The Secret
In
Healing and Health

The truth for a healthy life

FREDRICK G. OMONDI

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Unless otherwise indicated, all scripture quotations are taken from King James Version of the Holy Bible.

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INTRODUCTION

It is an obvious thing that everybody wants to be in good health all the time in their life and this instinct God has put in every human being as it is in God's will for people to be in God's will for people to be in good health and especially to those he calls "My people", that is His children. (Exodus 15:22-26, 3 John 2). This book is going to dwell strictly on the issues to do with healing and health at length and enlighten on them according to the Holy scriptures so that the reader is quite knowledgeable in these very important issues in life to better his/her life.

Although it is in God's will to live a healthy life, many still continue to be in bad health due to disease and illness so find out why it is so as you are going to navigate in the Holy Scriptures provided in this book. You are going to be glad that you have read this book to your advantage.

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Chapter One

The connection in healing and health

For a person to be considered to be completely healthy, one must be in good condition both in body and mind. The body being the physical side and the mind (mental) being the spiritual side of a person's life. It therefore follows that perfect health has to do with the soundness of the body and mind which brings with it a balanced life. Health is therefore a condition / state of a person's life. One can either be in good health (healthy). One can be said to be healthy because he/she is sound both in body and mind. But when one is unhealthy, it can be because one is badly affected and is ill both in body and in mind or in body alone or in mind alone.

Such a person will need some healing to be brought back to good health (soundness of body and mind or whichever has been so affected). It therefore follows that healing can be said to be a process - the process of bringing back unhealthy person to a healthy state. Healing only comes (is necessary) when one is not in good health (unhealthy) Healing

can be said to be a cure to bad (ill) health. (Jeremiah 8:22, James 5:14-15)

Is there no balm in Gil'-e-ad; is there no physician there? Why then is not the health of the daughter of my people recovered?

Jeremiah 8:22

God is very much concerned of his peoples' health as it is in His divine will that they be in good health.

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 5:13-14

When one is sick one is definitely not in good health and one needs some help. A Christian can seek such help from God through the church elders (I believe it is so when one seems not to get well at all by one's prayers).

It should be appreciated that spiritual and physical health is important for one's life to grow spiritually in God and to overcome life's many challenges and to mature up and be ready for Church's rapture and meanwhile to be productive / fruitful in God's kingdom and physically be able to be active and productive to satisfy one's necessities in life for one's survival.

It is common knowledge that in many cases poor health come about as a result of some sickness or illness in a person's life. Also, many have put more emphasis on the body (the symptoms) rather than in the heart (the root cause) and fail to appreciate the fact that the heart is the centre of the body and all issues of life spring from it (Proverbs 4:23). Let us read the following scripture first.

The heart is deceitful above all things, and desperately wicked: who can know it?

I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

Jeremiah 17:9-10

The heart is incurably wicked (sinful) and only God knows it pretty well. Humanly speaking it is incurable as no medical science has had a cure for man's sinful nature, but thank God he has given us the Great Physician Jesus Christ who is able to heal all man's sicknesses in totality. It is sin in the heart that in many cases manifest in the body as some sickness.

Many a times people have gone for half doses when they fall sick by going to treat the outside (the body) and forgetting the inside (the heart). Let us all strive to go for the full dose of our sickness by first consulting the Great physician, Jesus Christ for the healing of our inside (the heart - the spiritual) and then the outside (the body physical) the healing can come out automatically. Let us read another scripture.

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.

For ye were as sheep going astray; but are now returned unto the Shepherd and Bishop of your souls.

1 Peter 2: 24-25

Now that, is a spiritual issue touching on man's heart (the soul) and is solved by the Shepherd and Bishop of souls, that is Jesus Christ for he cared enough for the souls of mankind and went to the cross (the tree) so as to bring the souls back to Himself. Only by accepting Jesus Christ to be your Lord and Savior you are spiritually healed and can have wholesome health. It is only in Christ Jesus that one can cease continual recycling in sin. Read on.

Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

Let not sin therefore reign in your mortal body, that ye should obey it, in the lust thereof.
Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from dead, and your members as instruments of righteousness unto God.
For sin shall not have dominion over you: for ye are not under the law, but under grace.

Romans 6:9-14

THERE is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.
For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.
For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:
That the righteousness of the law might be fulfilled in us who walk not after the flesh, but after the Spirit.

Romans 8:1-4

If we are in Christ Jesus by faith we are not condemned and sin does not have dominion over us and therefore we can resist it. We are free from the law it operates on and are under God's grace and can now walk after the Sprit of God in us and not after our flesh and it will be okay with us.

When we are still in the flesh the sinful nature of the fallen man (the Adamic nature) controls us and we are prone to disobey God and are condemned and judged in the form of some sickness or illness and if we don't turn to God in repentance and for forgiveness of sin and inviting Jesus Christ to save us and be our Lord, we definitely will be in and out of sickness now and then (a vicious circle, on end).

Get a detailed look on sin, sickness, curses and evil spirits in my book 'The Christian Walk' (a whole chapter has been dedicated to the subject, including deliverance)

Don't go for half measures, be healed in totality and be in perfect health. Jesus Christ heals completely as the scriptures do record.

Chapter Two

The true source of healing

Healing as a process of recovering from a bad health to a good health has a source and it does not just come from nowhere or brought about by nobody. The source of true healing is non other than God himself, the Creator of heaven and earth and all the beings therein. The Lord God is Jehovah - Rapha - God our healer (Exodus 15:26).

So Moses brought Israel from the Red Sea, and they went unto the wilderness of Shur; and they went three days in the wilderness, and found no water.

And when they came to Mar'-ah, they could not drink of the waters of Mar'-ah, for they were bitter: therefore the name of it was called Mar'-ah.

And the people murmured against Moses, saying, What shall we drink?

And he cried unto the LORD; and the LORD showed him a tree, which when he had cast into the waters, the waters were made sweet: there he made

for them a statute and an ordinance, and there he proved them,

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 the Egyptians: for I am the LORD that healeth thee.

Exodus 15:22-26

Many have wrongly thought that it is the Medical doctors or Herbalists they visit that enable them to be in good health - No. these just do the administration/treatment but healing itself is by the power of God the sovereign Lord and not necessarily the medicines or herbs so administered.

God is the Creator of all beings and knows the body parts of all beings and how they function and is the Great Physician and he knows it all more than all the knowledge of these mortal men and women in the medical profession. It is true, it is a reality in life as not all that take medicines or herbs end up healed. Instead, some remain sick or even get sicker

and many also have died. Let us look at another scripture.

BLESS the LORD, O my soul: and all that is within me, bless his holy name.
Bless the LORD, O my soul, and forget not all his benefits:
Who forgiveth all thine iniquities; who healeth all thy diseases;

Psalm 103:1-3

In the above scripture the psalmist is blessing the Lord God again and again, Why? Because of the goodness of God one of which is healing. Actually, as the scripture says, he is the one that heals All diseases and not Doctors or Herbalists whose contribution if any is very minimal comparably. We are at the mercy of God when we are sick from some disease or illness and not of Doctors or Herbalists moreover on many occasions these have confessed openly to patients to be unable to attend to them even more confirming their limitations as human beings. But I do appreciate their efforts which also has resulted from God himself opening

for them that knowledge in medical science especially the Doctors but in all God is the ultimate solution. Please note that the psalmist in verse 1 is talking about blessing the Lord God with all his being as God has created all that and is the one who can deal with it in the best way. Let us go to other scriptures.

Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise.

Jeremiah 17:14

Only God can heal as he is the true source of healing as can be seen in the above scripture.

Blessed is the man that trusteth in the LORD, and whose hope the LORD is.

Jeremiah 17:7

In whatever situation hope in God, health included as God is virtually everything in our lives and is our true and only hope in life.

From the above scriptures you can see that we need to trust and hope in God even if we happen to visit the Doctors or Herbalists. Trusting in them is but a

curse-our hearts must be in God (verse 5). In verse 14 we see pleadings to God for healing and salvation, why? Because God is the provider of all these things which are too previous to happen to any person. Let us look further at another scripture.

WHO hath believed our report? And to whom is the arm of the LORD revealed?
For he shall grow up before him as a tender plant, and as a root out of a dry ground: he hath no form nor comeliness; and when we shall see him, there is no beauty that we should desire him.
He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.
Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten by God, and afflicted.
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 53:1-5

Here we find the prophet Isaiah giving a prophecy of the coming of Jesus Christ to the World and how he was going to be treated and the result of all the sufferings he was to undergo. In verse 5 clearly you can see that it is by the stripes of Jesus Christ we are healed and not by anything else- let us sober up, especially if you are a child of God (a saint). But if your faith is weak or has left you it is not sin (I think) to visit a qualified medical doctor but still have it in your mind that Jesus Christ is still the Great Physician. (Matthew 9:9-13). Please note that we have physical and spiritual healing the former is to do mainly with the body and the latter to do with the mind and soul.

Please get to know that although God heals the saints and can also heal the sinners, in the ideal situation, as we can see from the scriptures on the Israelites who God chose as His people and also elsewhere in the New Testament, healing is meant only for God's people (God's sons and daughters-those in the Lord) (Exodus 15:22-26, Mark 7:24-30)

And from thence he arose, and went into the borders of Tyre and Si'-don, and entered into a house, and would have no man know it: but he could not be hid.

For a certain woman, whose young daughter had an unclean spirit, heard of him, and came and fell at his feet:

The woman was a Greek, a Sy-ro-phoe-nic'-i-an by nation; and she besought him that he would cast forth the devil out of her daughter.

But Jesus said unto her, Let the children first be filled: for it is not meet to take the children's bread, and to cast it unto the dogs.

And she answered and said unto him, Yes, Lord: yet the dogs under the table eat of the children's crumbs.

And he said unto her, For this saying go thy way; the devil is gone out of thy daughter.

And when she was come to her house, she found the devil gone out, and her daughter laid upon the bed.

Mark 7:24-30

Yes, the Lord here talks of healing; describing it as children's bread (food) - which children? The children of God who are in God's family - the true believers in Christ Jesus.

Chapter Three

The reason behind ill health

Ill health does not come about without a cause or a reason for it. In the spiritual realm is where what we see with our physical eyes in the physical realm begin from. Ill health can be physical or spiritual or both; the first has to do with the body in form of diseases and the second one has to do with the condition of the heart of the individual touching mainly on the mental capacity. The main reason for ill health is sin as we are going to see from the Holy Scripture.

So Moses brought Israel from the Red Sea, and they went out into the wilderness of Shur; and they went three days in the wilderness, and found no water.

And when they came to Mar'-ah, they could not drink of the waters of Mar'-ah, for they were bitter: Therefore the name of it was called Mar'-ah.

