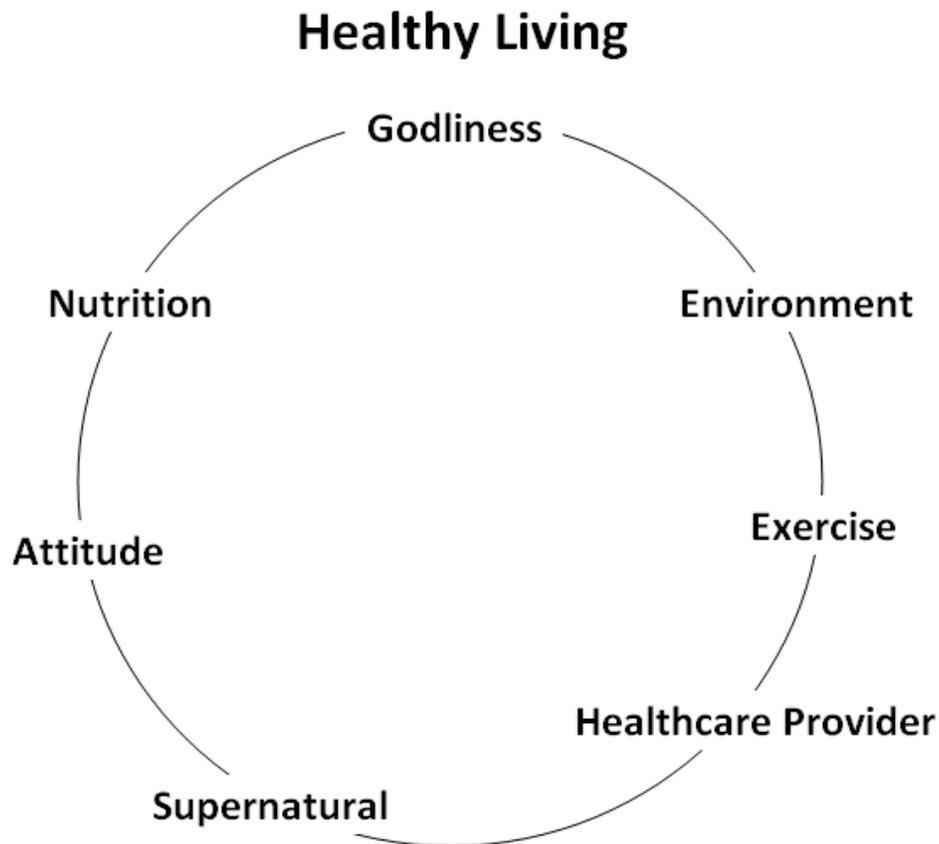


If we want to enjoy a healthy life or receive healing, we must strive to eliminate the cause of the problem. Two essentials for healthy living include faith and personal responsibility



Godliness – Living godly by obeying God’s Word is fundamental to a healthy life; whereas, sin and disobedience assure sickness and disease.

Exodus 15:26 – Yahweh’s promises for health are for those who give earnest heed to His voice and do what is right in His sight. His promises are not for everyone.

“IF” - condition, stipulation, requirement, prerequisite

Exodus 23:20-27 – Yahweh promised to remove sickness from them, indicating His willingness for His people to enjoy wholeness; however, there is a stipulation.

Expecting God’s involvement in your life without personal responsibility contradicts the basic ideology of the Bible.

Deuteronomy 7:9-15 – Perfection is not the standard, rather progress in living godly. We all sin, which is why forgiveness is part of our daily prayer. A common deception is that habitual sin, disobedience, rebellion do not cause problems.

Deuteronomy 30:15-20 – We have choice in accepting God’s deliverance. Many times, God has prevented us from sickness and other problems without our knowing.

Proverbs 1:29-33 – Everyone eats the fruit of his own way.

Lamentations 3:39-41 – God never kept it a secret that there are consequences to sinful living.

Malachi 3:6-18; Proverbs 3:1-10 – God’s promises are faithful for He changes not; however, we do have a responsibility.

Jesus had the greatest healing ministry ever; yet, He never taught on healing as a subject but rather on the kingdom of God leading people to repentance.

From that time Jesus began to preach and say, "Repent, for the kingdom of heaven is at hand."
Matthew 4:17

If we must eliminate all sin before we are healed, then we will be forever sick. Yet, habitual sin, the lifestyle of sin, must be eliminated.

Psalms 38:1-ff – A description of the problem and the example of right action

Righteousness and justice are the foundation of Your throne; loving kindness and truth go before You. Psalm 89:14

Much of the sickness is directly linked with our sin (like STD’s, aids, gluttony, alcohol and drug abuse). Hate, bitterness, revenge release negative chemicals and energy into your system.

Fools, because of their rebellious way, and because of their iniquities, were afflicted.
Their soul abhorred all kinds of food, and they drew near to the gates of death.
Then they cried out to the LORD in their trouble; He saved them out of their distresses.
He sent His word and healed them, and delivered *them* from their destructions.
Psalm 107:17-20

John 9:1-3 – All sickness and disease started with the sin of Adam and Eve; therefore, all sickness is ultimately due to sin. We have little to do to reverse this reality, but God has much to do with it and has made salvation available and the Kingdom of God. However, not all sickness is the result of our sin – some of us are born with problems, at times we shake hands with someone who has germs, accidents happen, etc.

