



Session 2:

Causes of Sickness & Disease

1.) Poor choices

I Corinthians 6:19-20

* Many times sickness and disease can be brought on by making poor choices when it comes to taking care of our body.

* Examples of poor choices:

- a. poor eating habits
- b. overeating
- c. bad habits (smoking, alcohol, abusing drugs)
- d. lack of exercise

* The Bible teaches that we need to have self-control (*Galatians 5:22-23*).

2.) Stress, worry and fear

* God never designed for us to live in a constant state of stress (*Psalm 23*).

* When you walk in worry and fear, it opens the door for your body to get sick.

I Peter 5:6-8, Philippians 4:4-8

3.) Sin

Exodus 15:26, Exodus 23:25, Deuteronomy 30:15-16

* When we disobey God, we bring a curse on ourselves.

* Examples:

- Unforgiveness (*Matthew 6:14-15*)
- Lack of honor towards spiritual authority (*Ephesians 6:2-3; Numbers 12:1-15*)
- Grumbling and complaining (*Proverbs 17:22*)

* If you are battling sickness and disease, search your heart and make sure there is no sin that is the cause.

* Jesus healed the crippled at the pool and then instructed him "*Stop sinning or something worse may happen to you.*" (*John 5:14*)

4.) Not understanding what is ours in Christ

I Peter 2:24

- * When we fail to understand the blessings that are part of the New Covenant, we can settle for less than God's best for our lives.
- * As Christians, we should not be expecting sickness and disease to attack our bodies.

5.) A direct attack of the devil

- * In Luke 13, Jesus healed a woman that had been crippled by a spirit for 18 years (*Luke 13:10-16*).
- * Demon spirits can bring physical afflictions on people which is called a spirit of infirmity.

Acts 19:11-12

- * There are other examples of Jesus dealing with a spirit of infirmity (*Mark 9:25; Matthew 12:22*)

Conclusion:

- * Gaining insight into the cause of a sickness and disease can help you to know how to address it.
- * Application:
 - Are there better choices that you need to make in order to take better care of your body?
 - Does continual stress, worry and fear play a large role in your life? Seek the Holy Spirit for guidance in dealing with these things.
 - Is there any disobedience in your life that needs to be repented of?
 - Be sensitive to the Holy Spirit so that you may know when you might be dealing with a direct attack from the Devil. One of the gifts of the Spirit is the discerning of spirits (*1 Cor. 12*).