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Eliminating Physical Factors

- Health -

There are many reasons that we face sickness in our bodies; however, we can inquire of the Lord and find some answers. We can apply the Word of God, believe in the finished work of Christ, and receive healing. We also can by God's grace walk in health.

Gideon's Story

In the book of Judges, chapters six and seven is a marvelous story of "eliminating the physical factors." It begins with, "And the children of Israel did evil in the sight of the LORD: and the LORD delivered them into the hand of Midian seven years. And the hand of Midian prevailed against Israel: and because of the Midianites the children of Israel made them dens which are in the mountain caves, and strong holds" (Judges 6:1-2). The Scripture says that the Midianites came up like grasshoppers to destroy the sustenance of the land. The Israelites became greatly impoverished!

In desperation, Israel cried unto the LORD. The LORD sent a prophet to encourage them and to stir their minds to remember that He had previously delivered them from Egypt. The prophet spoke for God saying, "And I said unto you, I am the LORD your

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God; fear not the gods of the Amorites, in whose land ye dwell: but ye have not obeyed my voice" (Judges 6:10).

Now there was a young Israelite man, Gideon, hiding down in the bottom of a winepress threshing wheat. This meant that he was beating the head of the grain out on the floor of the winepress. Then he would pitch the grain up into the air above his head, just above ground level to allow the wind to carry away some of the husk. It was a terrible, dirty, choking way to harvest grain. Then the angel of the LORD appeared to him and said, *"The LORD is with thee, thou mighty man of valour"* (Judges 6:12). Gideon's response was that the angel had to be kidding. *"Oh my lord, if the LORD be with us, why then is all this befallen us? and where be all his miracles which our fathers told us of, saying, Did not the LORD bring us up from Egypt? but now the LORD hath forsaken us, and delivered us in the hands of the Midianites"* (Judges 6:13).

The LORD spoke through the angel saying, *"Go in this thy might, and thou shalt save Israel from thee and of the Midianites: have I not sent thee?"* (Judges 6:14). Gideon refused to believe! He said, "How can I save Israel?" "My family is poor and I am the least in my father's house. The angel did not give up, but insisted, *"Surely I will be with thee, and thou shalt smite the Midianites as one man"* (Judges 6:16).

The next verse of Scripture reveals the character of Gideon. *"And he said unto him (the angel), If now I have found grace in thy sight, then shew me a sign that thou talkest with me"* (Judges 6:17). Gideon prepared a sacrifice of a kid goat and unleavened cakes. Then the angel caused a fire to come from the rock and consume them. Gideon called the place "Jehovah-shalom", which means "I Am is Peace".

Next, the LORD instructed Gideon to take a young bull that belonged to his father, the one that was seven years old, and to pull down his father's altar to the pagan god, Baal. He was also to cut down the grove where the altar stood. Then he was to take and build an altar on top of the rock and take the wood from the grove and sacrifice a burnt offering of the bull.

Being afraid of his father's household, Gideon took ten of his own servants and obeyed the LORD. When the men of the city found out what Gideon had done, they became furious. They wanted to kill Gideon. They went to Gideon's father to get him to do something. However, he wisely answered them by telling them that if the god, Baal, was a real god, then he could defend himself.

Following Gideon's obedience in tearing down the altar of Baal, the Spirit of the LORD came upon him and gave him boldness to blow the trumpet to gather men unto himself. He also sent word throughout all Manasseh and gathered 32,000 men. However, Gideon still remains unsure about fighting the extremely large army of the

Midianites. He asks God for more signs. God responds by providing the wet fleece on dry ground and the dry fleece on wet ground (Judges 6:36-40).

The LORD spoke to Gideon saying, *"The people that are with thee are too many for me to give the Midianites into their hands, lest Israel vaunt themselves against me, saying, Mine own hand hath saved me"* (Judges 7:2). Then the LORD told him to send everyone home that was "fearful and afraid." Twenty-two thousand men headed for home, leaving only ten thousand men to fight the mighty army of the Midianites.

The LORD said there were still too many men. He told Gideon to bring the men down to the water to drink and then He would tell Gideon which men would stay and which would go home. Gideon obeyed. Three hundred men reached down with their hands and took up water to drink while the remainder got down on their knees to drink. God said to keep the 300 men and to send the rest back. We should remember that the Midianites were like grasshoppers in number compared to the 300 men of Gideon.

The LORD then instructs Gideon to divide the three hundred men into three companies. As God instructed, Gideon gave each man a trumpet (a shophar or ram's horn), an empty pitcher, and a torch within the pitcher. Then the men were to encompass the camp of the Midianites at night. At Gideon's command, they were to blow the trumpets, break the pitchers, revealing the lit torches, and to shout, "The Sword of the LORD and of Gideon." They did this as Gideon had instructed. *"And they stood every man in his place round about the camp: and all the host (of Midianites) ran, and cried and fled"* (Judges 7:21). The result was that the Midianites in their fright began to turn and kill one another in the night thinking that the other person was their enemy. Then Gideon gathered other men and pursued the Midianites and killed their two princes, Oreb and Zeeb.

Diseases often come against us as the Midianites came against the children of Israel. More often than not, we also have disobeyed God as the children of Israel did. We work seven days a week and do not take a day of rest as God has commanded. We eat foods that are not good for us. We fail to exercise properly and to take care of our bodies that are meant to be the temple of God. We worry and fail to cast our cares upon the Lord as He commands us to do. We keep hidden sins buried within our hearts, rather than asking forgiveness and turning from them. All of these factors cause a physiological break down in our immune systems. Then we are faced with diseases.

Diseases, like the Midianites, cause us to hide in our houses and in hospital rooms. Diseases destroy our sustenance. They may cause a depletion of nutrients in the body. They may keep us from working and making a living. They cause us to spend enormous sums of money on insurance and doctor bills. We, like the children of Israel, become impoverished.

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Only in our desperation do we, in general, call upon the Lord. It is the nature of the old man to call a doctor, first. We usually seek human help before seeking divine healing. Then if the human efforts fail, we turn to the spiritual. The word of the prophet to Israel was not to be afraid, but that Israel must carry some responsibility for her dilemma. We encounter many of the diseases because we have failed to obey the Word of God.

We also often act like Gideon when disease comes. He was hiding from the enemy. Also when the angel of the LORD spoke to him and tried to encourage him, he responded in doubt. We also respond, "If God is with us, why do we get sick? We have heard about the miracles of God healing others in the past, but that was in the New Testament. It must not apply now. God must have forsaken us and delivered us over to the these diseases."

The response of the angel of the LORD to Gideon is interesting. He tells Gideon to go in his own strength and he will save Israel from the Midianites. After all, the angel is sending him. Gideon answers with more doubts. He says, "How can I save Israel?" "I am a nobody." We respond, "How can we get over this disease?" "I'm not a physician." Again, the angel says, "I am with you, and you will have the victory." We are also like Gideon in that we want and look for signs that God will heal us. It is interesting that God did not condemn him but instructs him to enter into worship. For us to receive healing, we also need to lay aside our problems and enter into worship. As he was obedient in offering a sacrifice, God gave him the sign of the fire coming out of the rock to consume the offering. God often confirms His Word to us through miracles as we worship Him.

As the LORD instructed Gideon to tear down the strongholds of his father, we also are to tear down the strongholds of our ancestors. We do this through the breaking of generational curses. Remember, diseases are often connected to the sins of our forefathers. For example, the sin of gluttony (overeating) not only produces weight problems, but blood sugar and blood pressure problems. Physicians are well aware of the inherited factors and request a family history concerning diseases. When we begin to tear down the strongholds and call sin, **sin**, we find the world responding like the men of the city. Gideon's actions brought conviction upon the men. They became angry! The world gets upset when we call gluttony a sin. The world also gets upset when we call *having an affair* the sin of adultery. We should not be surprised that the judgment of venereal diseases is upon our nation because of the sins of fornication and adultery. God would have us to confess the sins of our forefathers and tear down the strongholds.

The big change came in Gideon's life when the Spirit of the LORD came upon him and he blew the trumpet. At that point, he began to see that he could possibly fight the

enemy. When we are under attack by disease, it may seem hard to see that we can have victory. We also need an anointing of the Holy Spirit to see the victory.

It is intriguing that Gideon started with too large an army. From a standpoint of logic, his army was not big enough. We can compare this to eating. We often eat too much and think that it is healthy. Then God tells us to cut back. Many physicians are turning to fasting to find remedies for various diseases. Daniel, six hundred years before the birth of Jesus, refused to eat the king's meat and drink the king's drink because he knew that it was not healthy for him (Daniel 1:8-17). Daniel ate pulse (beans or vegetables) and drank water. The diet would be low in fats, low in sugars (excluding wines), high in fiber and unprocessed compound carbohydrates. He also drank plenty of water. *"And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat"* (Daniel 1:15).

We may make another application of this passage. God had Gideon to send home all the men that were "fearful and afraid." Fear is a major factor in a number of physiological problems. We may often associate fear with headaches, upset stomachs, heart attacks, and frequency of urination. In reality, we need to cast all our cares upon the Lord because He cares for us. If we do not then we become subject to the devil, who walks about like a roaring lion seeking whom he may devour (I Peter 5:7-9).

