

Equip  
Session 3

Physical and  
Spiritual  
Wholeness

Updated: June, 2013

### **PHYSICAL AND SPIRITUAL WHOLENESS**

*Jesus called his twelve disciples to Him and gave them authority to cast out evil spirits and to heal every kind of disease and sickness Matthew 10:1*

- \* The good news is that God wants our whole spirit, soul and body to be filled with His health and wholeness! I Thessalonians 5: 23
- \* We will discuss both freedom from spiritual bondage and health for our physical bodies in this session.
- \* The two chapters from Herman Riffel's "Christian Maturity and the Spirit's Power" on pages 89-96 and 97-107 of the Pupil's Manual will be great background for what is going to be shared. Please read them carefully.

### **DELIVERANCE FROM EVIL SPIRITS**

- \* One-third of Jesus' ministry dealt with spiritual entities. He was constantly interacting with them. They were no problem to Him. He spoke to them, dispersed them, overcame them, and they had to obey Him.
- \* The Disciples also used His Name against demonic entities with great success.

*"They joyfully reported to him even the demons obey us when we use your name. Yes, he told them....I have given you authority over all the power of the enemy....nothing will injure you." Luke 10:17-19*

- \* **Demonized** (Matthew 5) "*Influenced by evil spirits*"
  - In some New Testament translations demonic activity is always spoken of as "demon possession." In most instances this is not the correct translation.
  - Correctly translated the Greek literally means "to be demonized:" to be influenced by evil spirits.
  - Do you remember when Jesus turned to Peter and said "Get behind me Satan." Did that mean that Peter was possessed by Satan? No! At that moment Satan was influencing Peter's thinking. Peter was being "demonized." Jesus had the discernment to know this what was happening.
  - As you analyze the Scriptural accounts, you will find that this demonic activity can be at various levels or stages as indicated on p. 17 of the Pupil's Manual.
  - Demonic activity can range from: impressions that people receive, suggestions, temptations and even to suicide. Satan is out to destroy man, the highest level of God's creation. He would lead all of us to the point of suicide if he could.

**PHYSICAL AND SPIRITUAL WHOLENESS**

*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.*

I Thessalonians 5:23

**DELIVERANCE FROM EVIL SPIRITS:**

—One third of Jesus ministry dealt with spiritual bondage.

                    Demonized                     (Matthew 5)  
 “Influenced by evil Spirits”

- |              |             |
|--------------|-------------|
| Impression   | Obsession   |
| Suggestion   | Oppression  |
| Temptation   | Depression  |
| Condemnation | Infestation |
| Troubled     | Possession  |
| Afflicted    | Suicide     |

—The ability to walk in discernment and deliverance from the harrassing attack of these evil spirits who would try to come against us is vital.

—Jesus was able to stand against Satan completely because *Satan had no part in Him*  
 In contrast, we often have doors left open through which spirits can attach to certain areas of body or soul. So it is important to recognize some of the access points through which the enemy can find a foothold.

—However, we must keep a balance between:

Cop-out—Where we seek to avoid accountability for our choices/atons.

*But each one is tempted when he is drawn away by his own desires and enticed.* James 1:14 (NIV)

—and—

Compulsion—Where more is involved than simply a choice between the lust of the flesh and Jesus

The ability to walk in discernment and deliverance from the deception and the harassing attacks of these evil spirits is vital.

Illustration:

One year when Christmas fell on a Sunday, my family all gathered in the Chicago area to celebrate the season. Their present to me was a plane ticket to Monroe and back so that I could preside over our service on Sunday morning as usual.

My stomach was not good all Saturday night and by morning I didn't know if I could keep my composure to make it through the service, I was so sick. At the end of the service I approached several of our prayer team people and said, "I am really sick; please pray for me."

One brother had the gift of discernment of spirits and immediately said, "Oh, I see the problem." The Holy Spirit was showing him a demonic entity that was trying to fasten itself onto my back. He said, "You don't even know that it is there." I responded, "Thank the Lord! Get it off of me!" They prayed and took authority in the name of Jesus. The brother with discernment announced, "It doesn't want to leave, but it's going."

Half an hour later when I boarded the plane I felt perfectly well as I flew back to my family and enjoyed the rest of our Christmas celebration.

- \* How thankful I was that the Holy Spirit gave spiritual discernment to my fellow believers so that I could be set free.
- \* Early on in my walk in the Spirit I was truly surprised to find that Christians can be "demonized;" that is, plagued or influenced by the demonic.
- \* I don't believe that the Holy Spirit and an evil spirit can both exist in our "spirit" together at the same time. Therefore, in my view, a Christian cannot be possessed by evil spirits, but they certainly can be harassed by them.

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Compulsion —Where more is involved than simply a choice between the lust of the flesh and Jesus

Jesus was able to stand against Satan completely because Satan had no part in Him.