We do not always know why we get sick or why healing evades us. The lesson of Job shows the futility of guessing or blaming God. Doubting God and doubting yourself are counterproductive to healing. Control your mind like Job did in the end, and focus on almighty God.

Nutrition – God designed food to nourish, to give energy, to promote growth, and to repair body tissues. Food should be medicine for the body. However, today our agricultural practices and eating habits poison our bodies, deplete our energy, and prevent proper growth while promoting sickness and disease.

1 Corinthians 6:19 and 20 – The false world view about God is that He is controlling everything including a person's health, which implies that the individual has no control or responsibility. The Scriptures teach the complete opposite of such a view. We have the responsibility to be good stewards and caretakers of the body that God has given to us.

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Galatians 6:7 – What you sow, you will reap.

Matthew 4:5-7 – The way physicians help people to heal is by understanding and honoring the laws of physics and the other sciences and not by violating them. Is it reasonable to expect God to heal you if you deliberately throw yourself off the Temple? Is it reasonable for you to expect God to heal your lungs if you continue to smoke? It is important for us to be honest with the subject according to the Scriptures and not according to what we want it to be. Too often, the end result of people chasing after healing based on incomplete biblical information is to doubt God or condemn self. Consider the cause and effect. If you eat the wrong food, do the wrong things, live under constant pressure, etc., there will be physical problems that manifest. Accordingly, if God would heal you from the manifestation and you do not change the cause, He would violate His own laws.

God made the body in such a way that if properly nourished it would not get sick and prematurely die. When we do get sick, God programmed self-healing into the body so that if the offense (wrong foods or drugs) which had caused the problem was stopped and proper building materials (nutrition) were provided, the body would heal itself.

Two-thirds of **U.S.** adults are **overweight** or obese.

We have messed with everything from the seeds, to the soil, to the animals, to preservatives, to the cooking and presentation.

Exercise – The physical body by design requires movement and activity. God made man to work so that his body and mind would function correctly. Languidness is sand in the machinery of life.

Inactivity, laziness, sluggishness are major causes of much sickness. God designed man to work so that the body and mind rejuvenates itself.

The Bible has a great deal to say about laziness. Proverbs is especially filled with wisdom concerning laziness and warnings to the lazy person.

Colossians 3:16-24 – Whatsoever we do should be done in the name of the Lord Jesus, giving thanks to God, heartily as to the Lord, not unto men.

Exercise controls weight, combats health conditions and disease, improves mood, and boosts energy.

DO NOT BECOME EXTREME! Remember all healing is a gift. God by his grace and mercy heals even those with a lousy diet or a sinful lifestyle.

Humility and Healing - Bronze Serpent

Numbers 21:1 – Both Miriam and Aaron had died along with many of the generation who came into the wilderness. The new generation was finally near the time to enter the Promised Land. This chapter begins to show some glimmers of light in the darkness of Israel’s desert experience. Victories were seen against hostile enemies as well as against the dark side of themselves. Two important Christ typologies are set forward in this chapter – manna and the bronze serpent.

Numbers 21:2-3 – They fought under the blessing and empowerment of Yahweh and had a complete victory. The vow spoke of their total dependence on Yahweh for their victory. The new generation faced a new day; dependency, victory, and good times seemed assured.

4 Right on the heels of the victory over the Canaanites, they fell on their own swords over the issue of food.

5 They thought of bread from heaven as something vile and despicable. They were actually condemning Yahweh, its giver.

Psalm 78:23 and 24

He rained down manna upon them to eat and gave them food from heaven. Man did eat the bread of angels; He sent them food in abundance.

Exodus 16:4; Numbers 11:5 and 6; Deuteronomy 8:3 – Manna

John 6:32-35, 48-51, 58 – Just as manna provided by God’s grace gave life to Israel, Jesus, the bread of life, gives eternal life to those who believe. As Israel spurned and rejected the manna, they did also with Jesus. The point Jesus makes is that the life giving comes by God’s grace.

Numbers 21:6 – Once more, God has been rejected by His people. Again, He brings judgment on them – something well established in the book of Numbers.

7 – They responded differently than their fathers did in that they repented and asked forgiveness, so there was hope for their future. Moses prayed for the people as he had before, but this time the answer was different. The serpents did not disappear but continued to bite the people.

- The plague was spreading very quickly, but Moses had to take the time to make the image.
- God had prohibition of making images; now Moses is told to make an image.
- Snakes are intensely disliked and feared by most everyone. Snakes are not only detestable, but also they are associated with the evil one.
- Their life and healing were dependent on looking at the very object that caused the sickness and death.

9 – They had to look at the detestable thing causing their sickness and death to accept that only by God’s graceful intervention would they be healed.

John 3:9-16 – “So must the Son of Man be lifted up” is not referring to the resurrection or ascension, rather to being lifted up on the cross. The connection with the serpent is that we must look at the cross and see the detestable consequences of our sin and realize the only way for healing and life is by God’s graceful intervention through His Son, Jesus our Lord.

2 Kings 18:1-5 – As time moved on, eventually Israel began to worship the object of their deliverance instead of the God of deliverance.

John 14:6 – Today, for the most part, the church worships Jesus in the stead of God, which is worshipping the object of their salvation more than the God of their salvation.