



## **Good Health Is a Choice Learn How to Choose it**

**A Production of God's Healing Word**  
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### **Lesson Three: God is Our Healer**

#### **Lesson Three Topics:**

1. Only God can heal
2. God's Food Laws
3. Our Body is Not Our Own
4. Blessings and Curses

#### **1. Only God can heal**

If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, **for I am the LORD, who heals you.** - Exodus 15:26

Praise the LORD, O my soul, and forget not all his benefits--who forgives all your sins and **heals all your diseases**, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. - Psalm 103:2-5

If you are a believer of God's Word there is only one conclusion you can arrive at concerning health and healing. Only God can make you healthy, Only He can heal

you. By definition, this truth eliminates all other possibilities. A physician may facilitate or hinder healing, but he or she doesn't heal anyone. God does.

So how does God heal? Good question. God heals through natural law and through the operation of a higher law (what man calls divine or spiritual healing).

### **A. Healing through natural law**

When God created the world, He placed in the plant kingdom everything we would need to nurture and keep our body running at optimum health (II Peter 1:3)

Sickness and suffering quickly became the issue of the day when Adam and Eve were removed from the Garden. If man were to survive, he would have to have access to medicine. He would have to know which plants were for food and which were for healing. What's the most likely answer to how man learned about plants as medicine?

During the Patriarchal Age, God spoke directly to the patriarchs. We are not privy to what all God spoke to these men, but common sense dictates He pointed them to plants that have healing qualities. He would also give Patriarch's instruction on how to use these plants. How do I know this? Common sense, again. Since we know God spoke to Patriarch's, it is logical to assume this is how man's earliest knowledge of medicine was learned.

The secular world would have you believe man arose from the apes, that man learned through trial and error what plants were intended for medicine. But consider this: There wasn't time for trial and error to set the standard. Without an effective medicine, mankind could not have survived.

One thing for certain: From earliest recorded history, mankind has desired and sought out healing plants. So much so, commerce quickly grew up around the trading of these plants and the products they produced. In Genesis 37:25 we read:

Then they sat down to eat a meal. And as they raised their eyes and looked, behold, **a caravan of Ishmaelites was coming from Gilead, with their camels bearing aromatic gum and balm and myrrh, on their way to bring them down to Egypt.** – Genesis 37:25 (NAS)

The Gum, balm and myrrh were highly valued as medicine, and used as trading commodities. This is why the trading caravan was headed to Egypt. When the sons of Israel prepared to return to Egypt with their younger brother Benjamin, Israel told them:

If it must be so, then do this: **take some of the best products of the land** in your bags, and carry down to the man as a present, a little **balm and a little honey, aromatic gum and myrrh**, pistachio nuts and almonds.  
– Genesis 43:11 (NAS)

Here we learn that balm, gum and myrrh were the best products of the land. Why? They were known for their healing qualities and highly sought after.

### **Application:**

Here's the thing we need to relearn. No man can improve the medicine God provided and placed into the plant kingdom. He did this so each generation would have access to healing remedies.

No one has ever created a drug or medicine that equals what God created. Every time someone discovers a healing element in a plant and then synthesizes that element in the form of a drug, it fails. There are many reasons for this we will discuss in a later lesson.

Once you put two and two together, it becomes obvious. God created us. He knows how our bodies work and what our bodies need to maintain optimum health. When our body becomes ill with sickness, who knows better than our creator what we need to restore our body back to health? No one. So it should not be a surprise to anyone that when God created the plant kingdom, He would place into plants the exact medicine for every ailment every generation needs. God + Plants = Medicine and Food.

### **B. Healing through the operation of a higher law**

Both the Old and New Testament record what we refer to as healing miracles. Many Christians wrongly define a miracle as God's intervention in the working of nature. But a more accurate definition of a miracle is simply the operation of a

higher power or law. Certainly God intervenes in our affairs, but He is not restricted to working within the confines of natural law to do it.