\* In contrast, we may have strongholds from the past (before we became a Christian) which have not been completely broken;

- doors that have not been fully closed
- areas where the Holy Spirit is not fully resident,
- areas where we are not completely under the Lordship of Christ
- places where Satan's emissaries can get a foothold and trouble us

Illustration:

An eye-opening experience occurred in our midst a number of years ago. A small group was meeting in the home of one of our church people. One lady who was a part of that group was a strong Christian whom God was using in various ways. All of a sudden she manifested the presence of an evil spirit. It surprised her; it surprised the whole group. When they told me, it surprised me because I didn't think a Christian could manifest an evil spirit. The people in the group were mature Christians. They took authority over that spirit and she was fine.

\* I don't know why this happens or even exactly how Christians can manifest the presence of evil spirits in this way. I don't know if anyone knows, but the fact is that evil spirits do manifest even in Christians.

\* I know that here in India, and in most of the Third World, the reality of demonic spirits is a lot stronger with more open manifestation such as Jesus faced than we find in the United States.

\* If we had time to hear your stories, I'm sure many of you could related some incredible demonic activity which you have personally seen or experienced.

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*Him* —Jesus was able to stand against Satan completely because *Satan had no part in* Him. In contrast, we often have doors left open through which spirits can attach to certain areas of body or soul. So it is important to recognize some of the access points through which the enemy can find a foothold.

—However, we must keep a balance between:

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—and—

Compulsion —Where more is involved than simply a choice between the lust of the flesh and Jesus

As we learn to deal with demonic activity we must keep a **balance** between:

A **“Cop-out” - (our own flesh)** —and— **Compulsion - (Demonic Activity)**

**A COP-OUT:** Avoiding accountability for our choices and actions.

*But each one is tempted when he is drawn away by his own desires and enticed.*  
James 1:14

- \* Peoples’ responses go all the way from denying that there are any evil spirits affecting them to blaming a spirit for everything.
- \* The danger in seeing a spirit in everything is that it’s a lot easier to blame a spirit than it is to work on the character defect which needs our attention. If we can blame it on a spirit then we don’t have to deal with it ourselves.
  - For instance, if we can blame our eating problems on a demon of gluttony then all we have to do is to take authority over the “spirit of gluttony,” or get someone else to take authority for us and we don’t have to face the inconvenience of disciplining our eating habits.
- \* We can’t place blame on “spirits” for the things that we need to deal with ourselves, such as a negative disposition, crude language, or anger with our spouse. Most of the time when we run into temptation and sin, things that displease the Lord, the source of the problem is just flat out our own flesh, our own willfulness, our own desires and lusts, our own selfishness and our lack of surrender.
- \* We’re only dealing with an evil spirit in the sense that Satan exploits these character flaws by encouraging us to walk in the lust of the flesh. We don’t get rid of them by casting out demons, but rather by resisting, disciplining and overcoming by the Spirit.
- \* The Holy Spirit helps us to build up our character and grow the fruit of the Spirit in our lives. These are the ways He will help us deal with the lust of our flesh.

**A COMPULSION:** More is involved than simply a choice between the lust of the flesh and Jesus.

- \* There are times when we are dealing with something more than just the lust of the flesh. If fear, or anger, or lust, etc. becomes an obsession, something we can’t control, then we may be “demonized” - influenced in some way or another by demonic activity.

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**Voluntary Access Points**

God makes it pretty clear here in Deuteronomy 18 that His people were not to engage in any of these same abominations which the heathen nations were doing. There will be no leeway given here. If they do engage in these type of activities, then there will be dire consequences.

What are some of these behaviors whereby the enemy can gain a foothold in people's lives?

1. **Occult** Exposure: there are a number of areas where occult activity is in play:
  - A. Séances - People trying to make contact with the dead. During séances, familiar spirits can actually impersonate these deceased people.
  - B. Practitioners - fortune tellers, astrologers, horoscope readers can be found everywhere. Famous people seek these practitioners (Nancy Regan).
  - C. Games and entertainment - Ouija boards, levitation, Dungeons & Dragons. People do tap into a real supernatural power by these means, but, whose power is it causing these reactions? It is not God's power!
  - D. Psychic Phenomena – ESP, astro-projections, hypnosis, etc. Some of these phenomena use basic energies which God has built into the universe but the enemy is using them through the activities of various occult groups.

An example of this is mentioned by Paul in regard to offering sacrifices food to idols:

*. . . The Gentiles sacrifice to demons and not to God, and I do not want you to have fellowship with demons.*

1 Corinthians 10:20

### Voluntary Access Points

*“When you come into the land which the Lord your God is giving you, you shall not learn to follow the abominations of those nations. There shall not be found among you anyone who makes his son or his daughter pass through the fire, or one who practices witchcraft or a soothsayer, or one who interprets omens or a soothsayer or one who conjures spells, or a medium, or a spiritist, or one who calls up the dead. For all who do these things are an abomination to the Lord, and because of these abominations the Lord your God drives them out from before you. You shall be blameless before the Lord your God.”*

Deuteronomy 18:9-13 (NIV)

1. Occult \_\_\_\_\_ Exposure.

—Seances.