God told Gideon, that he still had too many men. We may also need to cut back not only on fats and sweets, but also on overindulgence in other foods, or even on work and our exercise. God had Gideon to keep only those men who kept their eyes open as they dipped up the water in their hands. These men did not yield to the desires of the flesh, but disciplined themselves to be on the lookout for the enemy.

Next, God instructed Gideon to divide the remaining men into three companies. God told Gideon that he was to smite the Midianites as one man. Therefore, let us use the analogy at this point. As previously discussed, we should see ourselves as being a trichotomy (a three-part person). Let us use the 300 men as one man. God told Gideon to give each man a trumpet, an empty pitcher, and a torch. They were to encompass the camp of the enemy; then at the command of Gideon, they were to blow the trumpets, break the pitchers revealing the torch, and shout, "The sword of the LORD and of Gideon."

First, we are to be aggressive concerning disease. We are to treat it as an enemy. We are to take the initiative against it and blow the trumpet. We are to declare war! Doing nothing is a concession of defeat. Second, as the men broke the pitchers the light was revealed. We can see a deep lesson here. As our bodies are broken, the light of Christ is to be revealed. This light may refer to the living Word of God, Jesus, as well as the

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written Word of God. Third, as the men shouted, we are to make a positive declaration of faith based upon the Word and using the Name of Jesus. One declaration of faith could be, "In the Name of Jesus, I declare that though the stripes of Jesus, I receive the healing of God."

Again, the men were all to act together as one man. This should tell us that we need to get our act together. The body, soul (mind, will, and emotion), and spirit should come together in agreement. John wrote, "*Beloved, I wish above all thing that thou mayest prosper and be in health, even as thy soul prospereth*" (III John 1:2). God desires for us to be in health *as* our soul prospers. As our souls come into agreement with the Spirit, then we have a united front against disease.

Causes And Effects

Why do I have physical difficulties? To begin, we need to see that physical ailments may have at least twelve different causes substantiated by Scripture. You will learn later how to discover the cause and some solutions.

Inherited diseases: Please take the time to read Deuteronomy chapter twenty-eight to see the various curses found under the Law. It is easy to see tuberculosis (consumption), fevers, and kidney infections in verse twenty-one. In verse twenty-seven we can see hemorrhoids and possible venereal diseases. In verse thirty-five we may see arthritic problems. "*Moreover he will bring thee all the disease of Egypt, which thou was afraid of; and they shall cleave unto thee. Also every sickness, and every plague, which is not written in the book of the law, them will the LORD bring upon thee, until thou be destroyed*" (Deuteronomy 28:60-61). The Law includes **all** diseases, even those which are not listed. We also find that the curse is passed from one generation to the next generation (Exodus 20:5). Even the medical profession, at least in part, recognizes the tendency for children to inherit the disease traits of the parents.

Direct result of bodily abuse: Paul pleads with us to present our bodies as a living offering, holy and acceptable unto God (Romans 12:1). This is what God expects of us. As a teenager, I briefly tried smoking, but a friend brought this Scripture to my attention, and I quit smoking. I could not justify harming my body through smoking after that. "*Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him will God destroy; for the temple of God is holy, which temple ye are*" (I Corinthians 3:16-17). One result of smoking for many people is lung cancer or some other lung disease. Another example of abuse is overeating. Overeating often results in excessive body weight and stress upon the legs and back which may cause a breakdown in the joints.

Sickness unto death: My favorite prophet in Scripture is Elisha. He was the man of God who asked for a double portion of the Spirit of God (II Kings 2:9-11) and received it. He did twice as many miracles as did Elijah. However, he got sick and died. *"Now Elisha was fallen sick of his sickness whereof he died"* (II Kings 13:14). The Word gives no reason for the sickness, other than he died of it. It is also interesting that some Moabites cast another dead man into the open grave where the bones of Elisha lay. When the body of the dead man touched the bones of Elisha, the dead man came back to life. Sometimes sickness is simply a means of death.

Buffeting of God: We find in II Corinthians 12:1-10 that Paul wrote of a man who was a Christian who was caught up into the third heaven into the presence of God. Most students of the Bible assume that the man that Paul spoke of was himself. In verse six, Paul acknowledged that he struggled in glorying in telling others about his experience. Paul said, *"And lest I should be exalted above measure through the abundance of the revelations, there was given me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure"* (II Corinthians 12:7). In brief, God permitted a messenger of Satan to keep Paul from getting a "big head" over all the revelations that he had received. Paul asked God three times to remove the physical problem (we don't know exactly what it was), but God answered that the grace for him to endure was sufficient. Paul concluded that when he was weak, that he had to depend more upon God and let God get the glory.

For God's glory: John, the apostle, tells the story of Jesus passing by a blind man and healing him (John 9:1-7). This man had been blind from the time of his birth. The disciples asked Jesus a very important question? *". . . Master, who did sin, this man, or his parents, that he was born blind?"* (John 9:2). We should look closely at Jesus' response, *"Neither hath this man sinned, nor his parents: but that the works of God should be manifest in him"* (John 9:3). We must also conclude that all physical problems are not the result of sin. This man's blindness occurred that Jesus might demonstrate the work of God by healing him. This miracle led the man to believe that Jesus was the Son of God (John 9:35-41).

Attack of the enemy: The work of the devil is to kill the body, steal our health, and destroy our lives. Luke, the physician, records, *"And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself. And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity. And he laid his hands on her: and immediately she was made straight, and glorified God"* (Luke 13:11-13). The woman was under a demonic attack from the enemy. Later, in teaching, Jesus said, *"And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years,*

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be loosed from this bond on the sabbath day?" (Luke 13:16). Jesus directly attributes the woman's illness to the attack of Satan.

Violation of God's dietary and sanitary laws: We may find many of these laws in the book of Leviticus. In chapter Eleven of Leviticus, we find a list of clean and unclean foods. It is good to remind ourselves, at this point, that God gave these laws to us for our benefit. *"And the LORD commanded us to do these statutes, to fear the LORD our God, for our good always, that he might preserve us alive, as it is this day"* (Deuteronomy 6:24). Well, didn't Jesus do away with all that? No! He came to fulfill and not to destroy it (Matthew 5:17). Didn't Peter's vision do away with the laws concerning eating unclean animals? No! The vision was in reality dealing with the acceptance of Gentiles into the kingdom of God (Acts 10:34-35). Well, do we have to keep the Law to go to heaven? No! However, we just may get there a little quicker if we do not apply the principles of the Law. God warns that we should not take away from His law (Deuteronomy 4:2).

The testing by God: One may look at the story of Job from several different perspectives. One may see where Job opened his life for Satan to attack him through thoughts of fear. One may also see that Satan was the one who touched Job's body with boils. However, we can see this experience also as a testing from God. God, Himself, called Satan's attention to Job. *"And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and upright man, one that feareth God, and eschewed evil?"* (Job 1:8). Job considered his experience as a test from God. He spoke to God saying, *"What is man, that thou shouldest magnify him? and that thou shouldest set thine heart upon him? And that thou shouldest visit him every morning, and try him every moment?"* (Job 7:17-18). We should also see that Satan may only touch man as God gives permission to him to do so. *"And the LORD said unto Satan, Behold, he is in thine hand; but save his life"* (Job 2:6).

Accidental physical injury: It is rather obvious that many people have physical problems because of accidental injuries. King Saul's son, Mephibosheth, was injured when his nurse grabbed him and began to run with him (II Samuel 4:4). Mephibosheth, a five year old boy, fell down and became lame because of the injury. Many people today are physically injured through work related accidents and automobile accidents.

The direct judgment of God: Moses recorded in the book of Numbers the case of Miriam. Miriam was Moses' sister, but she spoke against Moses who was the leader of the people (Numbers 12:1-16). God became very angry with her and Aaron! When the presence of God left the tabernacle, Miriam became leprous. Aaron recognized that they had sinned in speaking against Moses. Moses prayed to God for Miriam. After seven days God healed her.

We find another example of God's judgment in Numbers chapter sixteen. The people murmured against Moses and Aaron and God sent a plague that killed 14,700 people before Moses and Aaron could intercede. God is swift to bring judgment upon those who murmur against those whom He has placed in a position of authority.

Result of sin: John recorded the story of a man who had been crippled for thirty-eight years (John 5:1-15). When Jesus saw him at the pool of Bethesda, he asked him, "Are you willing to be made whole?" The man responded that he had a desire to be healed, but that others always beat him into the water after the angel stirred it. *"Jesus saith unto him, Rise, take up thy bed and walk. And immediately the man was made whole . . ."* (John 5:8-9). *"Afterward Jesus findeth him in the temple, and said unto him, Behold, thou are made whole: sin no more, lest a worse thing come unto thee"* (John 5:14). Obviously, the man's illness was because of sin. Probably, he had developed such a severe case of arthritis because of his bitterness.

