

# Sickness

## Its Causes and Cures

References & Notes by:  
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The first time the word sickness appears in the Scriptures is in Genesis 48:1 where the Hebrew word means primarily "to be rubbed or worn" and therefore, weak, sick, afflicted. In the Greek the most common word also means "to be feeble, impotent, weak, without strength, infirm, and sick or diseased."

According to Noah Webster's 1828 AMERICAN DICTIONARY OF THE ENGLISH LANGUAGE, sickness is defined as: "Disease; malady; a morbid state of the body of an animal or plant, in which the organs do not perfectly perform their natural functions. 'Himself took our infirmities, and bore our sicknesses.' Matt. viii "

As we study the scriptures, we find that there are many causes and cures for sickness. First it was spiritual and dietary. Man disobeyed God's Word and he ate what God had told him not to. It resulted in death (which means separation) entering into the world as a just punishment from God for man's sin. Other causes in addition to sin and dietary are such things as the natural wearing out process of our corruptible bodies, lack of sanitation, parasites, infections, and Satan.

The purpose of this little study is to show by specific statements and examples of both the Old and New Testament Scriptures that God started sickness and only He will end it, not Satan, and that God uses sickness for chastening, discipline, judgment and justice, and for His glory. Although Satan also can and does cause much sickness and depression in this world, he can do nothing to one of God's children unless God allows it. And all things work together for good to them that are loving God. (Romans 8:28)

The very popular teaching that all sickness is of Satan is one that "tickles the ears" of God's people, and ministers to their flesh, not in bringing them to the cross. It helps to destroy the fear of God in a person and to keep them sick by blaming their sicknesses on another, namely Satan, rather than helping people to be responsible for their own sickness, which may be due to sin, ignorance, or some other reason which can be revealed to them by seeking the great physician, our healer, our Lord Jesus Christ, in truth and humble holiness. We are in the last days when God said the church would not endure sound doctrine, but after their own selfish desires would heap up to themselves teachers (accumulate in large numbers and large gatherings) because they have itching ears that want to hear what makes the flesh and carnal nature feel good. (2 Timothy 4:3) Therefore, let us look at some of the scriptures that will verify the truth of God that people are turning away from.

### Old Testament statements:

"And the Lord God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die."

Genesis 2:16-17 KJV

"Fools because of their rebellious way, And because of their iniquities were afflicted. Their soul abhorred all kinds of food; And they drew near to the gates of death."

Psalms 107:17-18 NAS

"The Lord's voice crieth unto the city, and the man of wisdom shall see thy name: hear ye the rod, and who hath appointed it... Therefore also will I make thee sick in smiting thee, in making thee desolate [stunned, numb, waste] because of thy sins."

Micah 6:9,12 KJV

"And the Lord said to him, Who has made man's mouth? Or who makes *him* dumb or deaf, or seeing or blind? Is it not I, the Lord?"

Exodus 4:11 NAS

"And He said, If you will give earnest heed to the voice of the Lord your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the Lord, am your healer."

Exodus 15:26 NAS

"And the Lord will remove from you all sickness; and He will not put on you any of the harmful diseases of Egypt which you have known, but He will lay them on all who hate you."

Deuteronomy 7:15 NAS

"I, in turn, will do this to you [Israel, God's people]: I will appoint over you a sudden terror, consumption and fever that shall waste away the eyes and cause the soul to pine away; also, you shall sow your seed uselessly, for your enemies shall eat it up. And I will set My face against you so that you shall be struck down before your enemies: and those who hate you shall rule over you, and you shall flee when no one is pursuing you. If after these things, you do not obey Me, then I will punish you seven times more for your sins. And I will also break down your pride of power; I will also make your sky like iron and your earth like bronze. And your strength shall be spent uselessly..."

Leviticus 26:16-21 NAS also 21-46

"The Lord will make the pestilence cling to you until He has consumed you from the land, where you are entering to possess it. The Lord will smite you with consumption and with fever and with inflammation and with fiery heat and with the sword and with blight and with mildew, and they shall pursue you until you perish.... The Lord will smite you with the boils of Egypt and with tumors and with the scab and with the itch, from which you cannot be healed. The Lord will smite you with madness and with blindness and with bewilderment of heart...Also every sickness and every plague which are not written in the book of this law, the Lord will bring on you until you are destroyed."

