

Why People Get Sick (Part 1)

When we understand how something came about, it helps us to find the solution. It is also important that we accurately diagnose sickness so that we can give it the correct remedy. We have lost loved ones not because they did not receive any medication but because they were inaccurately diagnosed and as a result received the wrong medicine. It is the same spiritually. If you think something requires medicine yet the root cause is demonic, you will probably miss out on the complete healing because of how you have diagnosed it.

Here are some reasons why people get sick. Common sources of illness:

A. Dietary and Lifestyle

People tend to break universal health laws. We do so in ignorance, or sometimes due to lack of self-discipline and on other occasions in wilfully in rebellion. Although God was the Divine Healer in the Old Testament, He still gave them laws that would help His children to prevent disease. If He did it then it means that He expects us to also be good stewards of bodies today. The scientific wisdom behind the biblical dietary laws is very clear yet seldom taught today. Many people see these laws as merely Old Testament regulations that are no longer applicable. However, as Eerdmans' Handbook of the Bible comments: "These lists [of clean and unclean creatures] have a significance often ignored. Far from being based on fad or fancy, these lists emphasize a fact not discovered until late in the last century... that animals carry diseases dangerous to man" (p. 176). In fact, the same animals labelled unclean in Scripture still carry parasitic diseases that are dangerous to human beings today.

The Bible contains rich medical information around themes such as sexual relations, dietary guidelines, hygiene, sanitation etc., which is not at odds, but in harmony with the modern medicine. The Old Testament Laws were very valuable in the area of public health. These laws protected Israel from bad diet, dangerous vermin and communicable diseases. The laws were not borrowed from the nations around them so it is clear that God the Healer was also God the preventer of disease. God explained to the Israelites that if they obeyed His commandments they would experience "none of the diseases" that plagued other nations (Exodus 15:26). God gave these laws to His chosen people so they could be an example to the world! God wanted their better health to be noticed by surrounding nations who could then inquire how they, too, could gain the same results. (Douglas S. Winnail, Tomorrow's World). Halley's Bible Handbook states: "Moses' Law... [including] its Health and Food regulations, was far purer, more rational, humane and democratic than, and showed a wisdom far in advance of, anything in ancient legislation, Babylonian, Egyptian or any other" (24th edition, p. 138).

We have many sicknesses today that were not prevalent in Bible times simply because of our lifestyle. Today many people are living sedentary lifestyles. Years ago people were accustomed to walking long distances. In Bible times people ate healthier as most of their foods were consumed in their original state also guided by their laws. Food that was considered unclean tended to be unhealthy anyway. God did not want them to get sick in the first place.

If my car takes low sulphur diesel, then I need to stick to that or else I will always be taking it in to get fixed. The reality is the same with our physical bodies.

Leviticus 7:23-27

²³“Say to the Israelites: ‘Do not eat any of the fat of cattle, sheep or goats. ²⁴The fat of an animal found dead or torn by wild animals may be used for any other purpose, but you must not eat it. ²⁵Anyone who eats the fat of an animal from which a food offering may be[a] presented to the Lord must be cut off from their people. ²⁶And wherever you live, you must not eat the blood of any bird or animal. ²⁷Anyone who eats blood must be cut off from their people.’”

One of the most significant discoveries in the last century was that high fat diets are linked to increased levels of heart disease, stroke, cancer of the colon and breast and a host of other pathologies—including obesity—that bring additional complications.

- Douglas S. Winnail, Tomorrow's World

When there is low self-control and your god is your belly you will experience the consequences.

Phil 3:19

Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.

If I continuously remain clothed in my sweaty clothes after a run the dampness can cause me to get the sniffles.

I have outlined below 3 major contemporary lifestyle reasons why we keep getting sick:

1. **Psychosomatic illnesses** (Definition: of a physical illness or other condition) caused or aggravated by a mental factor such as internal conflict or stress.)

Loneliness – feelings of loneliness affect our bodies at a genetic level. We increase in pro-inflammatory genes and decrease in the genes that produce antibodies and immunity. It has been found that maintaining social connections helps your health. The simple act of hugging lowers stress and boosts your immune system.

Ps 68:5-6 (BSB)

^{5A} *father of the fatherless, and a defender of the widows, is God in His holy habitation. ⁶God settles the lonely in families; He leads the prisoners out to prosperity, but the rebellious dwell in a sun-scorched land.*

Heb 10:25

not giving up meeting together, as some are in the habit of doing, but encouraging one another--and all the more as you see the Day approaching.

Stress – weakens your immune system. Your brain produces the stress hormone cortisol which impairs the T Cells (component in blood that fights infection)

Phil 4:6-7

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Mt 6:25-27

²⁵“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Can any one of you by worrying add a single hour to your life?”

2. Failure to wash hands

95% of us don't wash our hands well enough to kill bacteria. We should be washing our hands vigorously with soap for 15 – 20 seconds. In American Society study 83% of women washed their hands after using a public restroom whilst 74% males did so.

Freezer section of a superstore held 33 340 bacteria colonies per square inch (1000 times the bacteria found on an average cell phone). So even post Corona, keep sanitizing.

3. Lack of sleep

When you sleep your body repairs and recharges. You experience restocking of various disease fighting cells and antibodies. This is why people often feel run down and hit by viruses when they lack sleep.

