

Foundations of Healing

Lesson 5: Why Are We Sick?

What Does the Bible Say About a Long Life?

Abraham: A “Good Old Age”

God described Abraham’s death at 175 years old as a “good old age.”

Genesis 15:15: “Now as for you, you shall go to your fathers in peace; you shall be buried at a good old age.”

120 Years

God said that man’s days would be 120 years.

Genesis 6:3: “And the Lord said, ‘My Spirit shall not strive with man forever, for he is indeed flesh; yet his days shall be one hundred and twenty years.’”

Seventy or Eighty Years

Moses observed that the typical length of a person’s life was 70 years, or 80 “by reason of strength.”

Psalms 90:10: “The days of our lives are seventy years; and if by reason of strength they are eighty years...”

Moses, the author of Psalm 90, lived to 120 so this was not a declaration of the maximum years of life for mankind.

God’s Promise: A Long, Satisfying Life

God does not merely promise a certain number of years. He promises a long satisfied life that reveals His salvation.

Psalms 91:16: “With long life I will satisfy him, and show him My salvation.”

Jeremiah 6:16 “Thus says the Lord: “Stand in the ways and see, And ask for the old paths, where the good way is, And walk in it; Then you will find rest for your souls. But they said, ‘We will not walk in it.’”

Why are we sick?

Romans 5:12 “Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned”

Romans 5:21 “so that, just as sin reigned in death, so also grace might reign through righteousness to bring eternal life through Jesus Christ our Lord.”

Ephesians 4:27 “nor give place to the devil.”

We do not need to know the root cause of sickness in every case. Jesus didn't do that when he healed. But there are times where things we are doing are opening a door, and we need to close that.

1. Personal Sin

John 5:14 “Afterward Jesus found him in the temple, and said to him, “See, you have been made well. Sin no more, lest a worse thing come upon you.”

2. Physical/Body

1 Corinthians 3:16 “Do you not know that you are the temple of God and that the Spirit of God dwells in you?”

A. Diet

1 Timothy 5:23 “No longer drink only water, but use a little wine for your stomach's sake and your frequent infirmities.”

1 Corinthians 10:31 “So, whether you eat or drink, or whatever you do, do all to the glory of God.”

Daniel 1:15 “At the end of ten days it was seen that they were better in appearance and fatter in flesh than all the youths who ate the king's food.”

1 Corinthians 6:12 ““All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.”

Proverbs 23:20-21 “Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.”

Glutton = ZALAL

A study from Northwestern University's Feinberg School of Medicine suggest that people who regularly attend church are 50% more likely to succumb to obesity by middle age compared to those who attend less frequently.

Overeating is often overlooked as an acceptable vice while drinking, smoking, gambling etc.. is more frowned upon.

Proverbs 23:2 “And put a knife to thy throat, if thou be a man given to appetite.”

NLT “If you are a big eater, put a knife to your throat;”

B. Exercise

1 Corinthians 6:19-20 “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”

1 Timothy 4:8 “For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.”

C. Lack of Rest (Overworking, stress)

Philippians 2:25-20 “Yet I considered it necessary to send to you Epaphroditus, my brother, fellow worker, and fellow soldier, but your messenger and the one who ministered to my need; since he was longing for you all, and was distressed because you had heard that he was sick. For indeed he was sick almost unto death; but God had mercy on him, and not only on him but on me also, lest I should have sorrow upon sorrow. Therefore I sent him the more eagerly, that when you see him again you may rejoice, and I may be less sorrowful. Receive him therefore in the Lord with all gladness, and hold such men in esteem; because for the work of Christ he came close to death, not regarding his life, to supply what was lacking in your service toward me.”

3. Soul (Mind, Will, Emotions)

A. Depression/Anxiety/Stress

Proverbs 12:25 NKJV “Anxiety in the heart of man causes depression, but a good word makes it glad.”

Philippians 4:6-8 NKJV “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Meditate on These Things Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

Isaiah 26:3 NKJV “You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.”

B. Grief

1. Death of a loved one
2. Personal loss
3. Financial Hardships
4. Divorce

Psalm 31:9-10 NKJV “Have mercy on me, O Lord, for I am in trouble; My eye wastes away with grief, Yes, my soul and my body! For my life is spent with grief, And my years with sighing; My strength fails because of my iniquity, And my bones waste away.”

Psalm 119:28 AMPC “My life dissolves and weeps itself away for heaviness; raise me up and strengthen me according to [the promises of] Your word.”

C. Trauma/Fear

Psalm 55:4–5 “My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me, horror has overwhelmed me.”

Psalm 34:18 “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

1 John 4:18 “There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.”

4. Relationship Strife or Offense (Unforgiveness)

A. Strife

James 3:16 “For where envying and strife is, there is confusion and every evil work.”

Proverbs 18:6-7 “A fool’s lips enter into contention, And his mouth calls for blows. A fool’s mouth is his destruction, And his lips are the snare of his soul.”

B. Offense/Unforgiveness

2 Corinthians 2:10-11 “To whom ye forgive any thing, I forgive also: for if I forgave any thing, to whom I forgave it, for your sakes forgave I it in the person of

Christ; Lest Satan should get an advantage of us: for we are not ignorant of his devices."

C. Envy

Proverbs 14:30 "A heart at peace gives life to the body, but envy rots the bones."

5. Demonic Oppression

Matthew 17:14-18 "When they came to the crowd, a man approached Jesus and knelt before him. "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. I brought him to your disciples, but they could not heal him." "You unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me." Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment."

God's grace and provision is enough!

Luke 4:18 NKJV "The Spirit of the Lord is upon Me, Because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed;"

Romans 12:1 "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."

In the same way that people who have been made new and forgiven can still sin, people who have been healed by Jesus' stripes can still experience sickness. Jesus was anointed to bring health to our whole person, but it's our job to walk in what has been provided by the grace of God using the wisdom and Word of God!