And the people murmured against Moses, saying, What shall we drink?

And he cried unto the LORD; and the LORD showed him a tree, which when he had cast into the waters, the waters were made sweet: there he made for them a statute and an ordinance, and there he proved them,

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.

Exodus 15:22-26

Carefully look at the last verse (verse 26) and see for yourself that God placed some conditions upon the children of Israel which they were obligated to fulfil to avoid getting diseases.

They were to diligently hearken to the voice of the Lord their God, to do what is right in his sight, to give ear to his commandments and to keep all his statutes, then, and only then will they remain healthy without disease or illness. Now if you keep on breaking the commandments of God by not

doing them you are disobeying God and that is sin and God can punish you (Judge you) by allowing the enemy to bring you a disease or an illness. I believe he has in store healing and health and not diseases but he can leave you on your own to be oppressed by the devil through disease and sickness. For God is a healer and a redeemer for those who trust in him and go back to him in repentance (true repentance) to get deliverance from the one oppressing them.

My son, attend to my words; incline thine ear unto my sayings.
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.

Proverbs 4:20-22

Life and health is in obedience to the word of God.

Turn not to the right hand nor to the left: remove thy foot from evil.

Proverbs 4:27

Going straight in God's word by not turning to the right or left is not evil and therefore one can remain in good health.

In the above scriptures from the book of proverbs God's instructions are that we do put away evil from our lives by walking in his ways doing what he says in his word.

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:

The LORD shall make the pestilence cleave unto thee, until he have consumed thee from off the land, whither thou goest to possess it.

The LORD shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning,

The LORD will smitten thee with the botch of Egypt, and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed.

The LORD shall smite thee with madness, and blindness, and astonishment of heart.

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.

If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD;

Then the LORD will make thy plagues wonderful, and the plagues of thy seed, even great plagues, and of long continuance, and sore sicknesses, 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.

Also every sickness, and every plague, which is not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.

And ye shall be left few in number, whereas ye were as the stars of heaven for multitude; because thou wouldest not obey the voice of the LORD thy God.

Deuteronomy 28:15, 21-22, 35, 58-62

From the above scriptures which has quite a long list of diseases and sicknesses you can see for yourself the consequences of sin which is disobedience to the word of God. Let us also look at another scripture.

AND he entered into a ship, and passed over, and came into his own city.

And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee.

And, behold, certain of the scribes said within themselves, This man blasphemeth.

And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts?

For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk?

But that ye may know that the Son of man hath power on earth to forgive sins (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

And he arose and departed to his house.

Matthew 9:1-7

From the above incidence you can see that the man brought lying on a bed sick of palsy had sins in his life which brought him that condition and for him to be healed sin must be removed from him by forgiveness by the Lord (read verses2 to 7).

Sin is the common denominator just as you read the book of Psalm chapter 103 and especially verse 3, when you start from verse 1 onwards and end in that verse.

When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer.

I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah

Psalm 32:3-5

Many are ill because they have sinned, but don't want to repent to God for forgiveness and

healing/restoration. Be as the prodigal son who confessed his sins. (Luke 15:11-32)

Chapter Four

How to maintain healing

Although one can get healing by one's faith and by the grace of God, the healing one receives need to be jealously embraced and maintained otherwise it may be short lived. There seems to be some conditions attached to healing which need be followed/adhered to in order to remain healed and in good health. Let us now look at some of the scriptures which serve as a pointer in that respect.

AFTER this there was a feast of the Jews; and Jesus went up to Jerusalem.

Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Beth-es'-da, having five porches.

In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water.

For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had.

And a certain man was there, which had an infirmity thirty and eight years

When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?

The impotent man answered him, Sir, I have no man, when the water is troubled, to put me in the pool: but while I am coming, another steeped down before me.

Jesus saith unto him, Rise, take up thy bed, and walk.

And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath.

The Jews therefore said unto him that was cured, It is the Sabbath day: it is not lawful for thee to carry thy bed.

He answered them, He that made me whole, the same said unto me, Take up thy bed, and walk?

Then asked they him, What man is that which said unto thee, Take up thy bed, and walk?

And he that was healed wist not who it was: for Jesus had conveyed himself away, a multi being in that place

Afterward, Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.

John 5:1-14

You can see very clearly the stern warning Jesus gave to the man who he had healed who had suffered from a disease for a record of thirty eight years (I think I have not read a person in scripture who was diseased for so long time as this one at the pool at Bethesda). The warning is both for you and me and everybody. Just because you are healed it does not mean going to business as usual involving in sin.

We need to take care of our lives staying away from sin, otherwise we cannot continue in health but can as well end up worse off as spoken by the Lord himself in the above Scripture in verse 14. Get to know that it is only in the Lord that we have power to overcome sin as without him, the flesh is weak and we can continue recycling in sin.

The one who has the power to make one sin is the devil who all who are not in Christ are under him. Those in Christ equally are under Christ.

You can choose to be born again and be in Christ dwelt by the power of God the Holy Spirit to counter the power of the evil one who always tempts people to sin.

Look at what happens to one who is not in Christ Jesus.

When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest; and finding none, he saith, I will return unto my house whence I came out.

And when he cometh, he findeth it swept and garnished.

Then goeth he, and taketh to him seven other spirits more wicked than himself; and they enter in, and dwell there: and the last state of that man is worse than the first.

Luke 11:24-26

From the above episode we see the need of each one of us having Christ in our lives to see that we

are Spirit filled with the word of God. Let us look at yet another example.

JESUS went unto the Mount of Olives.
And early in the morning he came again into the temple, and all the people came unto him, and he sat down, and taught them.
And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst,
They say unto him, Master, this woman was taken in adultery, in the very act.
Now Moses in the law commanded us, that such be stoned: but what sayest thou?
This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger wrote on the ground as though he heard them not.
So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him cast a stone at her.
And again he stooped down, and wrote on the ground.

And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst.

When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? Hath no man condemned thee?

She said, No man, Lord. And Jesus said unto her, neither do I condemn thee: go, and sin no more.

John 8:1-11

You can see from the above account that Jesus Christ told the woman adulteress to go and sin no more. It was a stern warning, here she was about to be stoned but only by the Lord's wisdom addressing the accusers she was spared and Jesus forgave her. If at all she continued in adultery a worse thing probably could befall her such as the dreaded HIV Aids virus and her death would have been sure. Compare this with John 5:14

But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

Hebrews 11:6

From the above and comparing with Matthew 14:22-31 you can see that one need remain in faith by continuing to believe in one's healing. Apostle Peter stopped believing, in the miracle and he began to lose it starting to sink in water rather than continue walking over it. Our faith need not falter but remain steadfast.

Chapter Five

Why some are not healed

It is true that some people become ill and are not healed and remain so for a protracted period and eventually die in their affliction. There is a reason for that to be the case.

O LORD, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.
For thine arrows stick fast in me, and thy hand presseth me sore.
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: 1-3

The Lord God can chasten one through affliction because one has displeased God by sinning. So it is sin that can deny us healing from the Lord.

Fools, because of their transgression, and because of their iniquities, are afflicted.

Psalm 107: 17

There it is again-iniquities (sins) which make us to be afflicted with sickness or disease.

WHEN I would have healed Israel, then the iniquity of E'-phra-im was discovered, and the wickedness of Sa-mar'-i-a: for they commit falsehood; and the thief cometh in, and the troop of robbers spoileth without.

And they consider not in their hearts that I remember all their wickedness: now their own doings have beset them about; they are before my face.

Hosea 7: 1-2

On the above account God is willing and ready to heal his people but what can he do as he remembers and sees his people's wickedness which hinder him from acting. Compare with Isaiah 59:1-4. Looking closely at verse 1 of chapter 7 of the book of Hosea above, at the end the Lord God talks of robbers as well as a thief compare it with John 10:10. By sinning, one opens a door for the enemy to come in and begin to mess up one's life.

NOW Na'-a-man, captain of the host of the king of Syria, was a great man with his master, and honorable, because by him the LORD had given deliverance unto Syria: he was also a mighty man in valor, but he was a leper.

And the Syrians had gone out by companies, and had brought away captive out of the land of Israel a little maid, and she waited on Na'-a-man's wife.

And she said unto her mistress, Would God my Lord were with the prophet that is in Sa-mar'-i-a! For he would recover him of his leprosy.

And one went in, and told his Lord, saying, Thus and thus said the maid that is of the land of Israel.

And the king of Syria said, Go to, go and I will send a letter unto the king of Israel. And he departed, and took with him ten talents of silver, and six thousand pieces of gold, and ten changes of raiment.

And he brought the letter to the king of Israel, saying, Now when this letter is come unto thee, behold, I have therewith sent Na'-a-man my servant to thee, that thou mayest recover him of his leprosy.

And it came to pass, when the king of Israel had read the letter, that he rent his clothes, and said, Am I God, to kill and to make alive, that this man doth sent unto me to recover a man of his leprosy? Wherefore consider, I pray thee, and see how he seeketh a quarrel against me.

And it was so, when E-li'-sha the man of God had heard that the king of Israel had rent his clothes, that he sent to the king, saying, wherefore hast thou rent thy clothes? Let him come now to me, and he shall know that there is a prophet in Israel.

So Na'-a-man came with his horses and with his chariot, and stood at the door of the house of Eli'-sha.

And E-li'-sha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean.

But Na'-a-man was wroth, and went away, and said, Behold, I thought, He will surely come out to me, and stand, and call on the name of the LORD his God, and strike his hand over the place, and recover the leper.

Are not Ab-a'-na and Phar'-par, rivers of Damascus, better than all the waters of Israel? may I not wash in them, and be clean? So he turned and went away in a rage.

2 Kings 5: 1-12

The above is yet another reason why some are not healed. This captain of the host of the king of Syria was just too arrogant (Verses 10-12). To say the truth, he was on his way to remaining a leper the rest of his life. Many are like Naaman, me included. Many have become 'The know it all'. I recall an incidence when I was not yet born again and was ill and paid a visit to a Government Hospital physician and I tried to suggest to him how I should be treated (medication I prefer) and he corrected me on the spot asserting his position that he was the physician and not me. Naaman by the fact that he was an army captain does not mean that he knew any spiritual matters. Moreover by the fact of being a leper it meant he was a sinner as leprosy is a curse and except you have inherited a curse from your parents or grandparents, you can only get it if you have transgressed the commandments of God and

have not repented of the transgressions at all to be forgiven by the Lord God. Please take time and read also the consequences of transgressing the commandments of God, where you will remain sickly the rest of your life. (Deuteronomy 28:15, 21, 22, 27, 28, 35, 58-62)

As I have said earlier, the main reason for not getting your healing is sin, some of which are such as unforgiveness and bitterness. We have many who have testified that they only received healing from their afflictions only, when they forgave those who wronged them or when they stopped being bitter about the others.