Deuteronomy 28:21,22,27,28,61 also 35,59,60 NAS

"My people are destroyed for lack of knowledge. Because you have rejected knowledge, I will also reject you from being My priest. Since you have forgotten the law of your God, I also will forget your children."

Hosea 4:6 NAS

"Come let us return to the Lord. For He has torn us, but He will heal us; He has wounded us, but He will bandage us."

Hosea 6:1 NAS

"Do not be wise in your own eyes: Fear the Lord and turn away from evil. It will be healing to your body, and refreshment to your bones."

Proverbs 3:7-8 NAS

"Behold, the Lord is going to strike your people, your sons, your wives, and all your possessions with a great calamity; and you will suffer severe sickness, a disease of your bowels, until your bowels come out because of the sickness, day by day.' Then the Lord stirred up against Jehoram the spirit of the Philistines and the Arabs who bordered the Ethiopians: ...So after this the Lord smote him in his bowels with an incurable sickness. Now it came about in the course of time, at the end of two years, that his bowels came out because of his sickness and he died in great pain."

2 Chronicles 21:14-19 NAS

"So Saul died for his trespass which he committed against the Lord, because of the word of the Lord which he did not keep; and because he asked counsel of a medium, making inquiry of it, and did not inquire of the Lord. Therefore He killed him, and turned the kingdom to David the son of Jesse."

1 Chronicles 10:14 NAS

## New Testament statements:

Jesus said..."Behold, thou art made whole: sin no more, lest a worse thing come unto thee."

John 5:14 KJV

"Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks, eats and drinks judgment to himself, if he does not judge the body rightly. For this reason many among you are weak and sick, and a number sleep. But if we judged ourselves rightly, we should not be judged. But when we are judged, we are disciplined by the Lord in order that we may not be condemned along with the world."

1 Corinthians 11:27-34 NAS

"And as He passed by, He saw a man blind from birth. And His disciples asked Him, saying, 'Rabbi, who sinned, this man or his parents, that he should be born blind?' Jesus answered, 'It was neither that this man sinned, nor his parents; but it was in order that the works of God might be displayed in him.'"

John 9:1-3 NAS

" 'Lord, behold, he [Lazarus] whom You love is sick.' But when Jesus heard it, He said, 'This sickness is not unto death, but for the glory of God, that the Son of God may be glorified by it.' "

John 11:3-4 NAS

"If any man see his brother sin a sin *which is* not unto death, he shall ask, and He shall give him life for them that sin not unto death. There is a sin unto death; I do not say that he shall pray for it. All unrighteousness is sin: and there is a sin not unto death."

1 John 5:16-17 KJV

Jesus said, "And I will kill her children with pestilence [death]; and all the churches will know that I am He who searches the minds [kidneys] and hearts; and I will give to each one of you according to your deeds."

Revelation 2:23 NAS

Jesus said, "For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book: And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book."

Revelation 22:18-19 KJV

"For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth."

Hebrews 12:6

"Do not think that I came to abolish the Law or the prophets; I did not come to abolish, but to fulfill. But I say to you that everyone who is angry with his brother shall be guilty before the court [of judgment]; and whoever shall say to his brother, 'Raca,' [numskull] shall be guilty before the supreme court [eldership]; and whoever shall say, 'You fool,' shall be guilty enough to go into the fiery hell."

Matthew 5:17,22 NAS

Jesus said our Father will hand us over to the torturers.

Matthew 18:23-35

"And I say unto you my friends, Be not afraid of them that kill the body, and after that have no more that they can do. But I will forwarn you whom ye shall fear; Fear Him, which after he hath killed hath power to cast into hell; yea, I say unto you, Fear him."

Luke 12:4-5 KJV

### Old Testament examples:

"To the woman He said, I will greatly multiply your pain in pregnancy, in pain you shall bring forth children; yet your desire shall be for your husband, and he shall rule over you."

Genesis 3:16 NAS lit.

"And the Lord furthermore said to him, 'Now put your hand into your bosom.' So he put his hand into his bosom, and when he took it out, behold, his hand was leprous like snow."

Exodus 4:6 NAS

"So the anger of the Lord burned against them and He departed. But when the cloud had withdrawn from over the tent, behold, Miriam was leprous, as white as snow. As Aaron turned toward Miriam, behold, she was leprous."