We may associate various illnesses directly with sin. We may often associate heart attacks with the sin of worry. We may associate many kidney problems with fear. Worry and excessive stress may cause a breakdown in one's immune system, causing one to become susceptible to various viruses.

Not discerning the body of Christ: Paul speaks about the issue of the Lord's Supper or communion. He states, *"For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. For this cause many are weak and sickly among you, and many sleep"* (I Corinthians 11:29-30). When Paul uses the expression, "many sleep", he is speaking of physical death. We may see two views of this passage. First, if one takes the physical death of Jesus lightly as he takes of the Lord's supper, he may become sick. Jesus was crucified in the flesh that we might receive both spiritual and physical healing (Isaiah 53:5). Second, if we have a critical, judgemental attitude toward others Christians (His body), then we may become sick and even die.

Approaches To Healing

First, is the medical approach. This book is not written to **emphasize** a medical perspective, and I am not a M.D. However, I believe that it is important to address the medical approach. Although the medical approach has its place in healing and health, it definitely has its limitations. The Word of God gives us some very strong warnings about seeking a physician first. King, Asa, died because *"he sought not the LORD, but to the physicians"* (II Chronicles 16:12). Whenever we get sick, we are to seek God first. Another warning is that some physicians are in the business solely for the money and will take all they can get from you or your insurance company. Jesus healed a woman who

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came to him with an issue of blood (Mark 5:24-34). The truth was that she had had the problem for twelve years, *"And had suffered many things from many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse"* (Mark 5:26). We also should be aware that the medical field is not an exact science, but rather a "practice" based upon limited and sometimes even biased statistical information. It is often based upon "trial" and "error" practice. Furthermore, the treatment today for stomach ulcers has change considerably from the preferred treatment ten years ago.

God may use a physician in our recovery from various physical problems, but often we begin to idolize the means rather than the source of the healing. An example is found in II Kings 18:4. At one point, God had sent poisonous snakes to kill the disobedient Israelites. Moses prayed and God instructed Moses to make a brazen serpent and put it upon a pole for the people to look upon it and be healed. Some years later, Hezekiah discovered that the people had begun to worship the pole with the brazen serpent upon it.

There is no Scripture that forbids one from going to get help from a medical physician. God uses physicians to save the physical lives of many Christians every day. Generally, the Christian counselor should not forbid one from seeing a physician. In fact, in many cases he should prayerfully recommend that one see a physician. For example, if the counselor suspects that the counselee is having a problem with a brain tumor, cancer, heart problems, diabetes, kidney stones, or some potentially fatal virus, he should prayerfully direct the individual to a physician. We should remember that Luke, the disciple of Jesus, who wrote the gospel of Luke and the book of Acts, was a physician. There is no

How To Choose A Physician

1. Pray and ask God first.
2. Ask the counsel of those in spiritual authority (pastor or elders).
3. Discover the reputation of various physicians by asking other Believers in the body.
4. Unless otherwise directed by God, choose a physician that also is a Believer.
5. Choose a physician that is humble enough to recognize his own limitations.
6. Choose a physician that is informative and will answer your questions.
7. Choose a physician that is truthful, hopeful, and encouraging.
8. Choose a physician that will search for root causes and not just treat symptoms of the illness.
9. Choose a physician that is open to alternative methods of treatment, such as nutrition therapy, exercise therapy, and Biblical counseling.
10. Remember, you may get a second opinion, if you believe that you need to.

reason to believe that Luke gave up his practice of being a physician after becoming a Believer. Paul speaks of Luke as being "*Luke, the beloved physician*" (Colossians 4:14).

Furthermore, the Christian counselor, must be careful in recommending that the counselee stop taking medication. Legally, the counselor becomes liable for practicing medicine without a license. Instead of recommending the counselee to stop taking medication, he may suggest that with the proper counsel and the healing of God, that the individual may no longer need the medication.

Second, is the physiological approach. This approach has to do with cause and effect concerning diet and exercise. Although there are too many laws to cover in this chapter, we may look at several of them. God's Law forbids the eating of meat with blood in it (Leviticus 17:14). It tells us that we should use running water to wash our hands. It says that we should wash after touching a dead body. It says that a couple should refrain from sexual intercourse when the wife is in her menstrual cycle. Remember that these are for our good that God may preserve our lives.

Third, is the sociological approach. How we relate one to another affects our physical health. Many of us have gotten a headache just before talking to the boss. Some of us have gotten sick to the stomach because we have worried over that special person not receiving us. We have had our blood pressure shoot sky high because we got angry with someone.

We find a story in Scripture about a man who became a "workaholic" to please Paul. *"Yet I supposed it necessary to send to you Epaphroditus, my brother, and companion in labour, and fellowsoldier, but your messenger, and he that ministered to my wants. For he longed after you all, and was full of heaviness, because that ye had heard that he had been sick. For indeed he was sick nigh unto death: but God had mercy on him; and not on him only, but on me also, lest I should have sorrow upon sorrow"* (Philippians 2:25-27). Epaphroditus almost died through his overwork.

Fourth is the "souliological" approach. You will notice the word "soul" in the approach. Again, remember that the soul is made up of the mind, will, and the emotions. *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth"* (III John 1:2). If we think wrong thoughts, there are biological changes in our bodies that affect our health. When we try to live by our "willpower", we may do O.K. for a while, but when we fail, the depression effects our physical health. When we try to live by emotions, then our bodies may also be on a physical, roller coaster ride. When we come to submit our mind, will, and emotions to the Lord for Him to rule over them, we are open to receive healing and walk in health.

Fifth, is the "Scriptural" approach. The Scriptural approach may incorporate within it some of each of the other approaches. However, the Biblical approach must reign as

Approaches To Disease				
Disease	Cause	Solutions	Church ministry	Human remedy
Spiritual sickness	Transgressions and Iniquities	Confession Repentance Forgiveness Restitution	Worship Fellowship Prayer Communion	None or denial
Emotional sickness	Disobedience Sin of others Stress, Hurts Guilt, Fears	Healing of hurts and renewing of the soul	Prayer and Counseling	Psychologist Psychiatrist Therapist
Physical sickness	Disease Abuse Injury Psycho-somatic	Prayer Faith Obedience	Anointing of oil, laying on of hands, gifts of the Spirit	Physicians Medicine Therapy
Possession and / or Oppression	Demonic influences	Deliverance and tearing down of strongholds	Binding and casting out of evil spirits	Hospital confinement Shock Treatment, Drugs

the superior approach. The remainder of this chapter will look at healing and health strictly from a Scripture.

Breaking Family Curses

I actually cover this topic of generational curses in the book, "How To Destroy The Evil Tree", but it is appropriate that I tie it into this chapter. When we go to a physician, he will ask us for a family history. "Did your father have heart problem?" "Does anyone else in you family have gallstones?" The medical profession realizes that diseases often have hereditary factors. Families often pass from one generation to the next generation a tendency toward various diseases. These disease tendencies are considered curses under the Old Testament law. God said in the Law, *"Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me"* (Exodus 20:5). Again, the word "iniquity" means a tendency toward sin that is passed from one generation to the next. Sin often results in illness. We get a hint of this when Moses recorded the words of God using the expression "pine away". *"And they that are left of you shall pine away in their iniquity in your enemies' lands; and also in the iniquities of their fathers shall they pine away with them"* (Leviticus 26:39).

We should understand the relationship between sin and sickness. Moses gives a vivid description of that relationship in Deuteronomy. In the first fourteen verses of Deuteronomy chapter twenty-eight, Moses states that if one keeps all the commandments of God that all the blessings of God would come upon him. The picture is like one being overtaken by a West Texas, spring rainstorm. The rain may seem to be miles away at first, but it is suddenly upon you before you realize it. The rain drenches you in a matter of seconds. God pours His blessings upon you in like manner.

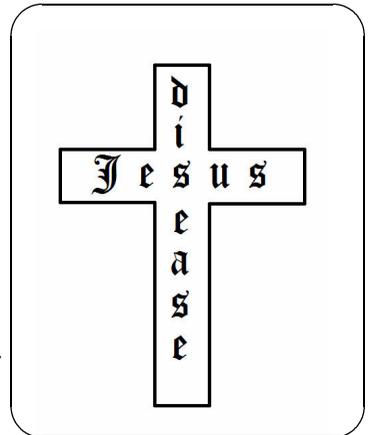
There is a flip side to the coin. *"But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee"* (Deuteronomy 28:15). Again, this reminds me of West Texas weather. When I was growing up during the 1950's, we suffered a drought that lasted for at least seven years. During that time we experienced many dust storms. I specifically remember one such storm. The storm came in as a huge black cloud that steamrolled along. A friend's dad got in his car to try to outrun the storm, but the storm quickly overtook him. He reported that he had to stop his car. The afternoon became so dark that he could not see his hands before his eyes. When one disobeys the commandments of God, he becomes subject to being overcome by the curse in the same manner.

