

October 2018 Newsletter - Health and Healing

“For I Yahweh am the One who heals you.” [Exodus 15:26b](#)

60. Another lie is all I have to do is trust my doctors, take my medicine and I'll be fine. **The truth is the responsibility for our health lies with us.**

61. Another lie is that doctors, drugs, western medicine, or eastern healers will heal me. The truth is God is our Healer and we must look to him for our healing and let him direct us in the path we are to take.

62. Strength and weakness are terms for health and sickness, for sickness, disease and injury more readily come out of weakness, while these things are prevented, minimized, or more easily overcome by strength. It is our responsibility to change our lifestyles, including everything from our diets to spiritual and emotional concepts, so that we can become as strong spiritually, emotionally and physically as we can be.

63. We must avoid the deception that we can neglect the proper care of our own bodies and then go to the doctors and their western medicine to make things right and bring us back to health.

64. We must also avoid the other deception of neglecting the paths of health and then go to God expecting him to heal us. He may or may not heal us directly, but whatever way he chooses to deal with us he will instruct us in the ways of health and the fact that health is our own responsibility. **We are responsible for our existence and our health.**

65. Health was considered to be the norm of life, the epitome of life, what life was about and the favor of God.

66. *“For whoever finds me finds life (health) and receives favor from the Lord.” [Proverbs 8:35](#)* This refers to **wisdom**, which is the teaching of the Word that we have believed **and** applied to our lives; health being one of the blessings of walking with the Lord.

67. *“But whoever fails to find me harms himself, (literally his soul), all who hate me love death.” [Proverbs 8:36](#)* (Death is at the opposite end of health).

68. Health is a conscious choice that one must make, and he must continually choose health when confronted with the many lusts, impulses and biological cravings of the flesh.

69. Satan, the old sin nature, lack of self-esteem, culture and an aggressive media campaign all influence and contribute to poor health.

70. One has got to learn to love his soul enough and his body to want only the spiritual or emotional things that give him health.

71. If God wants us to be healthy, and health is a blessing of his grace, then it only stands **to reason that God will provide the things we need to be healthy**, or the money to buy them.

72. Once again we come around full circle to faith. By faith we believe the doctrines about health and by faith we believe that God will give us the things we need for health.

73. Jesus Christ is Creator, Savior and Healer.

74. In his earthly humanity Christ was healthy.

75. We should want to be healthy for our own sakes, for the sake of those who love us and to glorify our healthy Creator and Lord.

75. One can never take health for granted. It can come; it can go away and it can return.

77. There's nothing mystical about good health. It comes as the result of following God's laws that govern our spirits, minds and bodies.

78. Faith and a Positive Mental Attitude are crucial to good health.

79. **We must want to be healthy, and we can.**

80. **We must choose to be healthy, and we can.**

81. **We must pray for health, and we can.**

82. **We must commit to health, and we can.**

83. **We must believe toward being healthy, and we can.**

84. Healthy people do not need Physicians/Healers. [Mark 2:17](#)

85. **Peace, love and happiness are the mental attitude's for optimum health.**

86. Health is a path, even though one may stumble, or veer off briefly, but the important thing is to get on it and stay on it.

87. Health does not come in a pill, but is all comprehensive taking in a diet of fresh wholesome food suited for your own body's particular needs, the air we breathe, the water we drink, the thoughts we think, the people we associate with, recreation, hobbies, a total adoption of an healthy lifestyle.

88. The pursuit of health is never static, but is to be continually improving and a seeking after excellence in all areas pertaining to health.

89. Although the primary goal and mission of the local church is the teaching of the Word of God, the health of its members is very important.

90. We can't do all of it at one time or in one day, but we are to adopt healthy things one at a time, one day at a time and keep on doing it.

91. **Health is a life long objective, not a one time shot.** One may need several healers, each one specialized in their own areas.

92. **If health is a faith objective; it can be obtained by God's grace.**

93. Although one may never recover the health and strength they had in their teens their health can improve! Yet there are many who are stronger and healthier in their later years than they were in their younger years.

94. **Faith does not look at the costs involved to gain health, but to the Lord to provide what we need to become healthy!**

95. **What is the alternative to good health?** How will that impact our lives? Our pocketbooks? Our plans? Our goals? Our families?

96. "I can't afford it!" We can't afford not to! Health is a bargain, especially when one compares the costs of poor health.