Numbers 12:9 NAS

"the anger of the Lord was kindled against the people [Israel], and the Lord struck the people with a very severe plague. So the name of that place was called 'graves of greediness,' because there they buried the people who had been greedy."

Numbers 11:33-34 NAS lit.

"Then the Lord said to Moses and Aaron, "Take for yourselves handfuls of soot from a kiln, and let Moses throw it toward the sky in the sight of Pharaoh. And it will become fine dust over all the land of Egypt, and will become boils breaking out with sores on man and beast through all the land of Egypt...and it became boils breaking out with sores..."

Exodus 9:9 NAS

"Now the Spirit of the Lord departed from Saul, and an evil spirit from the Lord terrorized him."

1 Samuel 16:14 NAS

Throughout this Psalm David confesses that his sickness is from the Lord and due to his sin. For example, consider this prayer through the Holy Spirit, "There is no soundness in my flesh because of Thine indignation; there is no health in my bones because of my sin."

Psalm 38:1-22; :3 NAS

Testing, refinement

Job 1, 3:25, 42:6

### New Testament examples:

"Behold there was a woman who for eighteen years had a sickness caused by a spirit . . . You hypocrites . . . this woman is a daughter of Abraham . . ."

Luke 13:10-16 NAS lit.

Discipline of a sinning Christian turned over to Satan for the destruction of the flesh in order that his spirit might ultimately be saved.

1 Corinthians 5:5 read 5:1-13

Ananias and Sapphira judged with death for tempting the Lord because of greed and lying about it. Acts 5:1-11

Saul, later Paul, struck by the Lord with blindness in bringing him to the Lord Jesus.

Acts 9:8, 17-18

Bar-Jesus, a false prophet, struck by the Lord with blindness for hindering someone else's salvation. Acts 13:11

An angel of the Lord struck Herod the king "and he was eaten by worms and died."

Acts 12:23

A star from heaven opens the bottomless pit to unleash tormenting locusts upon unsaved mankind.

Revelation 9:1-12

God's "two witnesses" devour their enemies by fire and smite the earth with great plagues at will.

Revelation 11:3-6

Now that we realize that we must deal seriously with God about our sicknesses, and have seen in the scriptures and in the chapters of this book, Holy Nutrition, many causes and cures, let us look at a summary list of some of the causes of sickness and disease and methods God uses to heal us:

### Causes of Sickness & Disease:

Man himself due to sin, God and angels, Satan and demons, natural deterioration by aging due to the curse, lack of exercise, improper eating, nutrient deficient foods because of earth's aging and poor soil mineralization, or ignorant or shameful farming practices, food processing and adulterization procedures, food preparation and cooking methods, infectious agents such as viruses, bacteria, fungi, molds, and parasites, lack of cleanliness, sanitation and quarantine, chemicals, toxins, poisons, EMFs, falsely trained healing professions, government and greed, media propaganda and advertising, legal and illegal drugs, and finally false and demonic teaching.

## Methods of Healing:

Diligently listening to and obeying the voice of God;  
 Doing what is right in God's sight, righteousness;  
 Giving ear to God's commandments;  
 Keeping all of God's statutes, such as dietary, sanitary, and many others.

Exodus 15:26

Getting rid of our idols, such as men, organizations, doctors, names, education, sex, etc.  
 Serving God; Eating blessed bread and drinking blessed water, not cursed! This means God-made food, not man-made junk, prayed over by a self indulgent, taste bound, junk food addict.

Exodus 23:20-33

Trusting the Lord;  
 Leaning not on one's own understanding;  
 Acknowledging God in all your ways (in sickness and in health);  
 Not being wise in one's own eyes (humility);  
 Fearing the Lord;  
 Departing from evil.

Proverbs 3:5-8

The Words of God;  
 Keeping thine heart.

Proverbs 4:20-23

All the above plus Vitamins, Minerals, Trace Elements, Enzymes, Fiber, Essential Fats, Quality Proteins, Proper Carbohydrates, Holy Bacteria, Phytonutrients, Clean Foods & Whole Food Concentrates. Fruit, vegetable, and herb juices. Bee products. Healing medicines, essential oils, aromatherapy, hydrotherapy, sunbathing, personal hygiene, natural soaps and lotions, acupuncture, light therapy, EMF protection, massage, walking, jogger, deep breathing, light weights and exercise.

