

1 THESSALONIANS 5:23(NKJV) Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ

- As we get into the third part of this series on spirit, soul and body, it's important that we understand the truth about why there's death and sickness in the world in the first place.
- ***It was not part of God's original plan for mankind, to be victims of death and sickness.***
- One could say that God is allowing this in the world today but that was definitely not part of His original plan for man.
- Death and sickness is in the world because of sin. Death and sickness is not on God's agenda

JOHN 10:10(NLTSE) The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life

- This does not mean that we're sick because there is sin in our lives. We just need to understand that there is sickness and death, because of sin
- Let's break this teaching up into two parts: 1. Sin causes sickness 2. God's Gracious Healing

1. SIN CAN CAUSE SICKNESS

2 CHRONICLES 21:12-15(NLTSE) "Then Elijah the prophet wrote Jehoram this letter: 13 "This is what the LORD, the God of your ancestor David, says: You have not followed the good example of your father, Jehoshaphat, or your grandfather King Asa of Judah. Instead, you have been as evil as the kings of Israel. You have led the people of Jerusalem and Judah to worship idols, just as King Ahab did in Israel. And you have even killed your own brothers, men who were better than you. 14 So now the LORD is about to strike you, your people, your children, your wives, and all that is yours with a heavy blow. 15 You yourself will suffer with a severe intestinal disease that will get worse each day until your bowels come out"

PSALM 31:10(NLTSE) I am dying from grief, my years are shortened by sadness. Sin has drained my strength, I am wasting away from within.

PSALM 38:3(NLTSE) Because of your anger, my whole body is sick, my health is broken because of my sins.

PROVERBS 3:7-8(NLTSE) Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. 8 Then you will have healing for your body and strength for your bones.

PROVERBS 4:20-22(NLTSE) "My child, pay attention to what I say. Listen carefully to my words. 21 Don't lose sight of them. Let them penetrate deep into your heart, 22 for they bring life to those who find them, and healing to their whole body."

MICAH 6:13(NKJV) "Therefore I will also make you sick by striking you, by making you desolate because of your sins

JOHN 5:14(NLTSE) But afterward Jesus found him in the temple and told him, "Now you are well; so stop sinning, or something even worse may happen to you.

1 CORINTHIANS 11:30(NLTSE) That is why many of you are weak and sick and some have even died.

2. GOD'S GRACIOUS HEALING

EXODUS 15:26(NLTSE) He said, "If you will listen carefully to the voice of the LORD your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the LORD who heals you."

PSALM 41:3(NLTSE) The LORD nurses them when they are sick and restores them to health.

PSALM 103:3(NLTSE) He forgives all my sins and heals all my diseases

ISAIAH 53:5(NLTSE) But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.

MATTHEW 10:1(NLTSE) Jesus called his twelve disciples together and gave them authority to cast out evil spirits and to heal every kind of disease and illness.

MARK 16:18(NLTSE) They will be able to handle snakes with safety, and if they drink anything poisonous, it won't hurt them. They will be able to place their hands on the sick, and they will be healed

1 PETER 2:24(NLTSE) He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.

- The past two weeks we've been speaking about looking after our bodies, the temple of the Holy Spirit, by watching what we eat.

- Jesus teaches us to **watch** and **pray**

MATTHEW 26:41(NLTSE) Keep **watch and pray**, so that you will not give in to temptation. For the spirit is willing, but the body is weak!

- So there's the practical aspect of "watching" or "taking note" or "being careful" or considering, what we feed ourselves **and** there's the spiritual aspect of praying for discernment and wisdom to ensure that the devil does not trap us in sin, which causes sickness

- We don't know, why not every prayer for healing is answered but we do know this:

- When we walk in faith and obedience to The Lord, He will do the rest because He is faithful and loving and gracious

- Grace is an acronym for God's riches at Christ's expense

- **G**od's **R**iches **A**t **C**hrist's **E**xpense

- Christ died so that we can receive healing, forgiveness and walk in health

- Remember the motive for this teaching:

3 JOHN 2(NLTSE) Dear friend, I hope all is well with you and that you are as **healthy in body as you are strong in spirit**.

CARE GROUP DISCUSSION

1. Share with the group, what your your favourite food is and why you like it so much
2. What do you understand by the phrase: "*healthy in body as you are strong in spirit*" (see 3 JOHN 2)?
3. In what practical way, can you "watch and pray", when it comes to taking care of your physical and spiritual health?