—Practitioners

—Games and entertainment (Oija board, Dungeons & Dragons, Levitation)

—Physic phenomena (ESP, astro projection, hypnosis).

Some of these phenomena are basic properties which God has built into the universe but the enemy is using them through various occult groups.

*Rather, that the things which the Gentiles sacrifice they sacrifice to demons and not to God, and I do not want you to have fellowship with demons*

I Corinthians 10:20

The moving force behind all cultic religions and heresies, including idolatry, are demons.

*Now the Spirit expressly says that in the later times some will depart from the faith giving heed to deceiving spirits and doctrines of demons.—I Timothy 4:1*

2. Substance \_\_\_\_\_ Use and Abuse

Greek work for sorcery is “pharmakia”

There is a substantial connection between the occult and drugs

Many of our young people in America are invited to parties or places where some of these activities take place. The Scripture says these detestable practices are an abomination to the Lord. We need to steer absolutely clear of them.

In their past life some may have been involved in one cult or another. The moving force behind all cultic activity is demons.

*Now the Spirit expressly says that in the later times some will depart from the faith giving heed to deceiving spirits and doctrines of demons.*

1Timothy 4:1

One reason God detests idolatry so much is because when people worship idols they are actually worshipping the demons which are behind these idols.

We are opening ourselves to the enemy any time we dabble in the occult to seek spiritual knowledge beyond the human dimension which doesn't come from our Father in Heaven.

If we have been involved in any of these areas, we may have opened an access point. We must confess it, renounce it, and forsake it.

## **2. Substance Use and Abuse**

- \* The Greek word for sorcery is “pharmakeia.” There is a strong connection between the occult and drugs.
  
- \* Drugs release the natural controls that God has built within us. They open us up to being controlled by other entities and sources. So, anyone who has experimented in the past with drugs may have opened an access point in their life.

### Voluntary Access Points

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3. **Sexual** sins

A. Addicting power – there is tremendous addictive power in sexual sin (lust, adultery, sexual fantasy, etc.)

- Pornography is everywhere and often difficult to avoid. But avoid it we must because pornography grips especially men with a strong addicting power and produces tremendous bondage.

B. Perversion

*You shall not lie with a male as with a woman. It is an abomination. Nor shall you mate with any animal, to defile yourself with it. Nor shall any woman stand before an animal to mate with it. It is a perversion.*

Leviticus 18:22-23

- God clearly puts homosexuality in the category of perversion. The more we pervert God's ways the more it takes to satisfy that lust of our nature

4. **Dispositional** sins.

\* Examples of dispositional sins are jealousy, unforgiveness, bitterness and hatred. Paul gives a good word to the Ephesians, "Be angry and do not sin. Don't let the sun go down on your wrath, so you don't give place to the devil."

\* Dean Sherman, a great international teacher for YWAM, in his book Spiritual Warfare said "These attitudes of our heart allow the enemy to ride right into our inner being, unless we deal with them."

All of these areas that have been mentioned can be points where the enemy may have been allowed access into our lives. These are access points that we have voluntarily opened up and which we can very intentionally close.

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4. Dispositional \_\_\_\_\_ sins

*Be angry and do not sin. Do not let the sun go down on your wrath, nor give place  
to the devil.*

Ephesians 4:26, 27

**Involuntary Access Points**

1. Ancestral \_\_\_\_\_ sins.

2. Traumas \_\_\_\_\_

3. Exposure \_\_\_\_\_ to evil.

**Closing the Doors**

Until any hold which the enemy may have in our lives is broken, we are bound. We must repent and renounce these bondages and thus close all the doors. Here is a prayer. Make it your own. Insert any specific areas of which you may be aware.

*“Heavenly Father, in the name of Jesus I denounce and reject (things named above) with all their related spirits and command them to leave now and never return. I ask you, Father, to forgive me for these things and I accept that forgiveness now this very second. Fill these areas of my life with your blessed Holy Spirit and lead me closer to you. I declare before the powers of Heaven and Hell that Jesus is my Lord and He alone controls me. Amen”*

There is not an evil spirit ever created who is strong enough to stand against the power of the Name and the Blood of Christ. You can be released!

**Involuntary Access Points**

85% or better of demonic harassment comes to a person in a place of innocence – either the enemy or someone else has been instrumental in opening a door. Here are some involuntary access points we should look at as well.

**1. Ancestral Sins:** What does the bible say about carrying the consequences of a sin down to the third or fourth generation? Evidently we can inherit spiritual characteristics from our ancestors just as well as we can physical characteristics. Maybe one of our ancestors was into the occult, maybe one was a witch or a medium and so there is a doorway open through their activity.