For if ye forgive men their trespasses, your heavenly Father will also forgive you:

But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

Matthew 6:14-15

Healing comes to a person when God by his grace and mercy forgives that person for sins committed. Therefore, if you do not forgive, you have simply put yourself in a big fix. Be advised accordingly.

Follow peace with all men, and holiness, without which no man shall see the Lord:

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 12:14-15

When one is defiled, one becomes useless before God as God cannot use such a one for any of his purposes. So, let us avoid bringing defilement to people and our lives.

Yet another main reason why some people are not healed has something to do with their faith. Lacking faith to be healed can result to a person not receiving healing from the Lord as it becomes a hindrance/stumbling block between the person and the Lord. We are now going to look at various Scriptures to see that the fact is true.

WHEN he was come down from the mountain, great multitudes followed him.

And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean.

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

Matthew 8:1-3

You can see here that the leper had believed in Jesus for his healing and Jesus commanded him to be clean (healed) and it was so.

NOW when he had ended all his sayings in the audience of the people, he entered into Ca-per'-na-um.

And a certain centurion's servant, who was dear unto him, was sick, and ready to die.

And when he heard of Jesus, he sent unto him the elders of the Jews, beseeching him that he would come and heal his servant

And when they came to Jesus, they besought him instantly, saying, That he was worthy for whom he should do this:

For he loved our nation, and he hath build us a synagogue.

Then Jesus went with them. And when he was now not far from the house, the centurion sent friends to him, saying unto him, Lord, trouble not thyself: for I am not worthy that thou shouldest enter under my roof:

Wherefore neither thought I myself worthy to come unto thee: but say in a word, and my servant shall be healed.

For I also am a man set under authority, having under me soldiers, and I say unto one, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it.

When Jesus heard these things he marveled at him, and turned him about, and said unto the people that followed him, I say unto you, I have not found so great faith, no, not in Israel.

And they that were sent, returning to the house, found the servant whole that had been sick.

Luke 7: 1-10

Here also we see that centurion just heard of Jesus and there and then believed `here was a help for my servant' and sent for him. When Jesus was near his house, he bid him not to come under the roof of his house as he was not worthy before the Lord. The centurion went further and talked about authority and how it works, meaning, he knew the authority Jesus Christ had and believed in it. We are told that when the Lord heard what the centurion had said, he but marveled, why? Because of the faith he saw in the centurion, which was so great and he had not seen such a great faith in Israel. The result was the healing of the centurion's servant without Jesus going in to the house.

And when Jesus was passed over again by ship unto the other side much people gathered unto him: and he was nigh unto the sea.

And, behold, there cometh one of the rulers of the synagogue, Ja-i'-rus by name; and when he saw him, he fell at his feet,

And besought him greatly, saying, My little daughter lieth at the point of death: I pray thee,

come and lay thy hands on her, that she may be healed; and she shall live.

And Jesus went with him; and much people followed him, and thronged him.

And a certain woman, which had an issue of blood twelve years,

And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse,

When she had heard of Jesus, came in the press behind, and touched his garment.

For she said, if I may touch but his clothes, I shall be whole.

And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague.

And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes?

And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, Who touched me?

And he looked round about to see her that had done this thing.

But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth.

And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.

While he yet spake, there came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troublest thou the Master any further?

As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe.

And he suffered no man to follow him, save Peter, and James, and John the brother of James.

And he cometh to the house of the ruler of the synagogue, and seeth the tumult, and them that wept and wailed greatly.

And when he was come in, he saith unto them, Why make ye this ado, and weep? the damsel is not dead, but sleepeth.

And they laughed him to scorn.

But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying.

And he took the damsel by the hand, and said unto her, Tal'-i-tha cu'-mi; which is, being interpreted, Damsel (I say unto thee,) arise.

And straightway the damsel arose, and walked; for she was of the age of twelve years. And they were astonished with a great astonishment.

Mark 5:21-43

Here we are told that the woman with an issue of blood had suffered a lot in the hands of many physicians and her state just worsened. When she went to Jesus (The Great Physician) believing in him, things totally changed in her favour as she was completely healed and Jesus is addressing her said that her faith had made her so.

Now in the case of Jairus the ruler of the synagogue, he too had faith that only Jesus could heal her daughter who was very sick and at the point of death and he went to Jesus for help. But

some people brought him the bad news of the death of her daughter but worse still because of their unbelief, even went ahead and discouraged him not to bother Jesus about it (as according to them) the situation was hopeless, it was too late. Jesus saw that by that report, Jairus was going to lose his faith for healing and straight away encouraged him saying 'Don't be afraid, only believe' and that helped the old man. Jesus went further and stopped people from following him as they would continue to discourage Jairus further, he only allowed to be with his three disciples who are already in faith. Please note that at Jairus' house all the people showed faithlessness and even when Jesus talked to them and they just laughed in scorning him and Jesus told these lot also to come out of the house, as he could not allow an unbelieving lot with him at this crucial point. Jesus remained only with the disciples and the parents and did the needful bringing the daughter back to life. It was so, because as Jesus had told Martha about her brother Lazarus who had died four days ago, that her

brother shall rise again because he (Jesus) is the resurrection and the life.

And when Jesus departed thence, two blind men followed him crying, and saying, Thou son of David, have mercy on us.
And when he was come into the house, the blind men came to him: and Jesus saith unto them,
Believe ye that I am able to do this? They said unto him, Yea, Lord.
Then touched he their eyes, saying according to your faith be it unto you.
And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.

Matthew 9:27-30

Here also you can see that Jesus asked for their faith first, if at all they believed they can be healed and he told them after touching their eyes that it be so, according to their faith and they were actually healed because they had truly believed.

And when they were gone over, they came into the land of Gen-nes'-a-ret.

And when the men of that place had knowledge of him, they sent out into all that country round about, and brought unto him all that were diseased;
And besought him that they might only touch the hem of his garment: and as many as touched were made perfectly whole.

Matthew 14:34-36

Here we see that the men of the land of Gennesaret believed that Jesus Christ heals and requested their diseased just to touch the hem of Jesus' garment for their healing and it was so. All their actions pointed to one thing - faith. Here we see the diseased perfectly healed by their faith in the Lord by just touching the hem of his garment.

And he withdrew himself into the wilderness, and prayed.
And it came to pass on a certain day, as he was teaching, that there were Pharisees and doctors of the law sitting by, which were come out of every town of Galilee, and Judea, and Jerusalem: and the power of the Lord was present to heal them.

And, behold, men brought in a bed a man which was taken with a palsy: and they sought means to bring him in, and to lay him before him.

And when they could not find by what way they might bring him in because of the multitude, they went upon the housetop, and let him down through the tiling with his couch into the midst before Jesus.

And when he saw their faith, he said unto him, Man, thy sins are forgiven thee.

And the scribes and the Pharisees began to reason, saying, Who is this which speaketh blasphemies? Who can forgive sins, but God alone?

But when Jesus perceived their thoughts, he answering said unto them, What reason ye in your hearts?

Whether is easier, to say, Thy sins be forgiven thee; or to say, Rise up and walk?

But that ye may know that the Son of man hath power upon earth to forgive sins (he said unto the sick of the palsy,) I say unto thee,

Arise, and take up thy couch, and go into thine house.

And immediately he rose up before them, and took up that whereon he lay and departed to his own house, glorifying God

And they were all amazed, and they glorified God, and were filled with fear, saying, We have seen strange things today.

Luke 5:16-26

Here we see that Jesus Christ saw the efforts of the men bringing a man taken with a palsy to him, trying by hook or crook to reach him, that they were demonstrating faith and he healed the man taken with a palsy.

And it came to pass, that as he was come nigh unto Jericho, a certain blind man sat by the way side begging:

And hearing the multitude pass by, he asked what it meant.

And they told him, that Jesus of Nazareth passeth by.

And he cried, saying, Jesus, thou son of David, have mercy on me.

And they which went before rebuked him, that he should hold his peace: but he cried so much the more, Thou son of David, have mercy on me.

And Jesus stood, and commanded him to be brought unto him: and when he was come near, he asked him,

Saying, What wilt thou that I shall do unto the thee? And he said, Lord, that I may receive my sight.

And Jesus said unto him, Receive thy sight: thy faith hath saved thee.

And immediately he received his sight, and followed him, glorifying God: and all the people, when they say it, gave praise unto God.

Luke 18:35-43

Here we see that the blind man had faith when he was told Jesus Christ was passing by and he acted by crying for him to have mercy on him. Mind you he was blind and had not seen even a single man healed by Jesus but just heard and believed it to be true, which goes well with what Jesus told the doubting Thomas that,` blessed are those who believe but have not seen' (John 20:29). Jesus told

this blind man to receive his sight and that his faith had saved him (has brought healing to him)

NOW Peter and John went up together into the temple at the hour of prayer, being the ninth hour.
And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple;
Who seeing Peter and John about to go into the temple asked an alms.
And Peter, fastening his eyes upon him with John, said, Look on us.
And he gave heed unto them, expecting to receive something of them.
Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus of Nazareth rise up and walk.
And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength.

And he leaping up stood, and walked, and entered with them into the temple, walking and leaping, and praising God.

Act 3:1-8

This is quite interesting. The gate at the temple had a name Beautiful. I said in my book entitled 'The Christian Walk', that names affect people or places either positively or negatively depending on the name the people have or the place have. You can see for yourself what happened at this gate, first alms were being given daily and second, on this particular day, healing was received. Now this lame man got used to asking people for alms only this time he didn't know that these two were different- they were apostles of Christ Jesus. As usual, he expected to get alms from them and nothing more but alas, he received more than enough that day. You may ask yourself why did Peter and John fix their eyes on this lame man, hadn't they come across a lame man before? Why did they ask the lame man to look at them? Simple, they wanted to see if this man had the faith to be healed. According to the two, this man had faith. The next thing a

command for healing followed and thank God the man at last got his healing. The two realized that this man would be depending on alms he received from people the rest of his life. The people were through sympathy were merely giving this man a temporary solution. The two decided to give this lame man a permanent solution- healing so that he could walk and go about doing his business and earning a living, living a normal life.

And there sat a certain man at Lys'-tra, impotent in his feet, being a cripple from his mother's womb, who never had walked:
The same heard Paul speak: who steadfastly beholding him, and perceiving that he had faith to be healed,
Said with a loud voice, Stand upright on thy feet. And he leaped and walked.

Acts 14:8-10

Here we see that this cripple had faith built in him by constantly listening to what Paul was speaking and Paul realized that this crippled man had faith to be healed and he commanded by a loud voice for

the man to stand upright and the man obeyed and received his healing.