97. Drugging an organ, or cutting it out is not making it healthy.

98. **A positive mental attitude wants to be healthy, healthier.**

99. People who "let themselves go", who don't care about their health have low self-esteem; they don't value themselves very highly.

100. **Cleanliness** is a very important factor in health. In fact, the word for hygiene comes from the Greek *hugaino* the word for **health**. This means that the food one eats must be clean; the vessels it's prepared in must be clean; the utensils that one eats it with must be clean; there must be the proper cleaning of all things afterwards. There must be cleanliness of the body, cleanliness of one's clothes and the cleanliness of one's abode. This also includes the elimination of clutter, for clutter makes cleaning more difficult, (thereby discouraging cleaning), and it also becomes a breeding ground for bacteria, dust mites, insects, etc.. In the OT God had a rigid code concerning cleanliness, and even though we are not under the Old Covenant we can be profited by these things.

101. God commanded that the earth lie fallow one year every seven and two years every forty-nine. This was for the purpose that the earth could replenish itself with the nutrients that our bodies need.

102. The mistake that many make about the earth and the food that it produces, a mistake made by the Israelites and people today, is to view it as something to make money from, rather than **a sacred trust to take care of that will provide health benefits for ourselves, our families and our communities!**

103. The earth, which is the foundation for health, was designed by God to last in perpetuity, for thousands and thousands of years, if we take care of it as he commanded.

104. **The earth belongs to God. He made it; he owns it and he has the right to tell us how to use it! We're to use it for our health, not exploitation.**

105. **The concept of light is connected to health.** We even say of people who are in good health, "Look at their skin, don't they have a healthy glow about them!" This applies to both physical health as well as spiritual health. Our bodies are light, our food has light in it, even our spirits are light having been created by the Father of Lights, James 1. Even Moses' face shone with light after having spending time in the presence of *Yahweh*.

106. Love, happiness, peace of mind, faith and hope play prominently in gaining health and maintaining one's health.

107. Fear, anger, bitterness, guilt, worry, unresolved grief and negativity are the mental attitudes that destroy health and keep us from arriving at health.

108. Therefore one has to **release the destructive mental attitudes and feelings and adopt positive ones** to gain health. Forgiveness of self and others, trusting in the Father, the faith rest life and the filling of the Holy Spirit are crucial to this.

109. **Sin, guilt, shame**, anger at oneself and punishing oneself and others are counter productive psychological dynamics that hold us back from becoming healthy. We don't feel that we are worthy of being healthy, so in our self-punishment tactics we prevent ourselves from the blessing of health. These negative dynamics also hold us back from other blessings as well.

110. **Health entails change**; the one thing most people don't want in their lives! It means that we must discontinue the things that are not good for our bodies and adopt the things that benefit both body and soul. If our lives, our work, our play, our social, recreational and family involvements are out of balance, then we must do what needs to be done to make the changes so as to bring our lives back into balance so we can be healthy. This begins with being centered on Christ and his Word.

111. **Motivation to become healthy** can come about from two concepts: 1) the faith application of wisdom. And 2) from a personal crisis, usually accompanied with pain. We have a choice in this.

112. In an odd turn of events, our attitude toward health and healing, in a way, is our attitude toward Jesus Christ the Healer; the One who stands for health. A negative mental attitude toward being healthy would really speak of a negative attitude toward the Lord. His Word tells us that he wants us to be healthy and how to be healthy. If we react against that, what we are doing is reacting against him.

113. **Death, disease and darkness are identified with Satan**. So what would be **identified with Christ but life, health and light!** If we react, rebel, or turn from life, health and light, then we are actually turning from Christ to embrace the things that Satan introduced into this world.

114. **Our being forgiven by God, our being accepted by Christ, the removal of our sin, guilt and shame becomes the foundation for health in all areas**.

115. **The realization of these things by faith, along with self-forgiveness, becomes the foundation for wanting to be healthy!**

116. **Wanting to be healthy/healthier, accompanied by prayer, faith and making the right decisions and actions, becomes the vehicle by which we realize health, or a healthier lifestyle**.

117. **One has to always be on the watch for negative influences**, whether spiritual, mental, or emotional, that will hinder or hold us back from being healthy. We must isolate or insulate ourselves from them, avoid them.

118. In the final analysis we are the one's who will be the one's suffering from our poor health, not someone else. But, on the other hand, we are the one's who will be enjoying our good health, not someone else.