Perhaps we have an ancestor who was given to fits of anger and rage. Possibly one who was very immoral? These tendencies can be passed on from generation to generation. They aren't our fault, we had nothing to do with it; but still they may have provided a place where the enemy can get at us.

**2. Traumas:** We don't invite the enemy in when we go through a terrible, traumatic experience but be assured the enemy will take advantage if he possibly can.

We had a tragic experience in our family. One of my grandsons died with a horrible infection as an 18 month old baby in Karachi, Pakistan. His father is a medical doctor and his mother, my daughter, is a nurse. I can't tell you all the details but the enemy has tried to take advantage of them big time through this horrible experience in their lives.

**3. Exposure to Evil:** The enemy takes advantage when people have been subjected to various kinds of abuse, when they have observed occasions of violence, or when they have been exposed to obscene things. Unfortunately, rape and incest occur far more frequently than we would wish. And the enemy takes full advantage.

Especially when people are young, horrible evils can create lasting fear. Until the traumatic experiences are healed the enemy finds an open door because of the damage which these evils have left behind.

Since many have had their lives scared by trauma, how important it is that we have in the church those who can discern what demonic spirits are up to. In our next session we are going to look more closely at how these memories can be healed.

I think back through the years to the many times in our church staff meetings when God would show us different demonic forces who were trying to come against the church or the members of the church. We would take authority over this activity in the name of Jesus and the enemy would have to disperse. Most of the time the people never knew this was happening.

- 3. Sexual \_\_\_\_\_ sins  
 Addicting power  
 Perversion

*You shall not lie with a male as with a woman. It is an abomination. Nor shall you mate with any animal, to defile yourself with it. Nor shall Any woman stand before an animal to mate with it. It is a perversion.*  
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- 4. Dispositional \_\_\_\_\_ sins

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**Involuntary Access Points**

- 1. Ancestral \_\_\_\_\_ sins.
- 2. Traumas \_\_\_\_\_
- 3. Exposure \_\_\_\_\_ to evil.

**Closing the Doors**

Until any hold which the enemy may have in our lives is broken, we are bound. We must repent and renounce these bondages and thus close all the doors. Here is a prayer. Make it your own. Insert any specific areas of which you may be aware.

*“Heavenly Father, in the name of Jesus I denounce and reject (things named above) with all their related spirits and command them to leave now and never return. I ask you, Father, to forgive me for these things and I accept that forgiveness now this very second. Fill these areas of my life with your blessed Holy Spirit and lead me closer to you. I declare before the powers of Heaven and Hell that Jesus is my Lord and He alone controls me. Amen”*

There is not an evil spirit ever created who is strong enough to stand against the power of the Name and the Blood of Christ. You can be released!

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We must repent and renounce any hold which the enemy may have in our lives and thus close all the doors. Here is a prayer which you could use. Make it your own. Insert any specific areas which may apply to you.

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**Illustration:**

Most of the people who formed John Wimber's first congregation in what became the Vineyard Movement were coming out of pagan lifestyles and had no Christian roots. In those early days they were dealing with demons Sunday after Sunday. And it was messy to behold. Sometimes people shrieked or they rolled on the ground as they manifested demons. Finally, John went to the Lord and said, "I didn't ask You for this, our church is becoming a laughingstock!" God replied, "These people can't become what I want them to be until first the enemy's bondages in their lives are broken." For two solid years this went on and then it quieted down and became very rare. God could now go on to other things.

The good news is this - no matter what doors have been opened, no matter in what ways we, our neighbors or our loved ones have been demonized, either to a little degree or a big degree, we can close the doors.

**There is no demonic spirit that is not defeated by the name of Jesus, the power of Jesus and the Blood of Jesus.** We can take authority in Jesus's name and we can rid ourselves of this kind of activity.

You can pray a prayer like the one above, or you can ask others to pray for you. Then always ask the Holy Spirit to come and fill those areas which have been emptied out with His light, His love and His presence so that the enemy can't return.

*Lord, we thank you for this marvelous gift of discernment and deliverance which You have given your church. We know it is a police gift protecting your people from the evil one, and all his demonic hosts. Lord, let this gift operate within each of our fellowships and may we be used by you to release spiritual bondage where ever we find it. In the mighty name of Jesus, we pray. Amen.*

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### **HEALING OF THE BODY**

To how many people who came to Him in need did Jesus say, “I’m sorry, I can’t heal you?”  
The answer is zero! Everyone Jesus ministered to was healed.

1. Physical health and wholeness is **the will of God** for us.

Matthew 10:1; Mark 16:17-18

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers*

III John 2

If all the barriers that hinder God’s will from being accomplished were removed, we would be healthy in body, mind and spirit.

Healing people of their physical afflictions was a huge part of Jesus ministry. Everyone who sought Him was healed.

In our church we invite people to come and receive prayer for healing. We may pray two or three times for them on that particular occasion and if the healing has not been manifested then we urge them to come back next week.