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Moses lists physical ailments and diseases among the curses. *"Cursed be the fruit of thy body. . ."* (Deuteronomy 28:18). This would include premature births or "natural" loss of the unborn child. This curse might also include birth defects. Verse twenty-one speaks of a pestilence or plague. Verse twenty-two speaks of a consumption, a fever, an inflammation, and extreme burning. These are all physical ailments. Consumption could be tuberculosis. Fever and inflammation would refer to those diseases that would exhibit such symptoms. In verse twenty-seven we find the botch of Egypt, or boils like the Egyptians had. Emerods are tumorous sores. The scab and itch would refer to various skin diseases. Please notice that these would have no cure. These descriptions would fit herpes or syphilis or other venereal diseases. Verse thirty-five says, *"The LORD shall smite thee in the knees, and in the legs with a sore botch that cannot be healed, from the sole of thy foot unto the top of thy head"* (Deuteronomy 28:35). These would be such diseases as arthritis and rheumatism.

Although only a few diseases are specifically mentioned in the passage, Moses makes sure that none are omitted. He says, *"Then the LORD will make thy plagues wonderful, and the plagues of thy seed, even great plagues, and of long continuance, and sore sickness, and of long continuance. Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. And every sickness, and every plague, which is not written in the book of this law, them will the LORD bring upon thee, unto thou be destroyed"* (Deuteronomy 28:59-61). Moses is all conclusive in the Word.

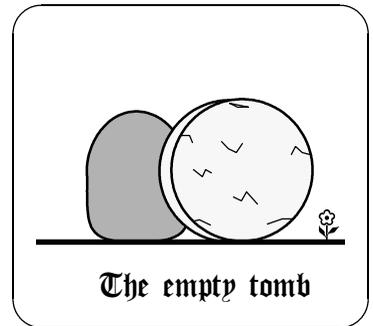
Next, we should see that Jesus took disease upon himself. Under the Law, man was protected from disease if he was obedient. The author to the book of Hebrews states that Jesus was perfectly obedient to the law: *" . . . but was in all points tempted like as we are, yet without sin"* (Hebrews 4:15). Therefore, disease had no right to attack Jesus at this point in time. However, when Jesus healed the sick, various diseases came upon him. Matthew records, *" . . . and he healed all that were sick: that it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses"* (Matthew 8:16-17). Jesus not only healed all that came to him, but also all kinds of diseases. However, we also should note that he became a disease carrier. Then at the cross, Jesus took upon himself all our sins (Isaiah 53:6). This gave all diseases the legal right under the law to attack him. Disease attacked Jesus through the open wounds of his stripes. Isaiah states, *"But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed"* (Isaiah 53:5).



We should see that we are free from the curse of disease through the cross event. Jesus suffered the curse of disease in our place. Paul makes a specific reference to the curse under the law (Galatians 3:10); however, he states, "*Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is everyone that hangeth on a tree*" (Galatians 3:13). The conclusion is quite simple. If Jesus suffered the curse of disease for our sin, then we should be set free from disease.

We can find further evidence of the Jesus suffering disease in the fact that his body was more marred or distorted than any man. Isaiah prophesies, ". . . *his visage was so marred more than any man, and his form more than the sons of men*" (Isaiah 52:14). One can only imagine what it would be like to have all diseases attack the same person at once. The Romans used crucifixion to prolong the agony of dying. Therefore, they were surprised to find that Jesus was dead when they came to break his legs. John records, "*But when they came to Jesus and saw that he was dead already, they brake not his legs: but one of the soldier with a spear pierced his side, and forthwith came there out blood and water*" (John 19:33-34). They pierced his side just to be sure that he was dead.

How can we realize the freedom from the curse of disease? First, we must realize the truth. Jesus declared, "*And ye shall know the truth, and the truth shall make you free*" (John 8:32). The truth is that Jesus suffered the curse of disease for us. Second, we must believe the truth. Intellectual assent to truth is only the first step. We must, by faith, know that it is truth. Such *faith* is a gift of God based upon His Word (Romans 10:17). Third, we should **declare** any such curses of disease are broken over our lives. For further study, you may want to read my first book, How To Destroy The Evil Tree, or at least the chapter on generational curses in Volume Two of this book. Fourth, we must not only identify with the death of Jesus, we must also identify with his resurrection. He overcame disease through his death and his resurrection (Romans 8:11). Fifth, we should begin to act in faith upon the truth as the Holy Spirit leads us to do so.



Twelve Ways To Receive Healing

The **first** opportunity that we have to receive healing is through the name of Jesus. "*And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name I will do it*" (John 14:13-14). Using the name of Jesus is appropriating the authority of the person behind that name. We can see the transferal of authority in Scripture when Jesus called the twelve disciples. "*And when he called unto him his twelve disciples, he gave them power against unclean spirits, to*

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cast them out, and to heal all manner of sickness and all manner of disease" (Matthew 10:1). The word translated "power" here is the word for "authority".

A **second** method of healing is through the laying on of hands. Furthermore, we see the translation for all Believers in Mark 16:17-18. *"And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover"* (Mark 16:17-18). I would, by Scripture, broaden this concept to make it include any point of contact. In the Old Testament, we find that when the body of a dead man touched the bones of Elisha, he was revived (II Kings 13:21). In the New Testament a lady that touched the hem of the garment of Jesus was healed (Mark 5:25-34). Others were even healed by the touch of the shadow of Peter as he passed by (Acts 5:15). I have personally laid my hands upon individuals and sensed a healing power flow through me to them. I believe there are two sides to the coin. There must be a power source, there must be a conductor, and there must be a recipient of the energy of healing. One side sends (Luke 5:17) and the other side receives. The hands are simply a means of the flow of healing grace.

A **third** opportunity for healing comes through the words of faith spoken over one. *"Is any sick among you? let him call for the elders of the church; and let them pray over him anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him"* (James 5:14-15). I see four factors here. One factor is that the elders should be the more mature in the faith. Second, the elders should have discernment by the Holy Spirit. Sin often blocks healing! Third, the elders should also be in agreement. Fourth, when the person calls for the elders and asks them to lay hand upon him, he is placing himself under their authority. He is putting himself in a position to receive from God.

A **fourth** way to receive healing comes through a direct, individual request from the Father. *"And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye ask the Father in my name, he will give it you"* (John 16:23). We should understand that it is the Father's good pleasure to give us good gifts. *"Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning"* (James 1:17). We need to see that healing is a good gift.

The **fifth** opportunity for healing is a prayer of agreement. *"Again, I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them"* (Matthew 18:19-20). Please note

that Jesus began with the word "again". He has spoken this concept before to his disciples and now he is repeating it for emphasis. Agreement in the Spirit also brings the presence of Jesus, the Healer. We are to pray in agreement even as three bear the same record in heaven and three bear the same witness on earth (I John 5:7-8).

A **sixth** opportunity for healing comes through deliverance from evil spirits. Jesus set a woman free from a spirit of infirmity (Luke 13:11-16). Jesus said, "*And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?*" (Luke 13:16). Jesus also healed one who was blind and dumb by dealing with the blind and dumb spirit. "*Then was brought unto him one possessed with a devil, blind, and dumb: and healed him insomuch that the blind and dumb both spake and saw*" (Matthew 12:22). One day a woman came into my office bowed with severe stomach pain. When I commanded in the name of Jesus the spirit of bitterness to leave her, her pain left and she was free to sit erect.

A **seventh** opportunity to receive healing is through finding rest for your soul. It is God's will that we receive healing in accordance with the healing of the soul (III John 2). Some people work themselves to near death (Philippians 2:27). They just need to find rest in Jesus. Jesus said, "*Come unto me, all ye that labour and are heavy laden, and I will give your rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light*" (Matthew 11:28-30). Often when our souls are at rest, healing follows naturally.

An **eighth** opportunity for healing comes through obedience. In the Old Testament, we find the story of Naaman, the king of Syria, who had leprosy. The way that he received healing was through humbling himself and becoming obedient to Elisha, the prophet of God. The Scripture records, "*Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child, and he was clean*" (II Kings 5:14). Obedience sets the stage for one to receive healing.

A **ninth** opportunity for healing comes through someone who manifests the spiritual gift of healing (I Corinthians 12:9). As an eight year old child, I wore thick glasses. My parents took me to a minister who laid his hands upon me and prayed for my healing. I was dramatically healed! I believe that the minister may have manifested a gift of healing. Not only was I healed, but many others were also healed.

A **tenth** opportunity for healing comes through the Word of God. "*He sent his word, and healed them and delivered them from their destructions*" (Psalm 107:20). Many people are healed simply through reading or meditating upon the Word of God. Solomon

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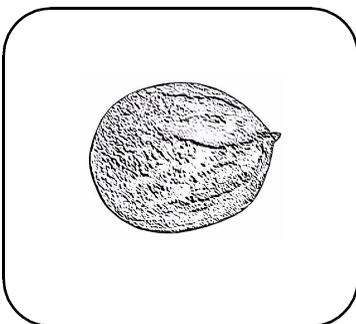
says that we are to keep God words before our eyes, *"For they are life unto those that find them, and health to all their flesh"* (Proverbs 4:22).