119. In Proverbs 8 it says that all who hate wisdom love death. If one hates wisdom, then they hate life. If one loves wisdom, then they love life. If they love death, and if death is at the opposite end of the spectrum from life and health, then they hate health! **So what is our mental attitude toward health?**

120. **If health is a blessing of grace, then it can be obtained by faith!**

121. If Christ came to heal, then it means that he wanted to heal, so they could be healthy, or healthier. If that's what they wanted. Not everyone wanted to be healthy.

122. The Scriptures show that God heals. They also show that God is the one who afflicts with injury, pain and suffering to deal with an individual or nation. He afflicts us with divine correction, and his hands also heal us.

123. Make no mistake about it blessing and health come about as the result of obedience to God. But disobedience brings about cursing, poor health, and even mental illness. Deuteronomy 28:28.

124. Obedience under the Old Covenant required compliance with the stated Laws of God. Obedience under the New Covenant require living by faith in the Word of God, under the filling of the Holy Spirit in the new nature and applying the Word to life.

125. **Healthy people are less likely to be controlled or influenced by governments or Satan**, while unhealthy people are more easily controlled.

B. Christ Came to Heal.

*“The Spirit of the Lord is upon me, therefore he anointed me to preach the gospel to the poor. He has sent me to **heal** the brokenhearted, to preach deliverance to captives, and new sight to the blind; to send away crushed ones in deliverance; to preach an acceptable year of the Lord.” Luke 4:18,19*

“Jesus said to them, 'Surely you will quote this proverb to me: Physician, heal yourself! Do here in your home town what we have heard you did in Capernaum.’” Luke 4:23

To **heal** is found in the infinitive of purpose giving us the reason why God sent his Son to the nation of Israel, for the purpose of healing, if they wanted to be healed. Christ is our Healer, even his name in the Hebrew means Healer. He is our Creator, our Savior and our Healer.

To **heal the brokenhearted** is the perfect passive participle of *suntribo*, which was used of the breaking of an earthenware vessel, or the crushing or bruising of a reed, which speaks of something in a **fragile condition**. **Are there any of us out there that are in a fragile condition emotionally or physically? The good news is that Christ can heal us!** When Isaiah the Prophet wrote of Christ he said that, *“A bruised reed he will not break.” Isaiah 42:3* This describes the child of God who is in a **fragile condition due to overwhelming suffering and sorrow**. Christ will not “finish him off”, as the wolves do, who circle in for the kill when they spy the wounded, the weak and the crippled. **How many “Christians” out there do this to other Christians; circle in for the kill with their words when we are at our weakest, our lowest?** You know, if people act like a wolf, they should sit down and evaluate if they are a wolf or a sheep, for sheep do not circle in to finish you off, but huddle together!

But more than that, it says that Christ will **heal the brokenhearted**. This is found in the perfect passive participle showing that this is a condition. Something has happened that has crushed these believers spirits and that they have been this way for some time, so he comes to them and heals them. **Bible Doctrine that has been metabolized by faith under the filling of the Holy Spirit is the thing that heals the brokenhearted and the broken spirit**. Now if Christ can heal a broken spirit, which is the most difficult and important, then how more easily can he heal the soul and body?

Some only look at Christ as Savior and Redeemer, which he is, others look at him as a crusader, but this passage shows that he is a Healer who came to earth to heal, which throws a different light on the subject.

Although *iaomai* and *therapeuo* were used interchangeably at times, only the *iama* word group was used of the **divine healing** by the Apostles, 1 Corinthians 12:9,28,30, and by male disciples.

In verse 23 where he said of them, “*Healer, heal thyself*”, they called him an *iatros*, an healer, but used the word *therapeuo* for **healing himself**. What they were saying is **practice your therapy on yourself**. This was the scoffing of negative volition. What arrogance! What hardness of heart to imply the Christ needed healing! The Son of God, without sin, was perfect in every way; he did not need healing! Their hatred and hardness of heart was revealed a few minutes later when they tried to kill him.

C. Healing Leprosy. Luke 5:12-26

The word had spread all over Israel that Jesus had the power to heal and was healing multitudes of people. When a leper had heard of this he told Christ that if he chose to, a third class condition maybe he would and maybe he wouldn't, that he could heal him! The leper believed that Christ was healing people and he believed that he had the power to heal him. What he didn't know was if Christ wanted to heal him! Is this us today?