In all the scriptures we have gone through, people received their healing because of their faith. Suppose they had no faith, then they would not have received any healing and would have remained unhealed. I hope you have by now got my point that without faith healing does not take place. So, faithlessness is another factor that make people who are sick to remain sick (not healed). Now I will direct you to go and read the book of Isaiah (Isaiah 53:1-5). Verse 1 of that chapter is touching on faith. The question is do you believe in God? In the Scripture some people who came to Jesus to be healed, Jesus asked them first, if they believed he can heal them. If the answer was in the affirmative and the Lord knew they truly believed, he commanded healing and they were healed.

In verses 4 and 5 it talks of Jesus Christ taking our sufferings physical and spiritual upon his body and that we are healed because he suffered on our behalf. Let us look now at another scripture on the same note.

And when Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever.

And he touched her hand, and the fever left her: and she arose, and ministered unto them.

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:

That it might be fulfilled which was spoken by Isaiah the prophet, saying, himself took our infirmities, and bare our sicknesses.

Matthew 8: 14-17

In the above Scripture we are told that Christ Jesus took our illnesses and bore our sicknesses. But some are either ignorant of this fact, especially some Christians or don't believe that statement. Also, some people because they have suffered from some illness for quite sometime, come to believe that they can't be healed, some even have gone too far and called the illness `their illness'. You sometimes can hear such people say 'This my illness, one day will kill me'. It is just an illness and

it is not yours, as you were not born with it, moreover the Scriptures say these were taken away and if you have them, you have yourself allowed the enemy to bring them back to you from wherever. If we don't believe God can heal us it becomes an impediment for us to receive our healing.

Otherwise sickness is not a possession, that others have begun calling it their sickness. It is not something one can pride in and claim to own. It is not a good thing. Even if one was born with say a blindness, a deafness or lameness, the Scriptures record that such a one can still be restored back to a normal state, there are several of such cases and which were totally restored. If one is in such a state it does not necessarily mean that one should remain in that state forever. If there is faith and by the grace and mercies of God, one can come out of such a state.

God who is the Creator of heaven and earth and all that are there in, the seen and the unseen, is an Almighty God and nothing, virtually nothing, is

impossible with him. (Genesis 18:14, Luke 1:37, Jeremiah 32: 26-27, Mark 10:27).

Is anything too hard for the LORD? At the time appointed I will return unto thee, according to the time of life, and Sarah shall have a son.

Genesis 18:14

For with God nothing shall be impossible

Luke 1:37

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

Mark 10:27

Some people are not healed because they are prayed for healing by those who are not saved or by those who are already saved yes, but are not living righteously, that is, are living in sin.

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.

James 5:16

Please note that the above scripture which was part of the epistle of Apostle James was addressed to Christians yet he goes on to say that the effectual fervent prayer of a righteous man avails much. That can only mean that you must be as a Christian living a holy and righteous life for your prayer for healing be answered. Let us also look at yet another scripture which is similar.

Now we know that God heareth not sinners: but if any man be a worshiper of God, and doeth his will, him he heareth.

Since the world began was it not heard that any man opened the eyes of one that was born blind.

If this man were not of God, he could do nothing.

John 9:31-33

The above were words uttered by a man who was born blind and Jesus Christ healed him and now he could see very well as any other normal person who is not blind. The man was addressing the Pharisees

and the Jews who believed not in Christ Jesus and engaged the man in unnecessary arguments, but I thank the Lord God because the Holy Spirit that worked in his life to bring him healing enabled him to utter those words which are true. So, in conclusion if you are a sinner or a saint living in sin, don't expect healing from the Lord.

Now let me share my personal experience on healing and good health. Before I got saved, I used to have a chronic stomach ache which used to last half a day continuously once and sometimes twice each year. But when I got saved, at the time of my conversion I received two big-miracles, a miracle of salvation and a miracle of healing. The stomach ache was no more and I never had that experience again since 11th June, 1984 to date. I realized that Salvation is such a great miracle and come packaged in it healing of the body as well.

Another experience is that at my place of work we used to have a Christian fellowship in the mid of every week and at one time after we finished fellowship, I went and told a brother who happened to be a Ugandan and was also a pastor in one of

Pentecostal churches and was also working as a Research Biochemist, that I was going for a Diploma Course for one year in a Government Training Institution and that he prays for me. The brother just said a short prayer there in his office that the Lord protect me and keep me in health. The prayer was heard by God and he brought it to come to pass.

All the time I was in that Institution of learning, I never got sick and only visited a Government Hospital once to get a mandatory yellow fever vaccine. But I tell you, many of my colleagues got sick now and then and visited Hospital to be administered to. What I know about this brother is that he was a very humble man. Most likely he was living a holy righteous life. I wanted to share this with you as regards to what the Scripture is saying in God answering prayers of people.

I said, LORD, be merciful unto me: heal my soul; for I have sinned against thee.

Psalm 41:4

Some people expect to get healing from God but are not ready to confess to him of their sins, for forgiveness and for their healing to take place. The psalmist desired mercy and healing from God but was quick to acknowledge sins in himself.
Some people are not healed because they continue to eat forbidden foods and their health is compromised.

And the LORD spake unto Moses, saying,
Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat.

Leviticus 7:22-23

And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I will even set my face against that soul that eateth blood, and will cut him off from among his people.
For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.

Therefore I said unto the children of Israel, No soul of you shall eat blood, neither shall any stranger that sojourneth among you eat blood.

And whatsoever man there be of the children of Israel, or of the strangers that sojourn among you , which hunteth and catcheth any beast or fowl that may be eaten; he shall even pour out the blood thereof, and cover it with dust.

Leviticus 17:10-14

Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to God:

But that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood.

Acts 15:19-20

You can see clearly from the above scriptures that eating of animal or fowl fat as well as strangled things and blood all are forbidden by God.

Another reason why some are not healed is because of eating animal fats which we find are forbidden in the scriptures and was a preserve of God and were

offered as burnt offerings. Although the New Testament is silent on the issue of animal fats nevertheless it has inherent problems on man's health going by experience. Now proceed and read the following:

AND if his oblation be a sacrifice of peace offering, if he offer it of the herd; whether it be a male or female, he shall offer it without blemish before the LORD. And he shall lay his hand upon the head of his offering, and kill it at the door of the tabernacle of the congregation: and Aaron's sons the priests shall sprinkle the blood upon the altar round about.
And he shall offer of the sacrifice of the peace offering an offering made by fire unto the LORD; the fat that covereth the inwards, and all the fat that is upon the inwards,
And the two kidneys, and the fat that is on them, which is by the flanks, and the caul above the liver, with the kidneys, it shall he take away.
And Aaron's sons shall burn it on the altar upon the burnt sacrifice, which is upon the wood that is on

the fire: it is an offering made by fire, of a sweet savor unto the LORD.

And the two kidneys, and the fat that is upon them, which is by the flanks, and the caul above the liver, with the kidneys, it shall he take away.

And the priest shall burn them upon the altar: it is the food of the offering made by fire for a sweet savor: **all the fat is the LORD's**

It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.

Leviticus 3:1-5, 15-17

And the LORD spake unto Moses, saying,

Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat.

Leviticus 7:22-23

And Moses brought Aaron's sons, and put coats upon them, and girded them with girdles, and put bonnets upon them; as the LORD commanded Moses.

And he brought the bullock for the sin offering: and Aaron and his sons laid their hands upon the head of the bullock for the sin offering.

And he slew it; and Moses took the blood, and put it upon the horns of the altar round about with his finger, and purified the altar, and poured the blood at the bottom of the altar, and sanctified it, to make reconciliation upon it.

And he took all the fat that was upon the inwards, and the caul above the liver, and the two kidneys, and their fat, and Moses burned it upon the altar.

Leviticus 8:13-16

Chapter six

Some ways God brings healing

There are ways and means by which God brings healing to people and we are going to look at some of them below.

NOW Na'-a-man, captain of the host of the king of Syria, was a great man with his master, and honorable, because by whim the LORD had given deliverance unto Syria: he was also a mighty man of valor, but he was a leper.

And the Syrians had gone out by companies, and had brought away captive out of the land of Israel a little maid; and she waited on Na'-a-man's wife.

And she said unto her mistress, Would God my Lord were with the prophet that is in Sa-mar'-i-a! For he would recover him of his leprosy.

And one went in, and told his Lord, saying, Thus and thus said the maid that is of the land of Israel.

And the king of Syria said, Go to, go and I will send a letter unto the king of Israel. And he departed, and took with him ten talents of silver,

and six thousand pieces of gold, and ten changes of raiment.

And he brought the letter to the king of Israel, saying, Now when this letter is come unto thee, behold, I have therewith sent Na'-a-man my servant to thee, that thou mayest recover him of his leprosy.

And it came to pass, when the king of Israel had read the letter, that he rent his clothes, and said, Am I God, to kill and to make alive, that this man doth send unto me to recover a man of his leprosy? Wherefore consider, I pray you, and see how he seeketh a quarrel against me.

And it was so, when E-li'-sha the man of God had heard that the king of Israel had rent his clothes, that he sent to the king, saying, let him come now to me, and he shall know that there is a prophet in Israel.

So Na'-a-man came with his horses and with his chariot, and stood at the door of the house of E-li'-sha.

And E-li'-sha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean

But Na'-a-man was wroth, and went away, and said, Behold, I thought, He will surely come out to me, and stand, and call on the name of the LORD God, and strike his hand over the place, and recover the leper.

Are not Ab-a'-na and phar'-par river of Damascus, better than all the waters of Israel? May I not wash in them, and be clean? So he turned and went away in a rage.

And his servants came near, and spake unto him, and said, My father, if the prophet had bid thee do some great thing, wouldest thou not have done it? how much rather then, when he saith to thee, Wash, and be clean?

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.

2 Kings 5:1-14

From the above account you can see it was just a matter of washing oneself in a river and one is healed.

And, behold, two blind, men sitting by the wayside, when they heard that Jesus passed by, cried out, saying, Have mercy on us, O Lord, thou son of David.

And the multitude rebuked them, because they should hold their peace: but they cried the more, saying, Have mercy on us, O Lord, thou son of David.

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

They say unto him, Lord, that our eyes may be opened.

So Jesus had compassion on them, and touched their eyes: and immediately their eyes received sight, and they followed him.

Matthew 20:30-34

In the above incidence, it was a matter of just touching the eyes of the two and they received their healing.

Fools, because of their transgression, and because of their iniquities, are afflicted.

Their soul abhorreth all manner of meat; and they draw near unto the gates of death.
Then they cry unto the LORD in their trouble, and he saveth them out of their distresses.
He sent his word, and healed them, and delivered them from their destructions.