A prayerful study of the preceding scriptures reveals that food can be either blessed or cursed, and that God's statutes for health must be obeyed. When we alter the way God made food for our nourishment and remove what modern science has discovered are the life giving elements of good food, we are asking for sickness and can expect nothing else. Food supplementation is then a necessity if we want to maintain or regain good health. God's Health Laws are found throughout the bible and He tells us what is good or bad.

Flesh of clean animals, birds, and fish vs. unclean meats: Holiness! Leviticus 11; Deuteronomy 14  
 Obedience to God's sanctifying will into complete blamelessness - spirit, soul, and body:

1 Thessalonians 3:11 – 4:8; 5:23

Good food vs. Bad food (The Table set with snares, traps, stumbling-blocks, and recompenses!):

Psalm 103:5 KJV; Romans 11:9

Herbs, many listed by name in a bible dictionary:

Psalm 104:14 KJV

Proper nourishment is the purpose of good food. Green foods are essential!

Genesis 1:29

Water:

Waters healed, 2 Kings 2:19-22; Ezekiel 47:1-12  
 Bitter or sweet, Exodus 15:23-27, James 3:11  
 Blessed, Exodus 23:25  
 Drink, Daniel 1:12-21, Psalm 23:2  
 Wash in running water, Leviticus 15:13, 2 Kings 3:11

Fruit juices:

Song of Solomon 8:2

Leaves of fruit trees:

Ezekiel 47:12; Revelation 22:2

God's sent Word:

Psalm 107:20

Fasting:

Isaiah 58:8; Matthew 6:16-18

"Healing" medicines:

Jeremiah 30:12-17 KJV

Balm, an aromatic gum or resin, natural oils and spices:

Genesis 43:11

A prescription from God: balm, not useless medicines.

Jeremiah 46:11

Doctors: i.e. physicians, including medical, osteopaths, naturopaths, and homeopaths, dentists, chiropractors, herbalists, nutritionists, iridologists, and many others.

Matthew 9:12; Jeremiah 8:22

Cleanliness: Priests & sacrifices, disease, food, bodies, hands, clothes, eating & storage vessels, houses.

Exodus 29:4,17; 30:18-21; Leviticus 11 – 15; Numbers 19:11-22

Sanitation:

Deuteronomy 23:12-14

Quarantine:

Leviticus 13:45-46

A fig plaster, poultice: 2 Kings 20:7  
 A little wine: 1 Timothy 5:23  
 Laying on of hands: Mark 16:18  
 Gifts of the Holy Spirit: faith, healings, miracles, word of knowledge, word of wisdom, discerning of spirits,  
 tongues, interpretation of tongues, prophecy. 1 Corinthians 12:7-11; Acts 10:38  
 Revelations, dreams and visions: 1 Corinthians 14:6, 26, 30; 2 Corinthians 12:1, 7; Acts 2:17, 10:3, 17.  
 A merry heart: Proverbs 17:22  
 Singing, Music, Praise and Worship: 1 Samuel 16:14-23; Acts 16:24-26.  
 Casting out evil spirits: Luke 13:10-17; Matt. 8:16-17, 28-34; 12:22-37; Mark 1:23-28  
 The Lord's Table & Discerning the Body of Christ correctly: 1 Corinthians 11:17-34, 28-32; 10:14-23.  
 Cleansing oneself from defilements of the flesh (which includes unclean meats) and defilements of the spirit:  
 2 Corinthians 6:14 – 7:1  
 Call for the elders of God's church, Anointing with oil by elders and apostles (those in authority in the church),  
 which brings forgiveness of sins and then healing by "the prayer of faith": James 5:16; Mark 6:13; Exodus 30 & 31  
 Confession of one's faults to another person and prayer: 1 John 5:16  
 Prayer: 1 John 5:16; John 14:13, 15:16, 16:23  
 Faith: Matthew 9:22; Mark 2:1-12; 5:25-34; 10:52; Luke 7:50; 8:48; 17:19; 18:42

This chapter's teaching from the book, Holy Nutrition, is available for download at: [www.JohnRothacker.org](http://www.JohnRothacker.org)