Many Christians claim the age of healing miracles is over. They do so for the following reasons:

- They have not witnessed anything that resembles a miracle.
- They cite the lack of healing miracles in the Epistles.
- They use I Corinthians 13 as their proof text.
- They are fearful of reprisals should they believe differently.
- They lack faith.
- They confuse the meaning of “heal” and “save.”
- They listen to the world instead of God’s Word.

Of the list above, the last five are the primary reasons so many Christians do not believe in miracles today. We’ll discuss each of these reasons in class, but I do want to discuss the role of faith in miracles here in more detail.

The key to accessing God’s higher law is faith. When you study every healing found in the New Testament, you will find that faith is the key that opened the door for healing to occur. And let me say, for most Christians, whatever faith they have, it will not measure up even to the size of a mustard seed (Matthew 17:20).

My intention is not to insult anyone’s faith, but really: How much faith do you have that healing miracles occur today (through the operation of higher law)? I confess. My faith is weak. I struggle to believe, but I also believe God’s Word. Just because a person’s faith is weak, it should not be used to say God no longer performs healing miracles. We’ll discuss this section in much greater detail in class.

## **2. God’s Food laws**

You are free as a human being to eat anything you want, but only when you follow our Maker’s diet plan can you expect to live a long, healthy life.

This section we will examine three areas:

1. God’s food laws (Leviticus 11 and Deuteronomy 14).

2. Does the New Testament abolish God's food laws of the Old Testament?
3. Clean and unclean meats as a matter of health and holiness

To set the background on this section **read Leviticus Chapter 11 and Deuteronomy Chapter 14**. As you read, consider the following:

- Why did God want the nation of Israel to have these food laws and obey them?
- Do these food laws make sense to you from a health perspective with what you know about the animals listed in Leviticus 11?
- What spiritual reason does God give for enacting His food law?

### **Clean and unclean**

Clean and unclean are terms used in the Bible to describe our condition, our physical health and holiness. God wants us to be holy, to live holy lives by observing and keeping the truth of His Word. As clean and unclean relate to eating meat, God set forth which animals are considered clean and which are considered unclean. He did this so we could avoid being defiled and to be able to honor Him by living clean, holy lives.

The distinction between clean and unclean animals existed long before the exodus. Almost a thousand years before God established His Covenant with Israel, He told Noah to bring into the ark unclean animals by twos, and clean animals by sevens (Genesis 7:2). God did not have to define clean and unclean to Noah, Noah understood what was required of him. It's not until Leviticus 11 and Deuteronomy 14 that clean and unclean are defined in Scripture. That Noah, one thousand years before Leviticus 11, understood the difference between clean and unclean animals should tell us that God's foodlaw is an eternal truth. So the popular notion that clean and unclean originated with God's Covenant with Israel is incorrect.

Since distinction between clean and unclean animals existed prior to the Old Covenant, it does not make sense this distinction would cease with the establishment of the New Covenant in Christ. God's food law continues to exist because it is a universal truth that applies to human health.

Remember: Once God calls something unclean, it is forever unclean.

## Clearing up confusion

Did Jesus declare all foods clean?

If you read the NIV Bible, Mark 7:18-19 reads:

Don't you see that nothing that enters a man from the outside can make him 'unclean'? For it doesn't go into his heart but into his stomach, and then out of his body." **(In saying this, Jesus declared all foods "clean.")** Mark 7:18-19 (NIV)

It seems clear enough...Jesus declared all foods clean. Or did He? Remember as we read we must understand Jesus is a Jew, speaking to a Jewish audience. When we study the context of Mark 7, Jesus' supposed statement declaring all foods clean has issues. To begin: How can Jesus legitimately declare all foods clean when His heavenly Father has said that we are to distinguish between clean and unclean meats? This seems to be a contradiction.

Further, If Jesus had declared all foods clean, He would have disqualified Himself as Messiah because His teaching would be contrary to the Torah (God's Law: The first five books of the Bible). The Bible says that a legitimate King of Israel is not to depart from the Law of God either to the right or left (Deuteronomy 17:18-20). If Jesus declared all foods clean, it would topple the laws of Leviticus 11. What we need to understand here is by doing so, His opponents (the Pharisees) would have all the evidences they needed to impugn Him without any further questions. They would say, "This man is not from God; He reaches against the laws of God."