We keep praying because we know it is God’s will. As we claim their healing we are speaking in the authority of Christ Himself.

But, there is a whole other aspect to this matter of health for our bodies. Write next in your notes:

### **HEALING OF THE BODY**

1. Physical health and wholeness is the will of God for your body.

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*  
III John 2

When we speak healing in the name of Jesus we speak in the authority of Christ Himself

*“And these signs will follow those who believe. In My name they will cast out demons...they will lay hands on the sick, and they will recover.”*

Mark 16:17-18

(See also Matthew 10:1)

2. Our bodies have become a sanctuary for God. God dwells in us by His Holy Spirit.

*Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.*

I Corinthians 6:19-20

3. We are to follow the natural laws God has established in caring for this “sacred place.” These includes proper:

**Food:** *And God said, “See I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.*  
Genesis 1:29

**Rest:** *It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.*  
Psalm 127:2 (Living Bible)

**Exercise:** God is displeased if we take this magnificent biological machine He has given us and purposely commit a slow suicide by what we eat and the way we live.

*God honored the Master's body by raising it from the grave, He'll treat your body with the same resurrection power. Until that time, remember that your bodies are created with the same dignity as the Master's body.*

I Corinthians 6:12-15

2. Our bodies have become a **sanctuary for God.** God dwells in us by His Holy Spirit

Read I Corinthians 6:19-20

- \* What an unbelievable privilege. Jesus Himself through His Holy Spirit comes to live within us.
- \* We learn very clearly from the Old Testament scriptures that God held His people responsible for keeping the sanctuary in their midst (either tabernacle or temple) clean and pure.
- \* He established elaborate procedures for washing and purification and for keeping what was profane out of it.
- \* Why should it be any different for our sanctuary (*pointing to yourself*) in which Jesus is living now? Not only will Jesus heal us but He also wants us to accept responsibility for taking care of this sanctuary (*again, pointing to yourself*).
- \* If we keep abusing our body by not giving it the nourishment it needs or by polluting it with unhealthy foods how can we expect God to continually overlook this behavior and miraculously heal us?
- \* God is gracious and often He will do just that. But, let's accept the fact that He has given us major responsibility for keeping our bodies healthy and whole.

**HEALING OF THE BODY**

1. Physical health and wholeness is the will of God for your body.

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*  
III John 2

When we speak healing in the name of Jesus we speak in the authority of Christ Himself

*“And these signs will follow those who believe. In My name they will cast out demons...they will lay hands on the sick, and they will recover.”*

Mark 16:17-18  
(See also Matthew 10:1)

2. Our bodies have become a sanctuary for God. God dwells in us by His Holy Spirit.

*Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.*

3. We are to follow the natural laws God has established in caring for this “sacred place.” These includes proper:

**Food:** *And God said, “See I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.*  
Genesis 1:29

**Rest:** *It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.*  
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3. We are to follow the **natural laws** God has established in caring for this “sacred place.”

These natural laws include:

a. **Proper Food** (Genesis 1:29)

I met a brother who has started 400 churches among the tribal people in the hill country of Andhra Pradesh. These people are so poor that they can only eat two meals a day. For many in India the problem is getting enough food, while in America the problem is selecting healthy food among the many choices available to us. Sometimes I think we have a greater problem keeping our bodies healthy in America than you do here in India.

However, I can't let you off the hook completely. When I arrived in India I was appalled to see these mounds of white rice that everyone was eating. I asked, “Can you give me some brown rice?” That is the only kind of rice my wife and I eat since it still has all the vitamins and minerals. I was told, “brown rice is only for the poor people and the animals.”

I thought to myself, “You are treating the animals and poor people better than yourselves.” When you polish the rice to make it nice and white you strip off all the food value and have only pure starch left to eat. And, since you eat great volumes of it, how many people have diabetes?

You should eat brown rice to properly nourish and take care of this body. Get rid of white sugar and rancid fats too. Eat only what is going to nourish you so that your body (*the temple of the Holy Spirit*) can be strong and vital.

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b. **Proper Rest** (Psalm 127:2 – Living Bible)

God has made our bodies to receive a certain amount of rest. An example:

I had a good friend here in India whom God used to reach the Yanadi tribe with the gospel for the first time. For 1,000 and more years, they had worshipped the snake god. He had such a burden to see these people delivered and grow up in the Lord that he worked day and night in addition to not eating in a healthy manner. I told him on several occasions you are working too hard and tearing down your body. You need to get more rest. 'Oh there's too much to do,' he would say.

The sad story is this, over the years, I saw this man with so much potential for God begin to deteriorate. He had diabetes and was in kidney failure. Toward the end of his life most of his time and energy was spent staying alive rather than doing the ministry he so loved to do. Because he forgot the natural laws, he treated his body badly, didn't eat what he should eat nor rest as he should, his body gave out. Now his sanctuary for God, his temple of the Holy Spirit was no more. He is with the Lord now.

c. **Proper Exercise**

- In our country, a good number of people sit in front of computers, or behind desks, or stand at counters all day instead of working out in the woods of the fields. If they want to go to the store which is just a half kilometer away to pick up one or two things for their evening meal, they jump in their automobile and drive to the store. They never walk. So, to keep their bodies fit they have to plan exercise into their schedule.