Christ reached forth his hand and said that he was willing and healed him instantly. This shows that Christ **does** want to heal us. The word spread even more about him so that great crowds were seeking him to be healed and to hear him. But he withdrew to go out into the wilderness to separate himself from them, and so he could spend time alone with the Father.

D. Healing on the Sabbath. Luke 6:7; 17-19; 13,14

The Pharisees had heard that Christ's disciples had plucked wheat out of a field to eat, because they were hungry, and confronted the disciples over the matter. Later on, on the Sabbath, the Lord went into a Synagogue and healed a man with a withered hand right in front of everyone. They were trying, somehow, to “get the goods” on the Lord because he was healing on the Sabbath. (Legalism is more important to legalists than God or man).

So in an amazing triumph over their legalism and hatred, the Lord and the man with the withered hand stood up in the middle of them and he healed him in front of them all! **The result was that they became filled with a maddening rage and plotted how they could kill the Lord!**

What this demonstrated was that Christ showed that doing good, in this case healing the man, was not in conflict with the Law. It also showed the tremendous compassion he has for us. **It also revealed the true nature of legalists. They care nothing about people, all they care about is maintaining their self-**

righteous pride and religion. And they don't care about the true meaning of the Law, nor about grace.

The legalist in those days would say to the believer, "You can't get healed, today is the Sabbath!" To God the Healer they would say, "You can't heal today, for it's the Sabbath!"

The legalist today would say, "You can't get healed, for there's no divine healing in this dispensation! Just go to a doctor, go home and practice your religion." **While the grace believer** with the positive mental attitude of faith would say, "What the heck, let's try it! Let's go to God in faith and prayer and see if he'll heal us, or at least lead us to a therapist who will!"

What this shows is that regardless of how sincere religious or legalistic people **appear** to be to us, and regardless of what they say to us, **they really don't care about us**. All those people in the synagogue that day **could have really cared less about that man with the withered hand**; they only cared about their religious system. So who are we going to turn to and listen to? The Lord, or all those who say we can't?

E. Healing Comes Through Faith In The Name Of Jesus.

"By faith in the name of Jesus, this man whom you see and know was made strong."

Acts 3:16

One day Peter and John were up at the temple when a beggar, who had been crippled from birth, asked them for some money, Acts 3:1-16. They told him that they didn't have any money, but they had something far better, for Christ had given them the authority to heal. It must be noted, though, that **they did not have the ability to heal, only the authority and faith to access the power of healing that comes from God the Father, through the direct power of the Holy Spirit in the name of Jesus Christ.**

Peter said this, "*In the name of Jesus of Nazareth, walk.*" Instantly the man's feet and ankles became strong and he not only walked, but jumped up and down. When the people heard about this they were all amazed and wanted to know more. That's when Peter preached at them about what they had done to Christ. He told them that they had turned Christ over to be killed and wanted a murderer instead! He told them that they had killed the Author of Life, if you can imagine such a thing!

The blind, evil hatred of man overwhelms the mind to think that men would put their Healer to death! Jesus Christ was not only their king, their redeemer and the only true friend that Israel had, but he was also their Healer and they murdered him! But even so, it was through faith in the name of Jesus that this man was made whole, *holokleria*, **and that even the faith that we need to be healed comes from him also!**

F. Christ Healed Those With Evil Spirits.

"At that time Jesus cured, therapeuo, many who had diseases, sicknesses and evil spirits, and gave sight to many who were blind." Luke 7:21 *"Who had come to hear him and to be healed of their diseases. Those troubled by evil spirits were cured."* Luke 6:18 *"When Jesus had called the twelve together, he gave them power and authority to drive out all demons and to cure diseases."* Luke 9:1 *"Those who had seen it told how the demon-possessed man had been cured."* Luke 8:36

It's interesting that the word **curing** is used with evil spirits, he cured many who had evil spirits, but not

really when you consider the effect demons have on people. In essence what is happening is that **the effect is cured by removing the cause!** Instead of living in a house wearing clothes he lived in the tombs naked, displaying a morbid preoccupation with death, instead of life. He also displayed super-human strength because of the demons in him, and he was violent in nature. What we see is anti-social behavior, a preoccupation with the things associated with death and self-destructive tendencies, all of which are as the result of being demonized.

These things are all the effects of demon possession, **so the healing of an individual in this area is accomplished by the removal of the demon(s) in him**, thus curing the individual. Their removal is accomplished by the commanding of the demon(s) to come out of him in the name and authority of Jesus Christ.