Psalm 107:17-20

In the above case the people receive their healing and deliverance by the word of the Lord only, which is sent.

In those days was Hez-e-ki'-ah sick unto death. And Isaiah the prophet the son of Amoz came unto him, and said unto him,
Thus saith the LORD, Set thine house in order: for thou shalt die, and not live.
Then Hez-e-ki'-ah turned his face toward the wall, and prayed unto the LORD,
And said, Remember now, O LORD I beseech thee, how I have walked before thee in truth and with a perfect heart, and have done that which is good in thy sight.
And Hez-e-ki'-ah wept sore.

Then came the word of the LORD to Isaiah, saying,
Go, and say to Hez-e-ki'-ah, Thus saith the LORD, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, I will add unto thy days fifteen years.
And I will deliver thee and this city out of the hand of the king of Assyria: and I will defend this city.
And this shall be a sign unto thee from the LORD, that the LORD will do this thing that he hath spoken;
Behold, I will bring again the shadow of the degrees, which is gone down in the sun dial of Ahaz, ten degrees backward. So the sun returned ten degrees, by which degrees it was gone down.
The writing of Hez-e-ki'-ah king of Judah, when he had been sick, and was recovered of his sickness:
I said in the cutting off of my days, I shall go to the gates of the grave: I am deprived of the residue of my years.
I said, I shall not see the LORD, even the LORD, in the land of the living: I shall behold man no more with the inhabitants of the world.

Mine age is departed, and is removed from me as a shepherd's tent: I have cut off like a weaver my life: he will cut me off with pining sickness: from day even to night wilt thou make an end of me.

I reckoned till morning, that, as a lion, so will he break all my bones: from day even night wilt thou make an end of me.

Like a crane or a swallow, so did I chatter: I did mourn as a dove: mine eyes fail with looking upward: O LORD, I am oppressed; undertake for me.

What shall I say? He hath both spoken unto me, and himself hath done it: I shall go softly all my years in the bitterness of my soul.

O Lord, by these things men live, and in all these things is the life of my spirit: so wilt thou recover me, and make me to live.

Behold, for peace I had great bitterness; but thou hast in love to my soul delivered it from the pit of corruption: for thou hast cast all my sins behind thy back.

For the grave cannot praise thee, death cannot celebrate thee: they that go down into the pit cannot hope for thy truth.

The living, the living, he shall praise thee, as I do this day: the father to the children shall make known thy truth.

The LORD was ready to save me: therefore we will sing my songs to the stringed instruments all the days of our life in the house of the LORD.

For Isaiah had said, Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover.

Isaiah 38:1-21

In the above account it involved taking a lump of figs and laying it for a plaster upon the boil of king Hezekiah and he gets his healing, how simple!

And they went into Ca-per'-na-um; and straightway on the Sabbath day he entered into the synagogue, and taught.

And they were astonished at his doctrine: for he taught them as one that had authority, and not as the scribes.

And there was in their synagogue a man with an unclean spirit; and he cried out,

Saying, Let us alone; what have we to do with thee, thou Jesus of Nazareth? Art thou come to destroy us? I know thee who thou art, the Holy One of God.

And Jesus rebuked him, saying Hold thy peace, and come out of him.

And when the unclean spirit had torn him, and cried with a loud voice, he came out of him.

And they were all amazed, insomuch that they questioned among themselves, saying, What thing is this? What new doctrine is this? For with authority commandeth he even the unclean spirits, and they do obey him.

Mark 1:21-27

In the above case the Lord Jesus Christ just commanded the unclean spirit to leave (come out of the man) and it left, period.

And again, departing from the coasts of Tyre and Si'-don, he came unto the sea of Galilee, through the midst of the coasts of De-cap'-o-lis.

And they bring unto him one that was deaf, and had an impediment in his speech; and they beseech him to put his hand upon him.

And he took him aside from the multitude, and put his fingers into his ears, and he spit, and touched his tongue;

And looking up to heaven, he sighed, and saith unto him, Eph'-pha-tha, that is, Be opened.

And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain.

And he charged them that they should tell no man. But the more he charged them, so much the more a great deal they published it;

And were beyond measure astonished, saying, He hath done all things well: he maketh both the deaf to hear, and the dumb to speak.

Mark 7:31-37

In the above case, the Lord Jesus Christ had only to touch the afflicted organs of the man and address the conditions to be back to normal and it was so. I have been a witness of so many such multiple healings in the various Repentance and Healing meetings of the Lord in this country. It is happening

right before the eyes of the World. It is wonderfully real.

It is time for every body every where to reckon that the Lord Jesus Christ the Messiah is coming for his holy Church and, be ready. The healings and miracles taking place in these meetings are astounding and dumbfounding to many, many people.

AFTER this there was a great feast of the Jews; and Jesus went up to Jerusalem.

Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Beth-es'-da, having five porches.

In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water.

For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatever disease he had.

And a certain man was there, which had an infirmity thirty and eight years.

When Jesus saw him lie, and knew that he had been now along time in that case, he saith unto him, Wilt thou be made whole?

The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me.

Jesus saith unto him, Rise, take up thy bed, and walk

And immediately the man was made whole, and took up his bed, and walked: and on the same day was the Sabbath.

John 5:1-9

Here the Lord just commanded the impotent man to walk by him rising up and there he was walking, after rising up.

AND he entered again into the synagogue; and there was a man there which had a withered hand.

And they watched him, whether he would heal him on the sabbath day; that they might accuse him.

And he saith unto the man which had the withered hand, Stand forth.

And he saith unto them, Is it lawful to do good on the sabbath days, or to do evil? to save life or to kill? But they held their peace.

And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.

Mark 3:1-5

In the above event the Lord gave instruction to the man and the man followed and his withered hand was restored back to normal.

The Lord God has so many ways of bringing healing to his people. He can do it with or without any physical administration as he sees fit. The prerogative is in the Lord's hands to determine how he heals each individual who has fallen ill.

Mind you, He is a miracle worker, an Almighty God, the Creator of heaven and earth.

And he cometh to Beth'-sai'-da; and they bring a blind man unto him, and besought him to touch him.

And he took the blind man by the hand, and led him out of the town, and when he had spit on his eyes, and put his hands upon him, he asked him if he saw aught.

And he looked up, and said, I see men as trees, walking.

After that he put his hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly.

Mark 8:22-25

From the above incidence we see something coming out on the issue of healing. Other examples of healing were different from the above in that they were instant and this particular seem to be gradual. That can point to one thing, that God can heal one instantly or gradually. The reason best known to himself, may be that is why some are prayed for healing/touched twice before complete healing.

Another incident is that one may not get instant healing because of some sin and God may decide to heal at a later time after such going through God's discipline / judgement. A case in point is where

Aaron and Miriam spoke against Moses the servant of God and Aaron repented but Miriam did not and was leprous for seven days and even the cry of Moses to God for healing could not work then, until God's appointed time.

And the cloud departed from off the tabernacle; and, behold, Miriam became leprous, white as snow: and Aaron looked upon Miriam, and, behold, she was leprous.
And Aaron said unto Moses, Alas, my Lord, I beseech thee, lay not the sin upon us, wherein we have done foolishly, and where in we have sinned.
Let her not be as one dead, of whom the flesh is half consumed when he cometh out of his mother's womb.
And Moses cried unto the LORD, saying, Heal her now, O God, I beseech thee.
And the LORD said unto Moses, If her father had but spit in her face, should she not be ashamed seven days? Let her be shut out from the camp seven days, and after that let her be received in again.

And Miriam was shut out from the camp seven days; and the people journeyed not till Miriam was brought in again.

Numbers 12:10-15

Chapter Seven

Other reasons for bad health

It is equally true that apart from the reasons for ill health we read in chapter three of this book, there are some other reasons as well, which we are going to encounter in the Holy Scripture.

Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities

1 Timothy 5:23

In the above case we find Apostle Paul advising his son in the Lord on the issue of his infirmities which most likely had to do with having drunk contaminated water which he need abstain from taking and at the same time take a little wine for his stomach's case which had been infected by water-borne diseases and which had some medicinal value to try cure the problem. It was not sin as such because you can drink water which seems very much okay, but are in fact contaminated.

AND as Jesus passed by, he saw a man which was blind from birth.

And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind?

Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.

John 9:1-3

The above incidence may appear a little bit funny but is the truth as per the Lord's answer. The man was born blind so that when the Lord God begin to work on him at an appointed time, his name, the name above all name should receive the glory which belongs to him from all those who will see the man receive his eyesight.

So here, it was a temporary experience regardless of the time the man was to remain blind without any healing.

And God wrought special miracles by the hands of Paul: So that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them.

Acts 19:11-12

Salute Prisca and Aq'-uil-a, and the household of O-nes-iph'-o-rus.

E-ras'-tus abode at Corinth: but Troph'-i-mus have I left at Mi-le'-tus sick

2 Timothy 4:19-20

Now look at the above two accounts. In all of them Apostle Paul is involved. In the first account God was doing great, great things- miracles and healings through the hand of the apostle, but in the second account we are told by the same apostle that he was in Miletus and have left Trophimus sick. What a contrast!! This is a puzzle worth solving as we read in the book of Deuteronomy chapter 29 and verse 29.

The secret things belong unto the LORD our God: but those things which are revealed belong unto us and to our children for ever, that we may do all the words of this law.

Deuteronomy 29:29

Many things are hidden to us and God has some reason I believe; why some are not healed and remain in bad health.

Now E-li'-sha was fallen sick of his sickness whereof he died. And Jo'-ash the king of Israel came down unto him, and wept over his face, and said, O my father, my father, the chariot of Israel, and the horsemen thereof.

And E-li'-sha said unto him, take bow and arrows. And he took unto him bow and arrows.

And he said to the king of Israel, Put thine hand upon the bow. And he put his hand upon it: And E-li'-sha put his hands upon the king's hands.

And he said, Open the window eastward. And he opened it. Then E-li'-sha said, Shoot. And he shot. And he said, The arrow of the LORD'S deliverance, and the arrow of deliverance from Syria: for thou shalt smite the Syrians in A'-phek, till thou have consumed them.

And he said, Take the arrows.

And he took them and he said unto the king of Israel, Smite upon the ground. And he smote thrice, and stayed.

And the man of God was wroth with him, and said, Thou shouldest have smitten five or six times; then hadst thou smitten Syria till thou hadst consumed it: whereas now thou shalt smite Syria but thrice.

And E-li'-sha died, and they buried him. And the bands of the Mo'-abites invaded the land at the coming in of the year.