- My wife and I made a commitment many years ago that we were going to do the best we could to keep our bodies strong for the Lord. We try to get proper nourishment and we always will get sufficient rest and exercise. We may go out and walk three, five, sometimes seven kilometers. On days we don't walk we have machines in our basement that we use to keep our bodies strong.

- Of course, I could get sick and die tomorrow. But so far God has given me vitality and health. I am 75 years old and I can work a full day and preach without getting too tired. God has been good.

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I Corinthians 6:12-15

- Please realize that God is displeased if you take this magnificent biological machine which He has given you and purposely commit a slow suicide by what you eat and the way you live.

Illustration:

Suppose that I gave my son a new wooden wagon for his birthday. When he went out to play with it he banged it against the cement, hit it against trees and pretty soon it was broken. "Daddy please fix this wagon," he cried. So, worked on it and put it back together again. A couple of days later, he came back and the wagon was all broken again. He said 'daddy please fix this wagon. "You have to take care of this," I said as I fixed it again. The third time he came with it all broken I was upset and let him know that, if he was going to treat his wagon that way, I was not going to fix it any more.

- Now God has a lot more compassion than we do, He is very gracious to us and will overrule our irresponsibility again and again.

- But, on the other hand, how can we say, "God heal me, oh God please heal me" when we are doing the very things that are contributing to the breakdown of our body and the sickness that has overtaken us.

- It is almost presumptive for us to come to God and say heal me when we have done everything to destroy this body.

In the passage at the bottom of page 20 in your manual, I Corinthians 6 The Message translation says, *...remember that your bodies are created with the same dignity as the Master's body.* So we need to treat our body in that way.

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4. **Negative Responses** also cause the body to malfunction.

\* Many people spend a good portion of their life thinking negative thoughts. There may be five positive things about a situation and one negative but that one negative is all they focus on. So does that affect their health? You better believe it does! (Proverbs 23:7)

\* Failure to “renew” the mind can cause physical problems. Studies have been made which show the emotional atmosphere in our mind has a lot to do with our bodies being healthy. Our mind accepts the thoughts we think, the words we say and acts upon them. (II Corinthians 10:5)

\* In our country, we have had a huge increase in degenerate diseases. Part of this is directly related to the food we are eating and the lifestyle we are living. Part is also related to the stress we are under and the environmental impurities in which we live.

\* But, it also has to do with negative attitudes. Studies have shown that arthritis for instance often is connected with an unforgiving spirit. Gastrointestinal upsets are related to anxiety and stress.

For example:

It has been several generations now since a young boy was asked by his father to go get a pail of hot liquid. The little boy thought it was fish soup when actually it was very caustic lye. He took a sip and completely seared the inside of his throat. He could not swallow anymore. Doctors opened up his stomach and put a tube in. For the rest of his life, that was the only way he could get any food.

The boy’s name was Tom Little. As the years went by he hired his body out to medical science. Through the opening in his stomach they made a number of discoveries. Among other things they found that when Tom was upset, angry, or anxious his stomach would become hard and red. In that condition it was unable to receive and properly digest food. When he was happy and relaxed, his stomach would be pink and soft and received the food and did well with it.

Another example:

A lady in our church started getting headaches around 5:00 PM each day. A word of knowledge from those praying with her revealed the cause. Her husband was a lorry driver and he would never come home at the time he was supposed to. Her two teenage boys followed the example of their father. She deeply desired the family to sit down together to eat dinner. She would have the meal ready at 5 o’clock but she was all by herself; then the headache would come. Here is what the Lord said to her, “Sharon, at 5 o’clock I will come and I will eat with you and we will have good fellowship together.” The headaches went away and never came back because the anxiety and stress causing them was now removed.

3. Negative responses cause the body to malfunction.  
 —*For as he thinks in his heart, so is he.* Proverbs 23:7  
 Failure to “renew” the mind can cause physical problems.

—Our mind accepts the thoughts we think, the words we say, and acts upon them.

Stress up—————Immune System down

*Bringing every thought into captivity to the obedience of Christ.*

II Corinthians 10:5

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are of good report, if there is any virtue and if there is anything praiseworthy —meditate on these things.—Philippians 4:8*

4. Some causes for illness include:

(1) Breaking natural laws.