G. Healing Of Wounds.

A familiar theme that runs through the Bible is that the hand of God inflicts injury on his people, and it is also the hand of God that heals us. In the passages in Jeremiah it was God who took Israel's health away from them in his righteous judgments, due to their rebellion against him, but it was God who would restore their health back to them, if they returned to him.

The word used in this passage in Nehemiah is *arukah* and was the word used for the healing of wounds utilizing bandages and salve. When the Israelites were rebuilding the wall of the temple *arukah* was used, probably due to the idea of repairing the gaps in the wall. Nehemiah 4:7 The prophet Jeremiah referred to the town of Gilead famous for its healing balms when he wrote, *“Is there no balm in Gilead? Is there no physician there? Why then is there no healing for the wound of my people?”* Jeremiah 8:22 *“But I will restore you to health and heal your wounds, declares the Lord.”* Jeremiah 30:17a *“Nevertheless, I will bring about health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”* Jeremiah 33:6

These passages deal with God inflicting injury and also healing us, if we turn to him. But **there is also self-induced misery due to our own bad decisions in life**. There is also **self-inflicted misery due to negative emotions circulating around inside of us, which can also affect the physical health of the body**. They strongly believed that certain emotions could also affect certain areas and organs of the body. Then there is also self-inflicted suffering caused by anger, guilt and shame. Whatever is going on, though, God can and will heal us. He may use others to do it, but he can and will heal us. And the healing must take place first in the soul, this is the most important thing. Oftentimes, once the soul is healed in an area, then physical healing follows.

H. *Yahweh* Is Our Healer.

“He heals the brokenhearted and binds up their wounds.” Psalms 147:1-3. In the participial form it reveals God's role as our Healer. The word *chabas* meant to bind up a wound like binding or wrapping a turban around the head. It was used of the binding up of fractures and other injuries, and was also one of the duties of the shepherd with his flock.

Again we have the idea of discipline over disobedience and restoration over obedience are found in Isaiah 30:26, *“When the Lord binds up the bruise of his people and heals the wounds he inflicted.”* And in Isaiah 61:1, *“The Spirit of the Sovereign Lord is upon me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for*

the captives and release from darkness for the prisoners.”

I. The Healing Of The Believer. Job 30:15; Psalms 42:5,6,11,12

Basically *yeshuah* meant deliverance from a situation that threatened a believer. It was used frequently for delivering the believer from danger, or things that threatened one's life, but was also used for healing from sickness, disease, or injury because these things posed a threat to the believer.

To ask God to heal us, or give us health, is actually to ask God to deliver us out of a condition of poor health, sickness, etc. It's related to the word *yeshua* from which we get the English word *Jesus*, which establishes Jesus as our Healer. Now Christ may heal us directly, what we call divine healing, or he may send us to someone who can do it. Either way he is involved in our healing. *Shua* also didn't mean to rescue one **out of** their trouble, ill health, etc., but also **to bring help to them in their trouble**.

J. Healing Of A Weakened Condition. Isaiah 61:3; Nahum 3:19

The word *kahah* dealt with the idea of failing in strength, being weak and feeble, becoming pale, spots on the skin and the eyes growing dim because of age or grief. Concerning the soul it spoke of depression, discouragement, fainting or losing heart. It would include having a weakened immune system, weakened resolve, weakened or atrophied muscles to skeletal problems and of things operating on a sub par level, below what they should be.

Being weak can and does affect us spiritually, emotionally and physically. We can become weak **spiritually** by not having the teaching of the Word of God that our spirits need, along with not having the filling of the Holy Spirit. This in turn will cause us to be weak **emotionally** getting us discouraged, depressed, despairing, having give-up-itis, losing our will and our moral courage. We become weak **physically** due to eating the wrong kinds of foods, living imbalanced lifestyles, and today, due to the toxicity of our environment: polluted air, polluted water, chemicals in our food, constant exposure to RF energy, etc. These things can and do weaken us as a believer.

Asking God to heal us, *kahah*, is asking God to strengthen us spiritually, emotionally and physically. In the area of the **spirit and soul**, it's to be done through metabolized doctrine and the filling of the Holy Spirit. And **physically** through a healthy lifestyle using healers and the things that promote health.

K. Healing The Body Or Mind. Proverbs 4:22,23; 15:4; 2 Chronicles 21:18

“Above all else, guard your heart, for it is the wellspring of life.” Proverbs 4:23