An **eleventh** opportunity for healing comes through a proper confession. *"A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof"* (Proverbs 18:20-21). We can, by fear, confess sickness and by fear receive sickness. However, by faith in Christ, we can confess healing and receive healing for the Word says, *". . . And with his stripes we are healed"* (Isaiah 53:5). The concept of confession means to agree with another. We want to agree with the Word of God.

The **twelfth** opportunity for healing is through faith. Faith is the one element that ties all the other factors together. Jesus said, *"Have faith in God . . . Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them"* (Mark 11:22, 24). **Faith opens the door for healing.** The methods are not as important as faith. We often tend to worship the method rather than having faith in Jesus, the Healer. Through faith, Sara's body was renewed to conceive a child (Hebrews 11:11). Jesus said to the leper, *"Arise, go thy way: thy faith has made thee whole"* (Luke 17:19). Jesus also said to the blind man, *"Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way"* (Mark 10:52). In each case Jesus pointed to their **faith** as being the key element in the miracle of healing. Therefore, we should take a closer look at faith in healing.

Faith And Healing

The counselor must remember that faith and healing go together. Jesus laid out this principle of faith and healing. *"But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour"* (Matthew 9:22). The counselor should also remember that he may minister healing through the Word when the Word is received with faith. However, the counselor needs to remember that he can not force faith upon anyone.



Jesus tells the story of the sower that went out to sow seed by hand and he sowed it upon different types of ground (Mark 4:1-20). By illustration, the counselor is the sower of the seed. The seed is the Word of God. *"How then shall they call on him in whom they have not believed? and how shall they believe in him of who they have not heard? and how shall they hear with out a preacher?"* (Romans 10:14). Again, the counselor is the preacher. *"How beautiful upon the mountains are the feet of him that bringeth good tidings,*

that publishes peace; that bringeth good tidings; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!" (Isaiah 52:7). This means that the counselor must have the Word to sow. The counselor must read, study, memorize, and meditate upon the Word, first, for himself before he can sow it in the lives of others. When the counselor sows the Word in the lives of those he counsels, there is a potential of the Word producing faith for healing. *"So then faith cometh by hearing, and hearing by the word of God"* (Romans 10:17).

The counselor should understand that the Word of God has **life** in it. Jesus said, *"It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life"* (John 6:63). Disease brings about death to the body, but God's words brings life. *"For they are life unto those that find them, and health to all their flesh"* (Proverbs 4:22). The counselor should understand that the Word must also be planted. Paul spoke of this principle when he said, *"I have planted, Apollos watered; but God gave the increase"* (I Corinthians 3:6). The counselor should also understand that the seed has potential for growth; however the seed must also have water for that growth. Finally, the seed produces fruit after its own kind. If the counselor plants God's Word in the heart of those with whom he counsels, he can expect faith to sprout that will in time produce miracles.

We see in the parable of Jesus there were four types of soil. The sower seems almost blind at this point because he sows seed on each of the types of soil. The counselor does not always know if the soil is good or bad. He is simply to sow the seed and trust that God will cause some of the seed to fall on good ground.

First, there was the wayside which is the beaten path. This person is too busy for God. He has been hardened by the philosophies of this world. This kind of person would say, "Well, I don't have time to go to church or study my Bible." Satan's powers are like the birds that come and steal the seed of the Word out of the mind of the individual. Jesus said, *"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly"* (John 10:10).

The **second** type of ground is stony ground. The stony ground is the spiritually shallow person. This person may seem to receive the Word, but he is not rooted in the Word. The heat of the sun destroys the seed. The heat can be afflictions or persecutions. This person might say, "If God is such a good god, why did He allow this to happen to me?" This person looks to blame others for his problems. He holds on to unforgiveness and becomes hard hearted. *"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled"* (Hebrews 12:15).

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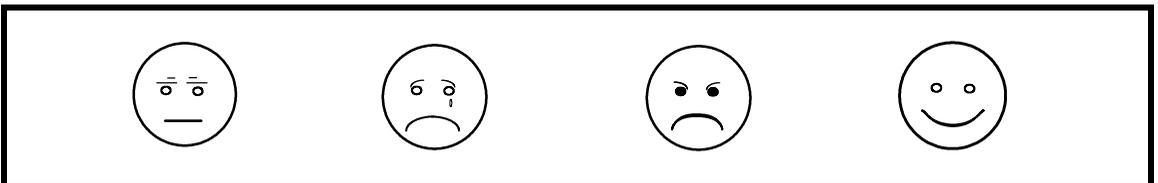
The **third** type of ground is thorny ground. The thorny ground is a type of person that cares more for the things of the world than the things of God. The thorns are the deceitfulness of riches that chokes out the good seed. This type of person has a lust for possessions. Jesus clearly states, *"No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon"* (Matthew 6:24). This type of ground typifies the carnal Christian.

The **fourth** type of soil is the good ground. This person has not been hardened as the beaten path. He receives the Word of God. *"Thy word have I hid in mine heart, that I might not sin against thee"* (Psalms 119:11). This person has removed the rocks. *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness"* (I John 1:9). Read the Word, *"Who forgiveth all thine iniquities; who healeth all thy diseases"* (Psalm 103:3). This person has plowed the ground. *"Sow to yourselves in righteousness, reap in mercy; break up your fallow ground: for it is time to seek the LORD, till he come and rain righteousness upon you"* (Hosea 10:12). This person will bring forth the fruit of the Word. Jesus said, *"If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples"* (John 15:7-8).

We are to understand that when a person receives the Word in the right manner, the Word will produce faith for healing. Jeremiah declared, *"Then said the LORD unto me, Thou hast well seen: for I will hasten my word to perform it"* (Jeremiah 1:12). God also spoke to Isaiah saying, *"So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper [in the thing] whereto I sent it"* (Isaiah 55:11). Finally, David said of God, *"He sent his word, and healed them, and delivered them from their destructions"* (Psalm 107:20).

The Effects Of Emotions

We should note that an emotion is a God-given ability to *feel* a certain way. An emotion is not bad in itself. Emotions are the result of a thought process. Emotions are usually established over a long period of time. This is psychologically called *conditioning*. Emotions are indicators of what has occurred in the past and how we responded to



those events. Emotions help define to our minds what is occurring in the present and project what may occur in the future.

One problem is that we can not trust our emotions! They may lie to us. One who has been bitten by a big dog as a child may fear all large animals. The fear is real, but unwarranted. The woman who has bitterness toward her father may become bitter with all male figures.

Another factor about emotion is that it is an element of our personality that moves us to make decisions and leads us to take certain actions. Emotions often bypass the intellectual, the physical, and the spiritual elements of man. Again, emotions tend to work out of the framework of experiences. Emotions also tend to try to control, especially if they are very strong emotions. Emotions are connected to the flesh nature of man. Therefore, they have the tendency to struggle against the spirit of the Christian. *"For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would"* (Galatians 5:17). The Christian who lives by his feelings is living in the flesh. One quick way to quench the Holy Spirit is to rely upon the emotions for guidance. We consider one who lives by his emotions to be a carnal Christian. The way to reconstruct our emotions is to yield our will to the Spirit and then by faith walk by the Spirit.

Therefore, emotions may keep us from doing God's will. They may hinder us from hearing from God. We need to recondition them by the truth of the Word. One needs to take off the old man with the attached emotions and put on the new man that is in Christ. When our emotions agree with the Spirit, then they become an aid to express the desire of the renewed spirit of man.

Although emotion is one element within the soul, it may color the whole of the soul. Our souls are made up of the mind, the will, and the emotions. Again, there is a tendency for the emotional element to rule over the other two elements. The emotion of hurt may color our memory. One may even reconstruct a certain memory around the feeling of being hurt. The emotion of worry brings confusion to the mind. Extreme excitement may cause forgetfulness. Anger according to Scripture produces foolish thinking (Proverbs 14:17). The emotion of jealousy in Joseph's brothers controlled their thoughts and actions. They wanted to kill him, but decided to get rid of him by selling him to some Egyptians as a slave. They could not even speak peacefully to Joseph (Genesis 37:4). Therefore emotions may dramatically effect the will as well as the mind. Because of fear, a man may run for his life whether or not the danger is valid.

Emotions will also have an effect upon the countenance of an individual. A merry heart will produce a cheerful countenance. *"A merry heart maketh a cheerful*

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countenance: but by sorrow of the heart the spirit is broken" (Proverbs 15:13) The person who purposes to be merry will enjoy life. *"All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast"* (Proverbs 15:15). The good news that makes one feel happy refreshes the soul (Proverbs 25:25). Hannah's sorrow over not having a child made her to appear drunk (I Samuel 1:10-13). Anger also places one's soul in bondage (Proverbs 22:24-25). When people don't get what they anticipated, they may appear to be sick. *"Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life"* (Proverbs 13:12).

Emotions also have a tremendous effect upon the body. When Saul saw the Philistines, he was struck with fear. His heart trembled within him (I Samuel 28:5). Emotional hurts may dramatically affect the stomach. *"The words of a talebearer are as wounds, and they go down into the innermost parts of the belly"* (Proverbs 18:8). Worry may lower our immune defense system and we may get ulcers. A heavy heart also causes one to stoop (Proverbs 12:25). Envy produces rottenness in the bones (Proverbs 14:30). A merry heart is like a medicine to the body (Proverbs 17:22). The joy of the Lord produces strength (Nehemiah 8:10). Fear may also cause one to have a heart attack (Luke 21:26).

