

Why People Get Sick (Part 2)

It is important for us to understand why we get sick so that we renew our minds with regards to these causes. The problem is that many people get healed but then soon afterwards the sickness returns and they end up often in a worse state. We need to include this discipleship process so that this doesn't happen. Many people like the formulae, and yes we will talk about healing methods, but for now we need to understand why people get sick in the first place.

4. Sin

At a macro level there is a relationship between sin and sickness. If there was no sin on earth there would be no sickness. Sickness came as a result of sin (the fall of man).

Romans 5:17-18

¹⁷For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ! ¹⁸Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people.

The verse above encourage us to focus on reigning in life through Christ. Throughout scripture the saints of old definitely saw some correlation between sin and sickness in their own lives.

Psalms 38:3, 5-7

³There is no soundness in my flesh because of Your indignation; There is no health in my bones because of my sin. ⁵My wounds fester and are loathsome because of my sinful folly. ⁶I am bowed down and brought very low; all day long I go about mourning. ⁷My back is filled with searing pain; there is no health in my body.

However, at the micro-level (individual) there is not always a correlation between sickness and sin. Jesus addressed this issue. Our focus should be on the fact that Jesus is willing to heal.

John 9:1-7

¹As he went along, he saw a man blind from birth. ²His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" ³"Neither this man nor his parents sinned," said Jesus, "but this happened so that the works of God might be displayed in him. ⁴As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. ⁵While I am in the world, I am the light of the world." ⁶After saying this, he spit on the ground, made some mud with the saliva, and put it on the man's eyes. ⁷"Go," he told him, "wash in the Pool of Siloam" (this word means "Sent"). So the man went and washed, and came home seeing.

John 5:3-10, 14-15

³where a great number of disabled people used to lie—the blind, the lame, the paralyzed. ^{[4][a]} ⁵One who was there had been an invalid for thirty-eight years. ⁶When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?" ⁷"Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me." ⁸Then Jesus said to him, "Get up! Pick up your mat and walk." ⁹At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath, ¹⁰and so the Jewish leaders said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat." ¹⁴Later Jesus found him at the temple and said to him, "See, you are well again. Stop sinning or something worse may happen to you." ¹⁵The man went away and told the Jewish leaders that it was Jesus who had made him well.

Luke 11:24-26

²⁴*"When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.'"* ²⁵*When it arrives, it finds the house swept clean and put in order.* ²⁶*Then it goes and takes seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first."*

Mt 9:2-7

²*Some men brought to him a paralyzed man, lying on a mat. When Jesus saw their faith, he said to the man, "Take heart, son; your sins are forgiven."* ³*At this, some of the teachers of the law said to themselves, "This fellow is blaspheming!"* ⁴*Knowing their thoughts, Jesus said, "Why do you entertain evil thoughts in your hearts?"* ⁵*Which is easier: to say, 'Your sins are forgiven,' or to say, 'Get up and walk'?"* ⁶*But I want you to know that the Son of Man has authority on earth to forgive sins."* *So he said to the paralyzed man, "Get up, take your mat and go home."* ⁷*Then the man got up and went home.*

James 5:13-16

¹³*Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.* ¹⁴*Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.* ¹⁵*And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.* ¹⁶*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

Instances of sin-prompted sickness are meant to provoke repentance.

5. Unforgiveness and Bitterness

Eph 4:31-32

³¹*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.* ³²*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Heb 12:15

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Your bitterness can defile those who hear you speak and can also defile your physical body.

Mt 12:36-37 (BSB)

³⁶*But I tell you that men will give an account on the day of judgment for every careless word they have spoken.* ³⁷*For by your words you will be acquitted, and by your words you will be condemned.*

Be careful of what you say when you are harbouring unforgiveness and bitterness in your heart. It may affect your physical health.

Prov 17:22

A joyful heart is good medicine, But a broken spirit dries up the bones.

Fred Luskin, (PhD director of the Stanford University Forgiveness Projects) says, our minds and bodies try to protect us from risk through residual feelings of bitterness or the associated physical response of fear. But it's important to remind yourself those things don't imply something horrible is going to happen. If your grandma was terrible to you when you

were a child, your nervous system might try to protect you; but that doesn't mean she needs to be feared anymore.

Ashley Abrahamson: It makes sense that choosing not to be bitter would make you feel happier: In a 2015 study Toussaint found that forgiving others is associated with lower levels of depression, anxiety, and hostility and higher positive emotion and satisfaction with life.

One 2018 study on religiously or spiritually-motivated forgiveness found that the more people forgave, the greater their psychosocial well-being and the lower their mental distress. Greater forgiveness was also associated with higher life satisfaction and fewer symptoms of depression and anxiety.

Kathi Norman (Univ of Pennsylvania) research: Failing to forgive, or unforgiveness, is the practice of engaging in ruminative thoughts of anger, vengeance, hate, and resentment that have unproductive outcomes for the ruminator, such as increased anxiety, depression, elevated blood pressure, vascular resistance, decreased immune response, and worse outcomes in coronary artery disease

Studies show that emotional factors are crucial to the development of R.A. The mindsets and emotions associated with arthritis are usually unexpressed anger, resentment, aggression, perfectionism, criticism (of self and others), lack of support, and fear. Studies have found that one reason women are afflicted with R.A. four times more frequently than men is that women are taught from early childhood not to express anger.

Dr Don Colbert said *on more than one occasion I have seen an individual healed of arthritis when he or she released bitterness and anger through total repentance. The person was first set free spiritually, then emotionally and physically. Don't let deadly emotions rob you of life and health; forgive and be healed.*

Crafted Prayer

Heart Diseases

We come against all types of cardiovascular challenges people are facing in the name of Jesus. Every condition that is affecting your heart is being dealt with right now. We pray for all those with blood vessel diseases, anything involving the arteries. We pray for those with narrow or blocked blood vessels, you will not have a heart attack. I come against high blood pressure in Jesus' name. We stand against anything causing blockages in the arteries that supply blood to the heart. I speak order. Chest pain, go in Jesus' name. You will not have a stroke in Jesus' name. Every challenge with heart rhythm is being dealt with now in Jesus' name. You will have a steady heartbeat. Your heart rate will not be too slow or too fast; it will not be irregular and disorganized. We cancel your appointment with death. Every agenda of the enemy to cause sudden cardiac death is disarmed and silenced now.

We speak healing from any heart defects you were born with (congenital heart defects). We declare that they are all being dealt with now because of the Cross. I speak order to your heart's muscle and valves in the name of Jesus.

We pray for babies and small children with congenital heart disease. This is not your portion. This is not for you. We declare a long life for you in Jesus' name. I declare that any challenge with your heart rhythm is being normalised right now.

For all those with cardiovascular challenges from now onwards your heart will do its job efficiently, your body is getting the blood-borne oxygen and nutrients it needs, fueling you with enough energy to maintain your active lifestyle. Chronic fatigue is going away now in Jesus' name.

I declare that you will have healthy levels of cholesterol in your blood for cell production. You will not have too much LDL cholesterol in your blood stream and there will be no blockages impeding blood flow.

I declare quick recovery rate over you. You will have the ability to quickly rebound to your normal heart rate after intensive exercise. You will have a healthy heart in Jesus' name.