2 Kings 13:14-20

From the above event we are told that Elisha fell sick of his sickness whereof he died (verse 14) and he actually died from that sickness of his (verse 20). It therefore means the prophet Elisha stayed with the sickness until his death which further tells us that he never recovered from that sickness (he never received his healing). As you are aware this prophet was unique in that he received a double portion of prophet Elijah's anointing, after that prophet was virtually raptured from the earth, by the Lord God and now this prophet stayed without healing when he fell sick. Any way God remains

God and we cannot question God him (Hebrews 13:8, Job 38:1-3, 1 Corinthians 1:20-25).

THERE was a man in the land of Uz, whose name was Job; and that man was perfect and upright, and one that feared God, and eschewed evil.

Job 1:1

AGAIN there was a day when the sons of God came to present themselves before the LORD, and Satan came also among them to present himself before the LORD

And the LORD said unto Satan,

From hence cometh thou? And Satan answered the LORD, and said, From going to and from in the earth, and from walking up and down in it.

And the LORD said unto Satan, Hast thou considered my servant Job, that there is none-like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause.

And Satan answered the LORD, and said, Skin for skin, yea, all that a man hath will he give for his life.

But put forth thine hand now, and touch his bone and flesh, and he will curse thee to thy face.

And the LORD said unto Satan, Behold, he is in thy hand; but save his life.

So went Satan forth from the presence of the LORD, and smote Job with sore boils from the sole of his foot unto his crown.

And he took him a potsherd to scrape himself withal; and he sat down among the ashes.

Then said his wife unto him, Dost thou still retain thine integrity? curse God, and die.

But he said unto her, Thou speakest as one of the foolish women speaketh. What? Shall we receive good at the hand of God, and shall we not receive evil? In all this did not Job sin with his lips.

Job 2:1-10

Now from the above two scriptures following each other we get a man who had the best curriculum vitae ever in the whole world and more than Moses the prophet who also happened to be the most

humble person in his days as well as Noah who was also perfect in his days on earth, or David a man after God's heart or Solomon – the wisest man ever.

Let us look at Job's C.V jealously:

- Perfect man
- Upright man
- God - fearing man
- Man eschewing evil.

Quite impressive indeed! First Job lost his children and his belongings (Job 1) and now (Job 2) he has lost his health. Many Christians find themselves unable to stomach such occurrences but surely it requires God through and through; his grace, mercy and power to be able to go what Job went through and still remain unscathed (with one's integrity intact).

If there is one who is not ashamed easily it is Satan. He not only went to present himself before God twice among the sons of God but also went ahead and tempted our Lord Jesus Christ when he had fasted forty days and nights in the wilderness (Luke 4:1-14)

As I said earlier, God I believe does not have a storehouse for keeping bad things but goodies.

But in his judgement, he can cause bad things to come your way, he can hire somebody to do it on his behalf. To see some point on what I am trying to say, Look at Job 2:7, very keenly. It is only after Satan had come out of the presence of God, that we see him smote Job with sore boils. Don't tell me that he borrowed the sore boils from a holy God to do it!? Satan must be keeping these kinds of bad things in his storeroom and to use them whenever an opportunity comes by at whatever place on the earth. Here God only gave him an opportunity to prove the testimony he gave Satan on his servant Job, That his testimony was right and what Satan said about Job was not right. So, Job remained with this problem temporarily until the time God restored him back (Job 42:10-17).

Now let us turn to Job 2:9. The wife of Job asked a question many of us need to carefully ponder on and sincerely answer.

As a Christian (A born-again, of course). After going through much suffering and temptations in

your walk, do you still retain your integrity or change it? By lowering it down/succumbing to your environment? Noah was perfect in a corrupt society full of wickedness just like now the World over. (Genesis 6:1-9).

A truly born-again Christian need not go by winds of change or by crowds but must try always to do right before the Lord and stop being a `men-pleaser'.

There are many other general reasons why many in the world have bad health. Many, many years back I happened to come across a book entitled 'Man alive- you are half dead' I cannot remember the Author but what struck my attention was that many people have a bad eating habit and would take at one time a combination of many foods and not only a combination but of a wrong type which later cause them a lot of problems, yet they keep on the same trend unaware of the source of their problems. Let me give just an example, all at one time someone drinking a soft drink, eating fish, a cake, a lemon and also say eating beans and drinking sour

milk, I mean something of that sort, which sound crazy.

Surely in such a state you have given your digestive system a hell of work and also done a disservice to your stomach.

There was research report that was in the mass media and in the print media that the green vegetables urban dwellers buy most of them have been brought from farms that feed on sewage water passing around them. This kind of occurrence can cause frequent health problems to one getting their fresh vegetables unaware from such risky and questionable environments. Currently and because of too much industrialization the world over we happen to have more and more polluted air and water which of course will not augur well for our health. In many countries waste management is lacking or poor altogether causing a health harzhard.

In this digital age many especially in the urban areas have become more time-conscious and have tight schedules and many end up being stressed anxious of many things and worrying about many

things trying to do many things in a short span of time. On the same note many get used to junk food/snacks as their meal in the office or at their houses and avoiding to cook by themselves especially when back in their house- some because they are exhausted by the day's work and can afford just to take a bite and fall onto their beds and sleep and the next day the same is repeated. Also, at this time in many countries especially in the rural areas you can still find a homestead without a pit latrine and the household go into a bush to relieve themselves. (Deuteronomy 23:12-13) In the urban areas and more so in the slums where sanitation if any, is at its lowest level. You may find a block of toilet probably having only ten toilets you can find it serves hundreds of people in that locality. I remember I had a friend many, many years back before I got saved and he lived in one of the slums in a big town and when I visited the toilet near his house to relieve myself, it was like a nightmare, even in the big corridor looking towards the doors to each toilet everywhere you find people have defaecated on the floor and I had a hard time

choosing where to step as I move forward. In such a horrible environment, what do you expect? Many people these days because of the cost of living many don't have a balanced diet in their meals, affecting adversely especially small children.

Also some people have the bad habit of handling and preparing food as well as eating before washing their hands and care less of hygiene (Mark 7:1-4)

Many people at the same time some overwork their bodies in order to be able to feed and care for their families. For those who can afford, some over eat or eat foods that necessitates them to do hard work or do much physical exercises of which many don't do. (1 Timothy 4:8)

Another reason why some are not healthy could as well be, because of eating more undercooked food. I do remember my paternal grandmother used to take a lot of time in cooking food in a clay pot and when she finally served it, it was delicious and thoroughly cooked.

These days I don't know what has gotten wrong as people seem to be always in a hurry and are not patient enough and can hardly contain their hunger!

All kinds of food are prepared in the shortest time possible and of course not in a pressure cooker, which cooks at very high temperatures.

Some people have bad health because of bad lifestyles consuming toxic substances such as tobacco, alcoholic beverages and other narcotic drugs which destroys their health. Remember that you are what you eat. If you eat what is bad for your body you will come out with bad health. Remember the acronym G.I.G.O meaning Garbage in Garbage out. Your body is likely to portray what you feed it with (Leviticus 7:22-27, Judges 13:2-5, Luke 1:5-15)

You can see from the above scriptures that you don't just eat anything and everything as it might not be useful to you.

Another reason for ill health is on our cooking which most of us has reduced / shortened the time for cooking most of our foods such as the meats and fish among others and therefore some of the food we take is under cooked and could not be so fit for our consumption. An example is the case of roasting of meat which often is half- roasted. From

the outside the meat seems roasted but the inside of the meat it is partially roasted and is reddish in colour and it is not uncommon to even see some traces of blood (and mind you, the eating of blood of any meat is forbidden in the scriptures)- Leviticus 17:10-12, Acts 15:19-20. Fully roasted meat should be brownish in colour both the outside and the inside. No wonder cases of ailments related to such is on the increase, such as Arthritis.

Another reason for ill health is on the taking of much sugar in beverages such as tea or soft drinks as well as the taking food already cooked and salted at the cooking stage; but now adding more salt at the table to make it ‘‘sweeter.’’

Another reason for ill health is by the taking of alcoholic drinks which also is not good for health and is also forbidden in the scriptures (Proverbs 20:1, Leviticus 10:8-11, Isaiah 5:11, Proverbs 23:29-35, Hosea 4:11-12, 1 Corinthians 6:9-10).

Another reason for ill health is in the taking of under dose of prescribed drugs when one has fallen ill thereby jeopardizing chances of getting well and the possibility of getting used to the drug for its

treatment in the future. Yet others take over dose of prescribed drugs to get well ‘quicker’. Yet others take blindly any drug they think of when sick and not prescribed hence endangering their lives as the drug most likely may turn out not to be the right one for the ailment. Illnesses ideally need to be confirmed by laboratory tests in addition to first being seen and checked / examined by a medical doctor, as also supported by the scripture (Luke 5:30-31, Colossians 4:14).

Another reason for ill health is the smoking of cigarettes and the taking of other narcotic drugs all which are harmful to one’s life and are not also supported by the scripture (1 Corinthians 6:12)- All these are addictive and enslave people such that they cannot come out of the habit of taking them. Get to know that you are a creation of God and your body belongs to God and therefore if you abuse it by taking anything in it or doing anything with it (1 Corinthians 6:19 – 20) God surely will hold you to account and judge you.

Another reason why some people have bad health it is because of eating certain foods for quite a

prolonged period of time or eating some forbidden foods (Acts 15:19-20, Deuteronomy 14: 3-21, Leviticus 17:10-14; 7:22-23; 11:1-47)

Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to God:
But that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood.

Acts 15:19-20

The above was an advice by Apostle James to the Gentiles who had been converted to Christ on what they need to avoid as Christians including eating of strangled things as well as blood. The same issue of abstaining from eating of blood has been repeated elsewhere as recorded below:

And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I will even set my face against that soul that eateth blood, and will cut him off from among his people.

For the life of the flesh is in the blood and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.

Therefore I said unto the children of Israel, No soul of you shall eat blood, neither shall any stranger that sojourneth among you eat blood.

And whatsoever man there be of the children of Israel, or of the strangers that sojourn among you, which hunteth and catcheth any beast or fowl that may be eaten; he shall even pour out the blood thereof, and cover it with dust.

For it is the life of all flesh; the blood of it is for the life thereof: therefore I said unto the children of Israel, Ye shall eat the blood of no manner of flesh: for the life of all flesh is the blood thereof; whosoever eateth it shall be cut off.

Leviticus 17:10-14

You can see how repeatedly God has touched on the blood of all flesh, that it shall not be eaten but poured out and be covered with dust. There are spiritual and physical reasons for that; spiritual in that blood was used for sin atonement and is still

used for the same purpose now, but not the blood of animals any more but the precious blood of Jesus Christ which was shed at Calvary.