Eli's sorrow over the news of the death of his sons and the Ark being taken caused him to faint and die (I Samuel 4:18). The same news caused Eli's daughter-in-law to begin labor (I Samuel 4:19). However, pleasant words that make us feel accepted are sweet to the soul and health to the bones (Proverbs 16:25). Researchers have also found that bitterness (Hebrews 12:15, Acts 8:23) may cause the gallbladder to increase its production of gall. This may cause various types of gallbladder problems.

Fasting - Healing - Health

Isaiah connects the concepts of fasting with healing and health. *"Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward"* (Isaiah 58:5-8). Note again the words, **". . . and thine health shall spring forth speedily . . ."** Daniel also knew the relationship between a partial fast and his physical well being (Daniel 1:3-21). Daniel made an appeal to the master of the eunuchs to replace the king's meat and the king's wine with pulse (vegetables) to eat and water to drink. He suggested a ten day trial. The

results were, *"And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat"* (Daniel 1:15). The master then changed everyone's diet. Furthermore, *"As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams"* (Daniel 1:17). Fasting often brings and increases the ability to concentrate, learn, and understand. *"And in all matter of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm"* (Daniel 1:20). I believe that God worked through the fasting as well as through their obedience to Him. We can see that Daniel received physical, mental, and spiritual benefits associated with his fasting.

The first physical benefit of fasting is that it renews our physical senses (smell, taste, sight, sound, and touch). A second benefit is that fasting strengthens the immune system. Therefore, we are able to resist various diseases better. A third benefit of fasting is that it may decrease the inflammation in various cases of arthritis. A fourth benefit is that it may help in the reduction of cholesterol in the arteries. A fifth benefit is that it may help in weight loss for those who are overweight. A sixth benefit is that it is helpful in the elimination of toxins from the body. A seventh benefit is that fasting may help in the treating of various allergies. An eighth benefit is that it may help in the healing of various internal organs such as the stomach, colon, gallbladder, and the prostate gland. **Please note:** You should consult a physician before going on an extended fast, especially if you are taking any medications or if you are pregnant.

Reverse Osmosis

In the area of the state of Texas where I live, we only receive about twenty inches per year of rainfall. Actually, the area is on the edge of what some have called the Great American Desert. With this small rainfall, there is a loss of sediments in the drinking water. Many people use water softener units for their homes and some, such as I, use a reverse osmosis unit for the drinking water.

I find it rather interesting that the water softener uses salt for a means of flushing out the unwanted sediments in the water. I have also found it interesting that when I get to feeling very sluggish physically, I can add some (a small amount) salt to some drinking water, drink it and almost immediately begin to feel better. I also find it interesting that ranchers put out salt blocks for their cattle and physicians tell us to remove salt from our diets. Yes, I understand that we can overdo it and get too much, but I believe that salt is essential to the natural purification of the body. As my water softener must have salt added to it on a regular basis, we also need salt in our diet on a regular basis.

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There are also some things that I have learned about our reverse osmosis unit. It requires regular maintenance. Every six months, the sediment filter needs to be replaced, every year the charcoal filter must be replaced, and about every two years the main osmosis membrane must be replaced. This maintenance is not optional. It is required! If one fails to do it, the whole system becomes clogged with impurities and eventually it will completely shut off the flow of water. Whenever I replace a filter, I must cut off the inlet of water and allow the processed water to drain out. Next, the old filter must be removed, and the housing must be washed with mild soap and rinsed with purified water. Then the new filter must be put into its proper place. Next, the system must be flushed by allowing the storage tank to be filled, then again allowing it to drain and, finally, filling it again for use.

Our bodies, in like fashion, have numerous filters, including the stomach, liver, gallbladder, kidneys, and for men, the prostate gland. These also may become clogged and if not properly cleansed will prohibit the proper nutrients from reaching their proper destination. They also, like a R.O. unit, start putting impurities into the system. Now, replacement surgery for the body's filters is quite expensive and quite painful. However, a cleansing of the filters is quite inexpensive. It is called *fasting*. During fasting, we cut off the inlet of eating foods and drinking various drinks. We, over a period of time, allow the system to drain. Then we wash it with a purified water and with a small amount of lemon juice. Next, we rinse it with purified water. A normal fast may last from one to three days. Special considerations should be given for those on medications. You should consult your physician. Someone who is not accustomed to fasting may begin by fasting only one meal.

There is a new thrust in our society about taking megadoses of minerals, especially in a colloidal (suspended in liquid) form which has a much higher rate of absorption. However, if the body's filters are already clogged, how much good will taking more minerals do? I must insert, that vitamin and mineral supplements may be beneficial at times. However, if the body's filters are clean and unclogged, then the body will more likely absorb more of the proper vitamins and minerals and filter out those that we don't need and shouldn't have.

Although this chapter deals primarily with physical health, fasting may also be a tremendous aid in treatment of worry, fear, anxiety, depression, addictions, sorrow, and other affective disorders. Jehosaphat entered into a fast when he was faced with fear from being surrounded by the enemy. *"And Jehoshaphat feared and set himself to seek the LORD, and proclaimed a fast throughout all Judah"* (II Chronicles 20:3). David disciplined his soul through fasting. *"But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting . . ."* (Psalm 35:13). He also said, *"When I wept, and chastened my soul with fasting, that was to my reproach"* (Psalm 69:10). Jesus

also spoke of the use of fasting in relation to deliverance ministry. *"Howbeit this kind goeth not out but by prayer and fasting"* (Matthew 17:21). Jesus, himself, fasted (Luke 4:1-2) and said that his followers would fast. *"But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly"* (Matthew 6:17-18). Please note that Jesus used the word "when" and not the word "if".

A Guide To Better Health

The following discussion is Biblically based; however, any major change in eating or exercise should be done with the approval of your family physician. **We can see a general outline of ten basic truths.** (1) We are to present our bodies a living sacrifice unto God (Romans 12:1-2). (2) Christians are not under the Law concerning eternal salvation (Romans 6:15). (3) All things are lawful to the Christian, but all things are not profitable (Proverbs 23:1-3, I Corinthians 6:12). (4) We are not to follow the letter of the Law, but we are to follow the spirit of the Law (Romans 7:6). (5) The Law was given for our benefit (Deuteronomy 1:8, 6:24, Psalm 119:92). (6) We are to be led by the Holy Spirit and the Word (Romans 8:14, I John 3:24). (7) We are not to be a stumbling block to others (Romans 14:1-23). (8) Whatever we do we are to do the glory of God (I Corinthians 10:31). (9) Whatever we eat, we are to receive with thanksgiving (I Timothy 4:4-5). (10) Whatever we eat, we are to eat in moderation. (Proverbs 25:16, 27).

Next we may look at a more specific guideline. Please remember these are guidelines. (1) High natural fiber foods are better for us (Daniel 1:12-21, Matthew 4:4). These would include whole grain breads that use stone ground flour (Jeremiah 41:8), rolled oats cereals, fresh, raw vegetables and salads, and various nuts (Genesis 43:11). (2) We generally should use less tea and coffee that has caffeine as a stimulant (Romans 12:1). (3) We should normally use less meats and more vegetables than the normal American diet (I Corinthians 6:12). (4) We should eat lean meats (fish and chicken) and less fatty meats (especially pork) and less fried foods (Exodus 29:13, 22, Leviticus 7:23). (5) We should drink plenty of uncontaminated water (Exodus 23:25). (6) We should replace refined sugar with honey (Exodus 3:8, Deuteronomy 32:13, Judges 14:8, I Samuel 14:25-29, Psalm 19:10, Proverbs 24:13, Isaiah 7:15, Matthew 3:4). Honey also has some antibacterial properties. (7) Olive oil is one type of oil that is good for cooking (Leviticus 23:13, Deuteronomy 8:8, II Kings 18:32, I Kings 17:12-16).

(8) We should normally eat less sweets (candy, cakes, cookies, pies, ice cream where sugar is an additive) (I Corinthians 3:16-17, 6:19-20). (9) We should eat plenty of **fresh** raw fruits (oranges, apples, pears, and bananas) (Genesis 1:29). (10) We should be sure to get ample amount of calcium through milk, soft cheeses and green leafy vegetables

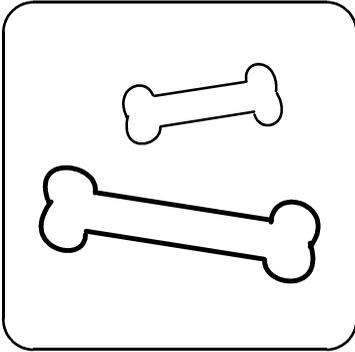
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(Exodus 13:5, 34:26, Numbers 14:8, Deuteronomy 32:14, Judges 4:19-21, Proverbs 27:27, Isaiah 55:1). **(11)** We should avoid eating internal organs (Leviticus 3:4-5). **(12)** We should use bitter herbs (onions, garlic, horseradish) (Exodus 12:8). **(13)** We should avoid foods that are not kosher (pork, rabbit, shell fish, dog, mouse) (Leviticus 11:1-47, I Corinthians 10:23). **(14)** We should avoid eating blood (animals killed without the blood being drained) (Genesis 9:4, Acts 15:20, 29, 21:25).