There are other things in our lifestyle that I will not focus on e.g. Lack of exercise, too much sugar, being overweight, lack of water intake etc) but you can see the link below for further study.

<https://www.eatthis.com/reasons-you-keep-getting-sick/>

B. Demonic Spirits

The disciples did not "intercede" for healing; they commanded spirits of infirmity to leave, or instructed the person to do something they could not do before. John G Lake found that when he was in Africa a key to seeing more healings was this shift. Some spirits gain a legal right through sin. Others are prevalent in particular regions, whilst others are familiar spirits that target families. This is why sometimes the same spirit that caused sickness in a family member targets another family member soon after the other person has died. We then think it is a hereditary sickness yet it is just the same demon.

Mark 9:17-27

¹⁷A man in the crowd answered, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. ¹⁸Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit, but they could not." ¹⁹"You unbelieving generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy to me."

²⁰So they brought him. When the spirit saw Jesus, it immediately threw the boy into a convulsion. He fell to the ground and rolled around, foaming at the mouth.

²¹Jesus asked the boy's father, "How long has he been like this?"

"From childhood," he answered. ²²"It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us." ²³"If you can?" said Jesus. "Everything is possible for one who believes."

²⁴Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!" ²⁵When Jesus saw that a crowd was running to the scene, he rebuked the impure spirit. "You deaf and mute spirit," he said, "I command you, come out of him and never enter him again." ²⁶The spirit shrieked, convulsed him violently and came out. The boy looked so much like a corpse that many said, "He's dead."

²⁷But Jesus took him by the hand and lifted him to his feet, and he stood up.

Luke 13:10-13

¹⁰On a Sabbath Jesus was teaching in one of the synagogues, ¹¹and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. ¹²When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." ¹³Then he put his hands on her, and immediately she straightened up and praised God.

I believe Jesus had compassion towards her. She didn't even make the request, He just saw her and spoke to her.

Mt 9:32-33

³²While they were going out, a man who was demon-possessed and could not talk was brought to Jesus. ³³And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, "Nothing like this has ever been seen in Israel."

C. Hereditary illnesses

Often people have faith for hereditary diseases. They hear that a relative had it and then they expect it for themselves. We live in a fallen world and there are certain diseases that tend to be easily passed down to the next generation when parents carry them. This includes heart disease, diabetes, obesity, alcoholism, lactose intolerance etc. It is important to refuse this for yourself. There are other diseases to do with genes that are also hereditary such as Sickle Cell Disease, Hemophilia, Huntington's Disease etc. We need to forgive those who have hurt us in our families and also reclaim our new blood line in Christ.

Exodus 20:4-5

⁴“You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. ⁵You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me.

I have seen how many people are impacted in their health because of the idolatry of their parents and grandparents. Jesus was never prevented from healing due to the sin of their ancestors.

Children of alcoholics are not destined to be alcoholics too. But recent research reports about 50 percent of the risk for alcoholism is genetically determined. The environment accounts for the other half. Yes, there can be a genetic predisposition to substance abuse. In fact, the American Psychological Association (APA) states that “at least half of a person’s susceptibility to drug or alcohol addiction can be linked to genetic factors.”

Numbers 14:18

¹⁸‘The LORD is slow to anger, abounding in love and forgiving sin and rebellion. Yet he does not leave the guilty unpunished; he punishes the children for the sin of the parents to the third and fourth generation.’

Many people think that because they are Christians they automatically experience freedom. I have found that it is important to claim your freedom and walk in it.

Exodus 12:12-13

¹²“On that same night I will pass through Egypt and strike down every firstborn of both people and animals, and I will bring judgment on all the gods of Egypt. I am the Lord. ¹³The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt.

Be careful of fear

Crafted Prayer Hereditary Diseases

Right now we come against any and every disease that has come through the family bloodline in Jesus’ name. I declare that this is not your portion. You have been washed by the blood of Jesus and you are in Christ Jesus. Anything that you have accepted as your portion we fall out of agreement with it now in the name of Jesus. We resist that heart disease, diabetes, obesity, lactose intolerance. We resist every allergy in the blood line and declare that it will pass over you. The plague will not touch you and your household because you have the blood of the Lamb on your door post. We declare normal lives for those that have been hit with genetically related hereditary diseases. You will have a normal life in Jesus’ name.

The blood of Jesus in your life is greater than Sickle Cell Disease, greater than Haemophilia, greater than Huntington's Disease. Alzheimer's disease will not touch you even if it has affected people in your family line. That posterior part of your brain will not shrink or atrophy in Jesus' name. For any hereditary illnesses, we declare that what has impacted family members in the past will not touch you. You are free from family weaknesses and addictions. You are free from alcoholism in Jesus' name. We come against any mental health condition that may be hereditary. We come against ADHD, autism, bipolar disorder, clinical depression, and schizophrenia. We declare that these are not your portion. I stand with you today and we release any bitter root judgments we have made against people both in and outside our families with these conditions. Thank you for your Word Lord in Ps 103:1-5

¹Praise the Lord, my soul; all my inmost being, praise his holy name. ²Praise the Lord, my soul, and forget not all his benefits— ³who forgives all your sins and heals all your diseases, ⁴who redeems your life from the pit and crowns you with love and compassion, ⁵who satisfies your desires with good things so that your youth is renewed like the eagle's.