If one eats the blood of animals now, still it is forbidden as it is a symbol of the blood of Jesus which he shed at Calvary and it is indirect way of disrespecting his blood which he allowed to be shed to atone the sins of mankind. The physical reason is that in the blood is the life of any flesh and in it therefore is found all forms of diseases as science has shown through examination in a microscope and therefore one risks consuming/injecting into one's body any of the diseases that may be.

And the LORD spake unto Moses, saying,

Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat.

Leviticus 7:22-23

Another thing which we see from the above scripture is the need to abstain from eating any manner of fat (Animal fat). This too also science has proved it is not good for our bodies. For God to have advised the children of Israel not to eat them it

was not a mistake and as you are all aware, God is an all wise God the Alpha and Omega and knows everything science included.

God in the Holy Scripture has virtually given mankind all the necessary advices for godly and healthy living both spiritually and physically. By going against any of them one must suffer the consequences therein.

Chapter Eight

How to remain healthy

It is quite true that all of us want to live a healthy life the rest of our life here on earth but unfortunately many of us don't know just what to do to remain that way-in good perfect health. In this chapter I am going to talk on some of those ways which if we follow very well will result in getting what we want for our dear lives while still in this world.

First and foremost in the list of things that can make us have a healthy and balanced life is our spirituality which we must tackle fast enough before it is too late for us. Let us explore the Holy Scripture for wise counsel.

My son, attend to my words, incline thine ear unto my sayings.

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.

Keep thy heart with all diligence; for out of it are the issues of life.

Put away from thee a forward mouth, and perverse lips put far from thee.

Let thine eyes look right on, and let thine eyelids look straight before thee

Ponder the path of thy feet, and let all thy ways be established.

Turn not to the right hand nor to the left: remove thy foot from evil.

Proverbs 4: 20-27

What a lesson that is. The words of God, that is, what he says, is wisdom. Many of us in this world lack just that - wisdom.

For everything in this world wisdom is required, even how to stay in health. Many have ignored and despised the words of our only Lord and Savior.

We are told that we need to keep our heart with all diligence because from it comes the issues of life. That can only mean one thing, if your heart is not right, that is your spiritual life, then your flesh (body), your physical life, will not be right (not be healthy).

The condition of one's heart affects the condition of one's body. We are told to keep away any perversion. But there is no any other perversion that is not sin. No wonder we are told to ponder the path of our feet, that is, we watch our steps, what we do, say or think. If we do according to the words of God, then our ways are established.

We need to go straight not in a crooked manner turning on the right hand or on the left, and by going straight, we have removed our feet from evil (sin/wickedness). On the issue of God's words being life and on not turning right or left in our moves, let's look at what the Scriptures say.

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

Your spirit and my spirit reside in our hearts and it helps our flesh to a great extent especially if we also have the superior spirit, that is the spirit of God the Holy Spirit. The words of God are spirit and life and need be in us and that is why we were advised

it should not depart from us, but we must have Christ in us by putting our faith in him, for his words to remain in us (John 5:34-40).

But I receive not testimony from man: but these things I say, that ye might be saved.
He was a burning and shining light: and ye were willing for a season to rejoice in his light.
But I have greater witness than that of John: for the works which the Father hath given me to finish, the same works I do, bear witness of me, that the Father hath sent me.
And the Father himself, which hath sent me, hath born witness of me. Ye have neither heard his voice at any time, nor seen his shape.
And ye have not his word abiding you: for whom he hath sent, him ye believe not.
Search the Scriptures; for in them ye think ye have eternal life: and they are they which testify of me.
And ye will not come to me, that ye might have life.

John 5:34-40

Only be thou strong and very courageous, that thou mayest observe to do according to the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest.

Joshua 1:7

Remain in God's word being obedient to it.

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

For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth.

I have no greater joy than to hear that my children walk in truth.

3 John 2-4

On the above two scriptures the bottom line is to have the truth of God (the word) in us and to walk in it for our prosperity which includes our very health spiritual and physical. If that is the case for you and me walking in the light of the Scriptures,

God is very much pleased. Let us go for more scriptures on this very important subject.

So Moses brought Israel from the Red Sea, and they went into the wilderness of Shur; and they went three days in the wilderness, and found no water.
And when they came to Mar'-ah, they could not drink of the waters of Mar'-ah, for they were bitter: therefore the name of it was called Mar'-ah.
And the people murmured against Moses, saying, What shall we drink?
And he cried unto the LORD; and the LORD showed him a tree, which when he had cast into the waters, the waters were made sweet: there he made for then a statute and an ordinance, and there he proved them,
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.

Exodus 15:22-26

It is all diligence in handling the word of God by doing what is right in God's sight and not in our sight (according to us) and that is, if we want to be free from sickness and disease, which make people become unhealthy. The choice is yours and mine to decide what is better for us- being healthy or being unhealthy.

We are either obedient or disobedient and receive our rightful reward.

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 1 command thee this day; that all these curses shall come upon thee, and overtake thee:

The LORD shall make the pestilence cleave unto thee, until he have consumed thee from off the land, whither thou goest to possess it.

The LORD shall smite thee with a consumption, and with a fever, and with an inflammation, and

with an extreme burning, and with the sword, and with blasting and with mildew; and they shall pursue thee until thou perish.

The LORD will smite thee with the botch of Egypt, and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed.

The LORD shall smite thee with madness, and blindness, and astonishment of heart:

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.

If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD;

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.

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.

And ye shall be left few in number, whereas ye were as the stars of heaven for multitude: because thou wouldest not obey the voice of the LORD thy God.

Deuteronomy 28:15, 21, 22, 27, 28, 35, 58-62

All the above boils to one thing- the consequences for disobeying God. The only remedy / solution is to be obedient so as not to be in the terrible state indicated.

Another thing to add is that we must rethink about what we feed our bodies with in form of the foods and drinks we take. It has been said 'You are what you eat'. Let us go back to eating good food (natural food). Many have realized that their grandparents were strong and healthy and even lived longer. But surely, these grandparents' diet was indigenous, than the diet many are now having. Initially when God created man, he commanded them to be eating fruits and vegetables as their food, and it is only later that he extended the list of

food items, (reasons are best known by him). But many have detested vegetables or take it in small quantities taking it as food not pleasant to the mouth.

But green vegetables are so good for our health. Many would rather go for meats if they can afford. But it is now common knowledge to many that meats and especially red meat is not so good for our health and we are being advised to go for white meat. Our grandparents took a lot of indigenous vegetables unlike us today.

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all earth, and over every creeping thing that creepeth upon the earth.

So God created man in his own image, in the image of God created he him; male and female created he them.

And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the

sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

And God said, Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

Genesis 1: 26-29

AND God blessed Noah and his sons, and said unto them, Be fruitful and multiply and replenish the earth.

And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth, and upon all the fishes of the sea; into your hand are they delivered.

Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

Genesis 9:1-3

Further, it has been reported that some of the processed food we take and drugs (medicines) have some adverse effect to our health especially if taken

in big quantities or doses or if we continue taking them for over a long period of time.

In closing, we have found out earlier that for one to be truly healthy in life one must be sound both in body and mind and not in body alone. But we can only be sound mentally if our mind and soul have been regenerated by the spirit of God which is the Holy Spirit who is a helper to help those who want to live a godly life pleasing the Lord God otherwise on our own we cannot please him as we should and if we don't please God then we are in trouble. In that respect, Let me share a few Scriptures with you.

But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

1 Corinthians 2:14

That calls for regeneration by true repentance and faith in the living God to be able to discern spiritual things and to walk in them.

THERE is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh.

That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

For to be carnally minded is death; but to be spiritually minded is life and peace.

Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

So then they that are in the flesh cannot please God.

Romans 8:1-8

Only the regenerate (the saved) are in a position to please God.

But the righteousness which is of faith speaketh on this wise, Say not in thine heart, Who shall ascend into heaven? (that is, to bring Christ down from above)
Or, Who shall descend into the deep? (that is, to bring up Christ again from the dead).
But what saith it? The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach;
That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.
For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.
For the Scripture saith, Whosoever believeth on him shall not be ashamed.

For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him.
For whosoever shall call upon the name of the Lord shall be saved.

Romans 10:6-13

We are saved when we call on the name of Jesus by faith. Now something else that can make us to remain healthy has to do with serving the Lord. We are going to look at some scriptures that point to the fact that those who served the Lord did remain healthy and lived longer.

AND Moses went up from the plains of Moab unto the mountain of Ne'-bo to the top of Pis'-gah, that is over against Jericho.
And the LORD showed him all the land of Gilead, unto Dan.
And all Naph'-ta-li, and the land of E'-phra-im, and Ma-nas'-seh, and all the land of Judah unto the utmost sea,
And the south, and the plain of the valley of Jericho, the city of palm trees, unto Zo'-ar.

And the LORD said unto him, This is the land which I sware unto Abraham, unto Isaac, and unto Jacob, saying, I will give it unto thy seed: I have caused thee to see it with thine eyes but thou shalt not go over thither.

So Moses the servant of the LORD died there is the land of Moab, according to the word of the LORD.

And he buried him in a valley in the land of Moab, over against Beth-pe'-or: but no man knoweth of his sepulcher unto this day.

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

Deuteronomy 34:1-7

Here we see that Moses who the Lord had appointed as a prophet and who served the Lord all the years of his life after his calling, died at the age of one hundred and twenty years and his eyes were not dim and he had still body strength.

It means he was in perfect health and died a natural death not because of any ill health. In contrast, you will be surprised that Eli a priest of God died at the

age of ninety and eight years and his eyes were already dim that he had lost his sight.
He was so weak that by only getting bad news, he fell down from his seat and his neck got broken and he died. Why? It seems because he had retired from the priesthood and left the work to his sons who were so wicked. It was so, as we are told he just heard from people that his sons were behaving badly towards those who came to the tabernacle.

Now E'-li was very old, and heard all that his sons did unto all Israel; and how they lay with the women that assembled at the door of the tabernacle of the congregation.
And he said unto them, Why do ye such things? For I hear of your evil dealings by all this people.
Nay, my sons; for it is no good report that I hear: ye make the LORD'S people to transgress.
If one man sin against another, the judge shall judge him: but if a man sin against the LORD, who shall entreat for him? Notwithstanding they hearkened not unto the voice of their father, because the LORD would slay them.

1 Samuel 2:22-25

Alas Eli's advice came a bit too late, as the Lord God had already decided on their fate and as we are going to find out; slaying, the Lord did it, as he had decided.

And the Phil-is'-tines fought, and Israel was smitten, and they fled every man into his tent: and there was a great slaughter; for these fell of Israel thirty thousand footmen.

And the ark of God was taken; and the two sons of E'-li, Hophi'-ni and Phin'-e-has, were slain.