(15) We should avoid the use of alcohol (Proverbs 20:1, 23:29-35, 31:4-5, Ephesians 5:18). **(16)** We should use drugs only when necessary (Proverbs 31:6-7, Galatians 5:20). The word translated "witchcraft" is the Greek word "φάρμακεια" from which we get the word "pharmacy". **(17)** Proper exercise is also important (example = walking for 20 minutes a day, for at least three days a week). Stretching exercises may also be good especially for older adults (I Timothy 4:8, Matthew 25:14-30). Many health experts consider swimming to be one of the best all around exercises. **(18)** One should avoid overwork, especially for an extended period of time (Philippians 2:25-30). **(19)** Regular fasting may be of a great aid to healing and health (Isaiah 58:8). **(20)** It might be wise to follow the diet of the Israelites. God brought the Israelites out of Egypt with not one feeble person among them (Psalm 105:27). They ate fish, cucumbers, melons, leeks, onions, and garlic (Numbers 11:5). Of course, the grains that they ate were probably the coarsest of the stone ground grains. **(21)** A proper amount of sleep (8 to 9 hours) is very important (Psalm 127:2). I have seen people become psychotic because of a lack of sleep.

What can one expect when following such a Biblical guideline to health?

(1) There will be an initial adjustment period. **(2)** You should be more relaxed and sleep deeper. **(3)** You should have a feeling of well being with easier breathing. **(4)** You should have more energy and zest. **(5)** You should have fewer illnesses and a quicker recovery from illnesses. **(6)** You should have less kidney and back problems. **(7)** You should (as needed) have possible weight loss in stomach area with less bloating. **(8)** You should have regular bowel movements. **(9)** You should have a clearer, sharper, more alert mind. **(10)** You should have a more natural hunger and thirst. This is opposed to no appetite or cravings. **(11)** You should have a clearer complexion. **(12)** You should have less stomach stress. **(13)** You should have less soreness of joints. **(14)** You should have more general strength and stamina. **(15)** You should have more stable emotions (less high and low swings). **(16)** You should expect fewer bouts with depression, worry, and anxiety.



Bones And Health

Bones are the manufactures of the blood that is the life of the body. Therefore, the health of our bones determines the health of our bodies. There are at least sixteen things that affect the bones negatively. **Bad news** brings rotteness to the bones. *"When I heard, my belly trembled; my lips quivered at the voice: rotteness entered into my bones, and I trembled in myself, that I might rest in the day of trouble: when he cometh up unto the people, he will invade them with his troops"* (Habakkuk 3:16). **Shame** brings rotteness to

the bones. *"A virtuous woman is a crown to her husband: but she that maketh ashamed is as rotteness in his bones"* (Proverbs 12:4). **Reproach** is like a sword in the bones. *"As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God?"* (Psalm 42:10). **Cursing** is like (hot) oil in the bones. *"As he clothed himself with cursing like as with his garment, so let it come into his bowels like water, and like oil into his bones"* (Psalm 109:18).

Unconfessed sin causes the bones to wax old. *"When I kept silence, my bones waxed old through my roaring all the day long"* (Psalm 32:3). **Sin** (itself) causes unrest to the bones. *"There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin"* (Psalm 38:3). **Sin** also fills the bones. *"His bones are full of the sin of his youth, which shall lie down with him in the dust"* (Job 20:11). **Envy** brings rotteness to the bones. *"A sound heart is the life of the flesh: but envy the rotteness to the bones"* (Proverbs 14:30).

A broken spirit dries the bones. *"A merry heart doeth good like a medicine: but a broken spirit drieth the bones"* (Proverbs 17:22). **Trouble in life** causes a burning in the bones. *"For my days are consumed like smoke, and my bones are burned as an hearth"* (Psalm 102:3). *"My skin is black upon me, and my bones are burned with heat"* (Job 30:30). **Fear** causes a shaking of the bones. *"Fear came upon me, and trembling, which made all my bones to shake"* (Job 4:14). **Affliction of the soul** brings a piercing of the bones. *"And now my soul is poured out upon me; the days of affliction have taken hold upon me. My bones are pierced in me in the night season: and my sinews take no rest"* (Job 30:16-17).

Iniquity will have an effect upon the bones. *"And they shall not lie with the mighty that are fallen of the uncircumcised, which are gone down to hell with their weapons of war: and they have laid their swords under their heads, but their iniquities shall be upon their bones, though they were the terror of the mighty in the land of the living"* (Ezekiel 32:27). **Grief and iniquity** cause the bones to be consumed. *"For my life is spent with*

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*grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed" (Psalm 31:10). **Sin's curse** causes the bones to be out of joint. "I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels" (Psalm 22:14). **God's chastening** produces strong pain in the bones. "Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed" (Psalm 6:2). "He is chastened also with pain upon his bed, and the multitude of his bones with strong pain" (Job 33:19).*

There are seven things that produce a positive effect upon the bones. We should understand that health comes from moist bones (Job 21:24). **The fear of the Lord** produces bone marrow. *"It shall be health to thy navel, and marrow to thy bones" (Proverbs 3:8). A **good report** makes the bones fat. "The light of the eyes rejoiceth the heart: and a good report maketh the bones fat" (Proverbs 15:30). **Pleasant words** brings health to the bones. "Pleasant words are as an honeycomb, sweet to the soul, and health to the bones" (Proverbs 16:24). **Deliverance** rejoices the bones. "All my bones shall say, LORD, who is like unto thee, which deliverest the poor from him that is too strong for him, yea, the poor and the needy from him that spoileth him?" (Psalm 35:10). A **clear conscience** also rejoices the bones. "Make me to hear joy and gladness; that the bones which thou hast broken may rejoice" (Psalms 51:8). **Giving to the needy** makes our bones fat and moist. "And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not" (Isaiah 58:11). **Peace and comfort** cause our bones to flourish. "And when ye see this, your heart shall rejoice, and your bones shall flourish like an herb: and the hand of the LORD shall be known toward his servants, and his indignation toward his enemies" (Isaiah 66:14). Finally, we should remember that God **protects** our bones. "He keepeth all his bones: not one of them is broken" (Psalm 34:20).*

The Rest Factor

Many Christians wear themselves out trying to be good enough for God to receive them. They run about doing all kinds of things, thinking that they are serving God. However, they may well find themselves coming to a place of burnout. This is not God's way! Sometimes preachers will preach that we are to get on fire for God. However, we are not to burn out for God. Others speak of the Christian life as being so very **hard**. This should not be!

Jesus said, *"Come unto me, all ye that labour and are heavy laden and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."* (Matthew 11:28-30). Jesus says that the labor is easy, and we are to find rest with Jesus. If we are

burdened with service, wiped out, and burned out, we are not truly doing God's work. We may be trying to keep the letter of the Law or trying to keep some other set of standards. If we focus our attention on trying to live up to some set of standards, we will become exhausted and burn out. I will guarantee it!

In fact, the effort to keep the Law only brings guilt. Paul wrote, *"Therefore by the deeds of the law there shall no flesh be justified in his sight: for by the law is the knowledge of sin"* (Romans 3:20). Also, the effort to keep the Law only brings death. *"But now we are delivered from the law, that being dead wherein we were held; that we should serve in newness of spirit, and not in the oldness of the letter"* (Romans 7:6). Again, Paul wrote about Jesus, *"Who also hath made us able ministers of the New Testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life"* (II Corinthians 3:6). God's law serves at least three purposes. The first purpose is to bring people to Jesus. *"Wherefore the law was our schoolmaster to bring us to Christ, that we might be justified by faith"* (Galatians 3:24). We are to rest in the finished work of Jesus. *"There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his won works, as God did from his. Let us labour (literally = be earnest) therefore to enter into that rest, lest any man fall after the same example of unbelief"* (Hebrews 4:9-11).

The second purpose of the Law is to use it to test the spirits. *"Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone into the world"* (I John 4:1). If a spirit tells us to do something contrary to the Law, we can immediately know that the spirit is not of God.

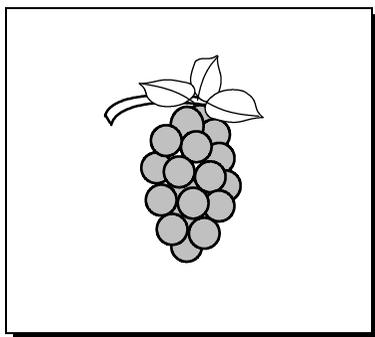
The third purpose of the Law is that we are to use it as a general backdrop for living the Christian life. Jesus said, *"Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven"* (Matthew 5:19). As stated before, we are not to live by the letter of the Law but by the Spirit of it. For example, we should set aside a day of rest (a sabbath) each week.

