickness and disease. Many also feel tired and rundown, and need a boost of health. Billions of dollars are spent annually on fruitless medical research, and people are desperately searching for solutions to their medical conditions. Doctors and health practitioners are very limited in what they can do, and medicine can only temporarily relieve symptoms, but cannot cure many deadly diseases, such as: Aids, Cancer, Ebola, Polio, "Lupus," Influenza, Creutzfeldt-Jakob Disease, Diabetes Type 2, Asthma, Rabies and the list goes on. The fight against death and disease is really a losing battle!

You need to know what the Bible says because it contains a treasure of valuable information, promises and benefits on health and healing, which we may claim in prayer. Only God is the supreme healer! Only He can restore to health as He is omnipotent. We are promised in: 1 John 3:22 - *And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.* God may directly intervene and supernaturally heal according to His will and timing (not according to ours). Some may be healed instantly and others may take longer. A lack of healing may be due to a lack of faith, or it may simply not be God's will, as was the case with the apostle Paul, when he begged God to heal him of his infirmity (thorn in his flesh) on three occasions, he was not healed 2 Corinthians 12:7-10. Also, God may allow a sickness trial for the purpose of testing one's faith.

Divine healing was an essential part of the preaching of the gospel in Jesus' and the apostle's ministry. According to Matthew 4:23-25, Jesus' ministry was three-fold: 1) Preaching the true gospel of the Kingdom of God 2) Healing every sickness and disease 3) Expelling demons. One of the signs of the true Church of God is divine healing. In Mark 16:15-18, Jesus commanded all faithful servants of God to preach the true gospel ("good news") to all creation. He also mentioned the signs that will follow true believers. Jesus gave authority to His twelve disciples to cast out demons (evil spirits), and heal every sickness and disease Matthew 10:1. 'Seventy-two others' were also appointed by Christ and given authority to heal the sick Luke 10:1-9. God performed extraordinary miracles through the apostle Paul. People were instantly healed through anointed handkerchiefs and aprons Acts 19:11-12. This is an indication that God may heal in various ways. For example, He may directly heal a person Himself, or work through His servants and give specific instructions on healing, as was the case with king Hezekiah who had a skin infection, and God sent a message to him (through the prophet Isaiah) to prepare a poultice of figs so that he would be healed of his infection 2 Kings 20:1-11 & Isaiah 38:1-22.

Scriptures also mention that plans fail for lack of counsel Proverbs 11:14; 15:22. Therefore, it is not wrong to seek advice from a medical practitioner who is knowledgeable about the operation of the human body. In Colossians 4:14, Luke is described by Paul as a "beloved physician."

What are the promises regarding health in the Bible? There are many examples. Here are just a few:

Spiritual health:

- 1) Fear of the LORD is the beginning of wisdom, and knowledge of the holy one is understanding - Proverbs 9:10. Wisdom and knowledge are two of the nine gifts of the Holy Spirit - 1 Corinthians 12:7-11.
- 2) The fear of the LORD is the beginning of knowledge - Proverbs 1:7.
- 3) The statutes of the LORD make one wise - Psalms 19:7.
- 4) Discernment is one of the nine gifts of the Holy Spirit - 1 Corinthians 12:7-11; Knowledge comes easily to the discerning - Psalms 119:125; Proverbs 14:6.
- 5) We mature, strengthen and increase in faith by hearing the Word of Christ - Romans 10:17. Faith is one of the nine gifts of the Holy Spirit.
- 6) Victory - God has given us the victory through our Lord Jesus Christ! This includes victory over the world, all our enemies including Satan, his human and demonic cohorts, and the whole kingdom of darkness 1 Corinthians 15:57; Colossians 2:15; 1 John 4:4; 1 John 5:4.
- 7) Fruitfulness - When we abide in Christ, we will bear much fruit John 15:5-8.
- 8) Peace - One of the nine fruits of the Holy Spirit Psalms 37:37; 85:8; 119:165; Isaiah 26:3; 32:17; Galatians 5:22; Jude 1:2.
- 9) Hope - We have a living hope in God, knowing that as Jesus was raised from the dead, we too, will be raised to eternal life Jude 1:21. Those who hope in God will never be put to shame Psalms 25:3; 2 Thessalonians 2:16-17.
- 10) The Spirit of God gives us power and self-discipline - 2 Timothy 1:7.
- 11) Strength - To endure and persevere in the faith Ephesians 1:19; Ephesians 3:16; Philippians 4:13; 1 Thessalonians 3:13; Colossians 1:11-12; 2 Thessalonians 3:3.

Emotional health:

- 1) The LORD's abundant, unfailing love for the just, and great is the love that He lavishes on us - Psalms 103:4; 37:28; 1 John 3:1.
- 2) Desires of our heart when we delight in the LORD - Psalms 37:4.
- 3) Healing for the brokenhearted and binding up of their wounds - Psalms 147:3; Isaiah 61:1.
- 4) Joy is the hope of the righteous - Proverbs 10:28.
- 5) Encouragement - Scriptures encourage us to obey God, and wait for His promises to be fulfilled in our lives - Romans 15:4; 2 Thessalonians 2:17.