And there ran a man of Benjamin out of the army, and came to Shi'-loh the same day with his clothes rent, and with earth upon his head.

And when he came, Lo, E'-li sat upon a seat by the wayside watching; for his heart trembled for the ark of God. And when the man came into the city, and told it, all the city cried out.

And when E'-li heard the noise of the crying, he said, What meaneth the noise of this tumult?

And the man came in hastily, and told E'-li

And E’-li was ninety and eight years old; and his eyes were dim, that he could not see.

And the man said unto E’-li, I am he that came out of the army, and I fled today out of the army. And he said, What is there done my son?

And the messenger answered and said, Israel is fled before the Phil-is’-tines, and there hath been also a great slaughter among the people, and thy two sons also Hoph’-ni and Phin’-e-has, are dead, and the ark of God is taken.

And it came to pass, when he made the mention of the ark of God, that he fell from off the seat backward by the side of the gate, and his neck brake, and he died: for he was an old man, and heavy. And he judged Israel forty years.

1 Samuel 4:10-18

And E-li’-jah said unto him, Tarry, I pray thee, here; for the LORD hath sent me to Jordan. And he said, As the LORD liveth, and as thy soul liveth, I will not leave thee. And they two went on.

And fifty men of the sons of the prophets went, and stood to view a far off: and they two stood by Jordan.

And E-li'-jah took his mantle, and wrapped it together, and smote the waters, and they were divided hither and thither, so that they two went over on dry ground.

And it came to pass, when they were gone over, that E-li'-jah said unto the E-li'-sha, Ask what I shall do for thee, before I be taken away from thee. And E-li'-sha said, I pray thee, let a double portion of thy spirit be upon me.

And he said, Thou hast asked a hard thing: nevertheless if thou see me when I am taken from thee, it shall be so unto thee; but if not, it shall not be so.

And it came to pass, as they still went on, and talked, that, behold, there appeared a chariot of fire, and horses of fire, and parted them both asunder; and E-li'-jah went up by a whirlwind into heaven.

And E-li'-sha saw it, and he cried, My father, my father, the chariot of Israel, and the horsemen

thereof. And he saw him no more: and he took hold of his own clothes, and rent them in two pieces.

He took up also the mantle of E-li'-jah that feel from him, and went back, and stood by the bank of Jordan;

And he took the mantle of E-li'-jah that fell from him, and smote the waters, and said, Where is the LORD God of E-li'-jah? And when he also had smitten the waters, they parted hither and thither: and E-li'-sha went over.

2 Kings 2: 6-14

Elijah the servant of the Lord after serving for some time he was just ruptured into heaven.

And E'-noch lived sixty and five years and begat Me-thu'-se-lah:

And E'-noch walked with God after he begat Me-thu'-se-lah three hundred years, and begat sons and daughters:

And all the days of E'-noch were three hundred and sixty and five years:

And E'-noch walked with God: and he was not; for God took him.

Genesis 5:22-24

Now Enoch we are told walked with God for three hundred years until God decided to take him. He was also raptured into heaven. Now God the Creator is a working God, and therefore Enoch must have served God and not just idled himself. Just as Elijah, he must have been in good health as well.

And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end there of they might stand before the king.

Now among these were of the children of Judah, Daniel, Han-a-ni'-ah, Mish'-a-el, and Az-a-ri'-ah:

Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Bel-te-shaz'-zar; and to, Han-a-ni'-ah of Sha'-drach; and to Mish'-a-el of Me'-shack; and to Az-a-ri'-ah of A-bed'-ne-go.

But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he

requested of the prince of the eunuchs that he might not defile himself.

Now God had brought Daniel into favor and tender love with the prince of the eunuchs.

And the prince of the eunuchs said unto Daniel, 1 fear my Lord the king, who hath appointed your meat and your drink: for why should he see your faces worse likening than the children which are of your sort? Then shall ye make me endanger my head to the king.

Then said Daniel to Mel'-zar, whom the prince of the eunuchs had set over Daniel, Han-a-ni'-ah, Mish'-a-el and to Az-a-ri'-ah,

Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

So he consented to them in this matter, and proved them ten days.

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 1:6-15

The health of these children of Judah were better because they were serving a living God, as we are going to see in the Scripture.

Sha'-drach, Me'-shach, and Abed'-ne-go, answered and said to the king, O Neb-u-cha-nez'-zar, we are not careful to answer thee in this matter.
If it be so, our God whom we serve is able to deliver us from the burning fiery furnance, and he will deliver us out of thine hand, O king.
But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set-up.

Daniel 3:16-18

These were the servants of the most High God and that is why they remained healthier more than the rest.

And there was one Anna, a prophetess, the daughter of Phan'-u-el, of the tribe of Asher: she was of a

great age, and had lived with a husband seven years from her virginity;

And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day.

And she coming in that instant gave thanks likewise unto the Lord, and spake of him to all them that looked for redemption in Jerusalem.

Luke 2:36-38

This widow and prophetess although the scripture say she was of a great age (aged eighty and four years old), served the Lord in the temple continually night and day and was in good health. If there is something that drains one's physical strength, one of it is fasting and prayer, which we are told this widow engaged in somewhat throughout and had strength for walking! I do remember that I myself would go for prayer and fasting on a dry fast for three days and three nights and would find myself to be weak in the body and some times when I am seated for a long time, when I stand to walk I sometimes find I stagger a bit, but I am hardly sixty years old, although I am just

about there. Now, how about an eighty four years old, and doing this day in, day out? That was amazing indeed.
The widow was busy doing what was expected of her by the Lord.

Now she that is a widow indeed, and desolate, trusteth in God, and continueth in supplications and prayers night and day.
But she that liveth in pleasure is dead while she liveth.

1 Timothy 5:5-6

Now this woman surely trusted in God and because she was in prayer and fasting and not in pleasure, her spirit was strong and lived. Now what could be the secret in remaining with strength yet, undergoing such experience? That is, in health?

Hast thou not known? Hast thou not heard, that the everlasting God, the LORD, the creator of the ends of the earth, fainteth not, neither is weary? There is no searching of his understanding.

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

Even the youths shall faint and be weary, and the young men shall utterly fall:

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faith.

Isaiah 40:28-31

There you are. The widow prophetess was ever waiting upon the Lord in prayer and fasting and surely had strength and did not faint. Thank God for her. The woman was keeping the commandment of God.

But take diligent heed to do the commandment and the law, which Moses the servant of the LORD charged you, to love the LORD your God, and to walk in all his ways, and to keep his commandments, and to cleave unto him, and to serve him with all your heart and with all your soul.

Joshua 22:5

Now therefore fear the LORD, and serve him in sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve ye the LORD.

And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve. Whether the gods which your fathers served that were on the other side of the flood, or the gods of the Am'-o-rites, in whose land ye dwell: but as for me and my house, we will serve the LORD.

Joshua 24:14-15

And it came to pass after these things, that Joshua the son of Nun, the servant of the LORD, died, being a hundred and ten years old.

Joshua 24:29

Joshua served the Lord until his death.

And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love him, and to serve the LORD thy God with all thy heart and with all thy soul,

To keep the commandments of the LORD, and his statutes, which I command thee this day for thy good?

Deuteronomy 10:12-13

The Lord expects every believer in Christ Jesus to serve him with all his heart and soul and what next? Oh, he will take care of your body, which houses the above. He will see to it that you are healthy bodily to be able to continue serving him. A sick Christian can't serve the Lord satisfactorily/ effectively.

If they obey and serve him, they shall spend their days in prosperity, and their years in pleasures.

Job 36:11

Compare the above with the third epistle of John and verses one and two. Know for sure one can't live in pleasures when one is in bad health, as there is nothing good for such, in such a condition. But one in good health can have some fun.

Therefore thus saith the Lord GOD, Behold, my servants shall eat, but ye shall be hungry: behold,

my servants shall drink, but ye shall be thirsty: behold, my servants shall rejoice, but ye shall be ashamed:

Behold, my servants shall sing for joy of heart, but ye shall cry for sorrow of heart, and shall howl for vexation of spirit.

Isaiah 65:13-14

The Lord God in touching on the welfare of his servants, he talks of good health and happiness. Then, let us all do this thing, serve the Lord. Now in ending, let me give you some homework. Read your Bible and report to me from the scriptures where it is reported the servants of the Lord such as the apostles, were taken ill and were not in a position to serve the Lord at all.

My son, attend to my words; incline thine ear unto my sayings.

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.

Keep thy heart with all diligence; for out of it are the issues of life.

Proverbs 4:20-27

The word of God is food for the soul and gives life which in turn give health to the body (the flesh) hence the need to keep them in one's heart and to obey them to be spiritually alive and to be physically healthy too. Any evil in one's heart will automatically affect one's spirituality which in turn will affect the body (the flesh) as well. Having God's word and obeying it is for one's physical health - the word of God has the dual purpose for the soul and for the body. First, we must have it in us followed by obeying it and what follows is both life and health.

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

Proverbs 14:30

What are you holding in your heart, is it good or bad? If it is bad, then that is the most likely reason for you not remaining healthy as it affects/impacts negatively on your body. If you have a heart with

good things then it is sound and your flesh (body) will have life (health).

I further advise that one need to take a good balanced diet always (daily) if one can afford even if it is a simple one and to be taking food cooked with little amount of salt and not with much fat (preferably salad oil not solid fat) and high fibre food and avoiding junk food and also taking much fruits and vegetables and low- sugar beverages.

One other way of remaining in health (good health) is by dealing with any sign or symptom of a sickness quickly and vigorously before it puts a grip on you because by delaying to do so and remaining passive, it gets an upper hand on you and you are now more disadvantaged and therefore weak. You need to act decisively by speaking to the situation, escorting / accompanying it with the right word of God, persistently any time it lifts its ugly head. If you realize it is not effective and you spoke the appropriate word of God, immediately go to soul-searching looking for any sin and repent before addressing the issue once again. Ask for the Lord's mercy and forgiveness. Your passivity may

mean you are satisfied/comfortable with the situation in the spirit realm.

Notes to the reader

I take this opportunity to thank you for reading this book. If you do have something to say about the book or you want some help or want to place some orders please use the address given below. I trust and believe you had a good time in reading the contents therein.

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Discover the secret and begin living a healthy life sound in spirit, soul and body

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The Author Fredrick Geoffrey Omondi is the Author of 'The Christian Walk', 'The ABC in Christianity', 'The World of Wisdom' among other books. He is 58 years old, married to one wife and they have four children. He holds a Diploma in Biblical Studies both from Emmaus Bible School and Voice of Prophecy in Nairobi. He is an active life member of Scripture Union of Kenya. He is a preacher and teacher of the word of God and fellowship at an altar of the Ministry of Repentance and Holiness.



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