We may also experience burnout because we attempt to do God's work by our own efforts. We should follow the example of Jesus. *"Then answered Jesus and said unto them, Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise"* (John 5:19). We should do nothing except it be by faith and by the instruction of the Holy Spirit. Paul said, *"For it is God that worketh in you both to will and to do of his good pleasure"* (Philippians 2:13). What work we do is to be by the power of God working in

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us to accomplish His will. If it is our work, it is hard. If it is God working in and through us, it is easy.

Our goal is to abide in the vine of Jesus, allowing the life of Jesus to flow through us to be fruitful, sharing His life with others. Jesus encourages us by saying, *"I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing"* (John 15:5). The branch does not struggle to bear fruit, it just rests in the vine. When we come to abide in Christ, we find the rest that we need. Furthermore, we come to see the supernatural work of God in our lives.



Appendix

Healing Scriptures

Proverbs 4:21-22 Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.

Matthew 8:3 And Jesus put forth his hand, and touched him, saying, I will; be thou clean. And immediately his leprosy was cleansed.

I Peter 2:24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

Malachi 4:2 But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.

Jeremiah 1:12 Then said the LORD unto me, Thou hast well seen: for I will hasten my word to perform it.

Psalms 91:10-11 There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways.

Deuteronomy 34:7 And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.

Psalms 30:2-3 O LORD my God, I cried unto thee, and thou hast healed me. O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.

Hosea 6:2 After two days will he revive us: in the third day he will raise us up, and we shall live in his sight.

Psalms 91:3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

John 16:23-24 And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

Isaiah 40:29 He giveth power to the faint; and to them that have no might he increaseth strength.

III John 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Matthew 20:32 And Jesus stood still, and called them, and said, What will ye that I shall do unto you?

Matthew 8:17 That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.

 **Instructions** Take the following verses of Scripture on HEALING as you would medicine 3 to 4 times a day as needed. Begin by writing them on 3 X 5 cards. (1) Read them aloud. (2) Pray them (hold God to his Word). (3) Meditate on them (visualize). (4). Confess them (personalize them). (5) Memorize them (engraft them into your mind).

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Luke 17:6 And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you.

John 15:7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

James 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

Psalms 119:71 It is good for me that I have been afflicted; that I might learn thy statutes.

Psalms 119:170 Let my supplication come before thee: deliver me according to thy word.

Exodus 15:26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Jeremiah 33:3 Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.

Philippians 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Matthew 14:14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick.

Proverbs 3:8 It shall be health to thy navel, and marrow to thy bones.

Psalms 40:1 I waited patiently for the LORD; and he inclined unto me, and heard my cry.

I Peter 5:7 Casting all your care upon him; for he careth for you.

I Peter 5:9 Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

Matthew 8:16 When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick.

Psalms 107:20 He sent his word, and healed them, and delivered them from their destructions.

Jeremiah 30:17 For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after.

Psalms 119:107 I am afflicted very much: quicken me, O LORD, according unto thy word.

II Corinthians 1:20 For all the promises of God in him are yea, and in him Amen, unto the glory of God by us.

Psalms 103:3 Who forgiveth all thine iniquities; who healeth all thy diseases;

Psalms 146:8 The LORD openeth the eyes of the blind: the LORD raiseth them that are bowed down: the LORD loveth the righteous:

Psalms 105:37 He brought them forth also with silver and gold: and there was not one feeble person among their tribes.

Hebrews 13:8 Jesus Christ the same yesterday, and to day, and for ever.

Deuteronomy 7:15 And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee.

Psalms 119:41 Let thy mercies come also unto me, O LORD, even thy salvation, according to thy word.

Job 42:10 And the LORD turned the captivity of Job, when he prayed for his friends: also the LORD gave Job twice as much as he had before.

James 5:16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Exodus 23:25 And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.

Isaiah 53:5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Luke 4:18 The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.

Galatians 3:13-14 Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree: That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith.

Genesis 17:1 And when Abram was ninety years old and nine, the LORD appeared to Abram, and said unto him, I am the Almighty God; walk before me, and be thou perfect.

Mark 10:27 And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible.

Matthew 21:22 And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

Mark 9:23 Jesus said unto him, If thou canst believe, all things are possible to him that believeth.

I John 5:14-15 And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

Proverbs 14:30 A sound heart is the life of the flesh: but envy the rottenness of the bones.

Proverbs 15:30 The light of the eyes rejoiceth the heart: and a good report maketh the bones fat.

Hebrews 4:16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Matthew 13:15-16 For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed; lest at any time they should see with their eyes, and hear

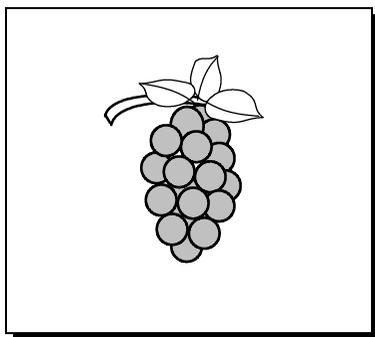
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with their ears, and should understand with their heart, and should be converted, and I should heal them. But blessed are your eyes, for they see: and your ears, for they hear.

Matthew 13:52 Then said he unto them, Therefore every scribe which is instructed unto the kingdom of heaven is like unto a man that is an householder, which bringeth forth out of his treasure things new and old.

Proverbs 16:24 Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

Psalms 23:1 The LORD is my shepherd; I shall not want.



SLEEP

Genesis 2:21 And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof;

Genesis 15:12 And when the sun was going down, a deep sleep fell upon Abram; and, lo, an horror of great darkness fell upon him.

1 Samuel 26:12 So David took the spear and the cruse of water from Saul's bolster; and they gat them away, and no man saw it, nor knew it, neither awaked: for they were all asleep; because a deep sleep from the LORD was fallen upon them.

Esther 6:1 On that night could not the king sleep, and he commanded to bring the book of records of the chronicles; and they were read before the king.

Psalms 4:8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

Psalms 121:4 Behold, he that keepeth Israel shall neither slumber nor sleep.

Psalms 127:2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

Ecclesiastes 5:12 The sleep of a labouring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep.

Song of Solomon 5:2 I sleep, but my heart waketh: it is the voice of my beloved that knocketh, saying, Open to me, my sister, my love, my dove, my undefiled: for my head is filled with dew, and my locks with the drops of the night.

Jeremiah 31:26 Upon this I awaked, and beheld; and my sleep was sweet unto me.

Ezekiel 34:25 And I will make with them a covenant of peace, and will cause the evil beasts to cease out of the land: and they shall dwell safely in the wilderness, and sleep in the woods.

Acts 12:6 And when Herod would have brought him forth, the same night Peter was sleeping between two soldiers, bound with two chains: and the keepers before the door kept the prison.

Mark 4:38 And he [Jesus] was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

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You may obtain additional copies of this book by contacting:

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You may also be interested in reading How To Destroy The Evil Tree, a book that goes into detail about how to be set free from addictions through the breaking of generational curses.

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The back cover:

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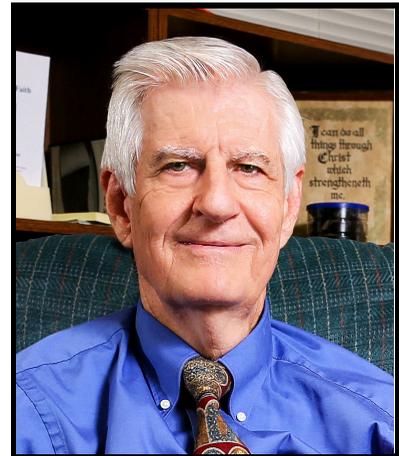
There once were three different men. The first man was a blind beggar who lived on the streets of a city, but claimed to be the son of a king. The second man was a prince, who lived on the streets, but didn't know that he was a son of the king. The third man was a prince who knew who he was and simply walked down the streets of the city to get to where he was going. **Which would you rather be?**

Basil Frasure wrote **Bringing Every Thought Captive** to help the reader discover who he is and help him become who God desires him to be. Then he can walk down the streets of life fully confident of who he is and where he is going. This book was also written to assist in equipping Christian counselors with Biblical principles that may be shared in counseling and applied to resolve the greatest issues of life.

Author

Basil Frasure is an Ordained Minister, Elder, and a Pastoral Counselor. He currently serves as a Pastoral Counselor with **Whole Person Counseling** of San Angelo, Texas. He has a Master of Divinity Degree and a Ph.D. Degree in Christian Counseling. He is a faithful minister, an effective counselor, and an able teacher of the Word of God. He has previously authored **How To Destroy The Evil Tree**, an informative book on overcoming generational curses. He also has designed and taught competent counseling courses.

Led by the Holy Spirit, Basil unashamedly applies Biblical principles to his counseling ministry with a high degree of success. He has a unique, compassionate ministry in working with spiritual, mental, emotional, and physical problems. Basil also counsels in the areas of personal relationships and finances.



Basil is married and has three daughters and twelve grandchildren. He has a strong conviction about the permanency of marriage and the blessing of children.