6) Happiness - Is a blessing from God for those who please Him - Ecclesiastes 5:19; Ecclesiastes 2:26.

7) A cheerful heart is good medicine - Proverbs 17:22.

8) A heart at peace gives life and health to the body, but envy makes the bones rot - Proverbs 14:30.

Physical health (whole body):

- 1) The Law of the LORD restores the whole person - Psalms 19:7.
- 2) Fearing the LORD and avoiding evil is health to your body and nourishment to your bones - Proverbs 3:7-8.
- 3) The benefits of wisdom is life and health to a man's body - Proverbs 3:7-8; 4:20-22.
- 4) We honor God with our bodies and flee from sexual immorality, thus, maintaining both our spiritual and physical health and cleanliness - 1 Corinthians 6:9-10; 1 Corinthians 6:18-20.
- 5) A longing fulfilled and the fruit of the righteous is a tree of life - Proverbs 11:30; 13:12,19.
- 6) Good news gives health and nourishment to the bones - Proverbs 15:30.
- 7) Pleasant words soothe the soul and heal the bones - Proverbs 16:24.
- 8) Hope in the LORD and our strength is renewed - Isaiah 40:29-31.
- 9) God delivers us from the depths of the grave - Psalms 103:4; Jonah 2:2.
- 10) God saves us from deadly pestilence (disease) - Psalms 91:3; 103:3.
- 11) Long life - Psalms 91:16.
- 12) Youth renewed - Psalms 103:5.
- 13) We must learn to control our appetites - Proverbs 23:2. Self-control is one of the nine fruits of the Holy Spirit. Gluttony is idolatry and forbidden in the Bible. Proverbs 20:1; 23:31; Ephesians 5:18.

There are many other references to healing in the Bible. For example, eye salve for spiritual health Revelation 3:18; 'balm of Gilead' Jeremiah 8:22; 46:11; anointing with oil James 5:14; pouring on oil and wine Luke 10:34; wine in moderation 1 Timothy 5:23; leaves Ezekiel 47:12; Revelation 22:2; bandages Isaiah 1:6. Faith is the prerequisite to healing and James 5:14-16 gives specific instructions for healing.

Word of warning regarding anti-biblical activities: Yoga is an eastern form of meditation that will open doors for demonic activity in one's life. This is a result of the self-centered state of mind and spiritual teachings accompanying yoga, that are anti-God and anti-biblical. There are also other practices that are doorways for evil spirits. For example, hypnosis (often used to help weight loss and break habits and addictions) is dangerous because the mind loses its capability to distinguish between fact or fable (truth and error), and Satan will take advantage of every opportunity to gain access into a person's life. Also, acupuncture is a demon-designed prescript for healing, based on Taoism, and is not based on God's principles. Your involvement or association with any anti-biblical activity, such as various "new-age" practices must be renounced, in Jesus Name! Do not give Satan a foothold in your life. James 4:7 - *Submit yourselves, then, to God. Resist the devil, and he will flee from you.*

Disease, sickness and illness can happen for different reasons. Being involved in anti-Biblical activities such as occultism and witchcraft is a doorway for all kinds of demonic spirits to operate in one's life, including demons of sickness and disease. Physical suffering may also be caused by Satan and his demons Matthew 17:14-18 & Luke 13:10-16. Sickness and disease may also be a generational curse (*please read tract: 'Curses'*). Diet is also a major contributing factor (*please read tract: 'Dietary Laws'*).

God mentions that one of the curses for disobedience to His commandments is wasting disease, with fever and inflammation Deuteronomy 28:22; 32:24. God sent ten plagues upon Pharaoh and Egypt for stubbornly refusing to let the Israelites go. In this way, God displayed His sovereign control over everything in the universe Exodus 7:14-11:10. Provoking the Lord to anger by doing wicked deeds, such as worshiping lifeless false gods will also bring plagues Psalms 106. The Lord killed 23,000 people in one day, for sexual immorality 1 Corinthians 10:8. God warned that He would multiply afflictions for disobedience to His commands Leviticus 26:14-46. The purpose of God's punishments are for correction and to lead people to repentance.

You must conduct a daily examination of your life, and determine the exact cause of your sickness so that you treat the underlying cause, instead of the symptom.

Are disease pandemics prophesied in the Bible? Yes. Jesus Christ Himself prophesied that one of the major signs preceding His return would be global pandemics Luke 21:11. God promises to protect those who love and acknowledge Him Psalms 91:14-16. We are commanded to watch and pray, so that we may be accounted worthy to escape all these fearful events that will be fulfilled, and to stand before the Son of Man Luke 21:36.

Are you ready to claim God's promises of healing as recorded in His Word? The first crucial step is: repentance, and living in obedience to God's commandments, so that we will be in a right relationship with Him. God's promise to you is optimum spiritual, emotional, physical and mental health, free and without any limitations!