*For whatever a man sows, that he will also reap.* Galatians 6:7

(2) Correcting and chastening ( but not punishing. )

*In order to turn man from his deeds and conceal pride... man is also chastened with pain on his bed.* Job 33:17-19

(3) Harboring unconfessed sin

*Confess your trespasses to one another, and pray for one another, that you may be healed.— James 5:16*

Our Immune System

- \* All around us, on our skin and in our bodies, there are live bacteria and viruses which can cause all kinds of sickness. They are there all the time.
- \* We have a defense which has more power to protect us from these invading microbes than the strongest antibiotic anybody has ever discovered. It is our immune system.
- \* When the immune system is strong, these viruses and bacteria are no problem. But a weakened immune system can cause illness.
  - anxiety and stress, along with improper eating, weakens the immune system
  - sugar and sweets lower the immune system.
  - when the immune system is down, it can't protect us from disease.
  - when stress is up, our immune system is down
- \* Following the admonition of Philippians 4:8 is vital to our health.

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things.*

- \* In the authority of Jesus we claim victory over negative attitudes, over the fear that we are going to get sick and over the fear that bad things are going to happen to us.
- \* We are a child of the King. We are reigning in life with Him. We are strengthened.
- \* We become healthier physically, spiritually and emotionally.

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4. Finally, let's summarize some of the **causes** for illness:

(1). **Breaking** natural laws (Galatians 6:7)

What would happen if I jumped from a 20 story building claiming that I am God's child and He will take care of me. What would God do? Could He suspend the law of gravity? Yes, He could; but would He do it, No! I was intentionally breaking one of the laws which He has put here to help this world function in a proper manner. Instead of having a nice jump, they would scrape me off the ground.

God would not miraculously suspend the laws of gravity just for me.

If I keep breaking other natural laws, there is no guarantee that God will miraculously suspend those laws for me or keep me from suffering consequences.

(2) **Correcting and Chastening** - but not punishing (Job 33:17-19)

God's chastening and correcting is different from punishing.

How many times have I stood by a hospital bed and the person there has said 'Why is God angry with me, what did I do to deserve this?'

They misunderstand. God isn't saying, you are a bad person, I'm going to take a whip to you.

But God may be saying there are things you need to change in your life; now that you are in this bed of pain, would you please listen to Me and make the changes that are necessary? He is chastening and correcting.

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**3) Harboring** unconfessed, unforsaken sin (James 5:16)

Sometimes we pray and pray for healing but until we confess and forsaken certain sins, the healing will not come. For example:

A lady in our church was having terrible headaches which were often causing her to be bedridden. One Sunday morning as we were worshiping, there was a word of knowledge given which said, 'If you will forgive the person you need to forgive, God will take away your headaches.' She knew this word was directly for her; but her self-will rose up and she refused to forgive. The headaches continued day after day. Finally she forgave the person, cried out to God and immediately her headaches were gone.

If you harbor unconfessed sin, healing may not come.

It is important that we have a group of friends, a leader in the church or someone to whom we can confess our faults and ask them to pray for us.

What will the result be? James 5 declares that they will be healed.

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(4). **Failure** to use your authority in Christ

The authority we have been given in Jesus Christ is the same power and authority that raised Jesus from the dead. It would be foolish not to use this authority.

*I pray that you will begin to understand how incredibly great His power is to help those who believe Him. It is that same mighty power that raised Christ from the dead*

Ephesians 1:19-20 (Living Bible)

You belong to Jesus now. He purchased you with His precious blood. You are His temple. Don't you think that you can trust Him to can take care of his own possession?

(5) **Glorify** God . . .

*Neither this man nor his parents sinned, but that the works of God should be revealed to him*

John 9:3 also  
(see 2 Corinthians 12:7-9)

Jesus said that this man in John 9 was not blind from birth because of his sins, nor because of the sins of his parents.

Sometimes things come upon us so that when God delivers us from them He will receive the glory.

- (4) **Failure** \_\_\_\_\_ to use our authority in Christ.

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- (5) **To glorify** \_\_\_\_\_ God . . .

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6. **Faith** \_\_\_\_\_ must be the main ingredient in prayer for healing.

- (1) **Obedient** \_\_\_\_\_ prayer

*Is anyone among you sick? 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 will save the sick* James 1:5-8

- (2) **Believing** \_\_\_\_\_ prayer

*If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith without doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.* James 5:14-15

If it's your plan—nothing will happen.  
If it's God's plan—Everything will happen.

- (3) **Relinquishing** \_\_\_\_\_ prayer.

“Father, I know you love me enough not to make any mistakes with me, I leave it up to you. You can heal me when you want, how you want and if you want. I release it all to you.”

6. **Faith** must be the main ingredient in prayer for healing.

\* Jesus wants His followers, His church, to pray for healing in the same way He did when walking amongst us, but we have to pray in faith.

\* Praying in faith has several components to it:

(1) First it must be **Obedient** prayer (James 5:14-15)

- We are so saturated with the world’s way of doing things that when we get sick, what is the first thing we do? In America, most people’s first thought is ‘I need to see the doctor.’ James 5 says you should call for the elders of the church to pray over you and that prayer will raise up the sick.

- Does God use doctors, nurses and hospitals? Of course He does. As things develop it may become apparent that God wants to use that route for your healing. Just don’t take that route first.

- God’s order is that we call for the elders of the church first. Then, if necessary, take other steps which might seem to be indicated.

- If you are obedient to God’s directions then you may save yourselves thousands of rupees and much pain and misery because you are putting God in His proper place.

(2) Then it must be **Believing** prayer (James 1:5-8)

- A double-minded man will not get anywhere. We must know what God wants to do, believe He will do it, and pray accordingly

(Most of Lesson Six will be spent in learning how to hear the voice of God.)

\* If we don’t know what God wants to do, then how can we pray in faith?

\* If we sense what God wants to do, then it will be done. If we don’t know, it will not happen.

If it is your plan ----- nothing will happen

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- (4) Failure to use our authority in Christ.

*I pray that you will begin to understand how incredibly great His power is to help those who believe Him. It is that some mighty power that raised Christ from the dead.* Ephesians 1:19-20 (Living Bible)

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c. There comes a time when Faith offers up **Relinquishing** prayer

When we have take all the steps we know to take - claiming authority over sickness in the name of Jesus, surrounding each one with His love and care - then faith just gives it all over into His hands.

For example: When Catherine Marshall was 19 or 20, she contracted tuberculosis. TB was very contagious in those days so people were removed from society and cared for in a sanitarium.

Catherine prayed and prayed, “God I’m only at the beginning of my life, I have so much I want to do for you, please heal me.” Others prayed too, but month after month and her disease got worse.

Finally one night in desperation she prayed, “*Father, I’m so tired of this illness. I know You love me enough not to make any mistakes with me. I leave it up to You. If you want to heal me, heal me; if you want to take me, take me.*”

(Incidentally, when God takes us, it is the ultimate healing. I’m not saying we should die in sickness, but if we know the Lord and we do die, then we are instantly healed for eternity. )

Anyway, it was not God’s time and He didn’t take her. As soon as she prayed that relinquishing prayer, she was healed and walked out of the sanitarium to write these marvelous books that have blessed so many people.

God wants to heal! And, He wants His Body to pray for healing now just like Jesus did while He was here on earth.

But let me leave this one thought with you; our bodies hurt, our bodies are sick and we want so badly to have our bodies healed but that may **not be God’s first priority**.

God wants our bodies to be well; but often He is much more interested that we become healthy on the inside than He is that we have all of our physical needs met.

So, often times He allows the physical problem to be there until the inner problem is solved; and then He completes the healing.

In the next teaching session I am going to share with you one of the most exciting healing prayers that we can pray for one another.

- (4) **Failure** \_\_\_\_\_ to use our authority in Christ.

*I pray that you will begin to understand how incredibly great His power is to help those who believe Him. It is that some mighty power that raised Christ from the dead.* Ephesians 1:19-20 (Living Bible)

- (5) **To glorify** \_\_\_\_\_ God . . .

*Neither this man nor his parents sinned, but that the works of God should be revealed in him.* John 9:3  
(See also 2 Corinthians 12:7-9)

6. **Faith** \_\_\_\_\_ must be the main ingredient in prayer for healing.

- (1) **Obedient** \_\_\_\_\_ prayer

*Is anyone among you sick? 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 will save the sick* James 1:5-8

- (2) **Believing** \_\_\_\_\_ prayer

*If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith without doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.* James 5:14-15

If it's your plan—nothing will happen.  
If it's God's plan—Everything will happen.

- (3) **Relinquishing** \_\_\_\_\_ prayer.

“Father, I know you love me enough not to make any mistakes with me, I leave it up to you. You can heal me when you want, how you want and if you want. I release it all to you.”



FULL LIFE IN CHRIST Group Leader's Suggestions

FIRST

- Let the group share from their “feeding” sheets on Mark 16:9-20. Collect this weeks sheets and hand back the ones you have looked over.
- Encourage several to read their “Psalm of Praise” for the group.
- Collect all the “Psalms of Praise” which are completed.

NEXT

- How does persistent sin open the door to Satan in our lives?
- How does one determine if some of the bondages against which they struggle are demonic? (explain compulsiveness as opposed to simply the lusts of the flesh.)
- Why do we need the gift of discernment? What is the danger of attempting deliverance without discernment in operation?

THEN

- Why should “healing of the body” be a vital part of the ministry among every group of believers?
- Possible answers include:
- It is often a door to evangelism.
- Our body is the temple of the Holy Spirit.
- It is also the dwelling place of the soul and spirit, thus it’s condition directly effects our soul and our spirit.
- Wholeness in body has definite relationship to our freedom and ability to minister in Christ’s name.

FINALLY

1. “Eat” Ephesians 4:23-32.
2. Read the Chapter “Healing of the Inner Person” on pages \_\_\_\_\_. This is most important in preparation for next session.
3. Complete the question sheet for session 3. Point out that it is based on pages \_\_\_\_\_ in the back of the manual.