Finally, the Greek manuscripts of the book of Mark do not contain the phrase, "In saying this, Jesus declared all foods clean." The parenthesis around this phrase in the NIV version of Mark 7:19 denotes this fact. Compare the NIV Bible to the KJV Bible and you will see that Jesus said something entirely different. The KJV translates Mark 7:18-19 correctly.

And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; Because it entereth not into his heart, but into the belly, and goeth out into the draught, **purging all meats?**  
Mark 7:18-19 (KJV)

Jesus says here that eating unclean food will not make one's heart unclean; for food goes into the stomach and passes out through the bowel. The issue at hand in Mark 7:1-23 is all about hand washing, not clean and unclean foods. Hand washing was a tradition of the elders, not a Law of God. Jesus took the elders to task for making hand washing equal to the Law of God.

So consider: After rebuking the Pharisees for adhering to man-made, religious traditions that nullify the commandments of God, does it make sense then that Jesus would turn around and nullify Leviticus 11? I think not.

Some translators take the phrase "purging all meats" as a parenthetical statement and translate it as "In saying this, Jesus declared all foods clean." They would have been more accurate to say, "is passed out of the body as waste."

We will discuss in class each of the verses below which have been used to support the position that Leviticus 11 no longer applies to New Testament believers.

- Acts 10:8-19, 27-29
- Romans 14
- I Corinthians 8
- I Corinthians 10:23-27
- Colossians 2:16
- I Timothy 4:3-5
- Revelation 18:2 Compare with Isaiah 66:15-17

You were given a supplement report called, "What Does the Bible Teach About Clean and Unclean Meats." I hope you will read that entire report, but especially the section entitled, "Why are clean and unclean meats a matter of health?" Notice the comments made by physicians and health professionals in regard to God's food laws.

"For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts." – Isaiah 55:8-9 (NIV)

The above Scripture should tell us that God, not man is the authority on our conduct (Proverbs 14:12), including the decision on what foods we should or

should not eat. Should you have doubts about this, hear the words of God's prophet, Jeremiah: "*It is not in man who walks to direct his own steps.*" – Jeremiah 10:23. What that means is we are no better off than an animal, unless we look to God for everything that pertains to life and godliness.

### **3. Our body is not our own**

In lesson two we learned humankind is a triune being. We are created as body, spirit and soul: Three aspects of who we are all dwelling together as one being. When Jesus died for our sins so that we may be redeemed from the pit of death, he did not just redeem our soul. He redeemed our body, spirit and soul.

For those who have been born again in Christ, it means our entire being now belongs to Jesus Christ, not just our soul. The life we now live we live in Christ. That means our body is no longer our own, it belongs to the Lord.

Do you not know that **you yourselves are God's Temple** and that **God's Spirit lives in you**? If anyone destroys God's Temple, God will destroy him; for **God's temple is sacred and you are that temple**. – I Corinthians 3:16-17

In context, the above verse is referring to the Church, the Body of Christ. Note the use of the word "yourselves." However, the Church is made up of individual bodies in Christ. Each body then is a temple of God, a holy place where God lives. A little later in his letter, Paul expands on this truth:

Do you not know that your bodies are members of Christ Himself? – I Corinthians 6:15

Our body is not only a temple, our body is a member of Christ's body, of His flesh. How is this possible?

Paul uses the example of a husband and wife to explain how our body is one flesh with that of Jesus Christ. He writes:

After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church--for **we are members of his body**. "For this reason a man will

leave his father and mother and be united to his wife, and **the two will become one flesh.**" This is a profound mystery-- but **I am talking about Christ and the church.** - Ephesians 5:29-32

The flesh (the physical body) of Jesus Christ and the Christian Church are as one. Since we are members of the Church (His Body), our flesh is one with Jesus Christ. This is both true spiritually and physically.

Because our body is a temple of God and God lives in our body, and our body is one with the flesh of Jesus Christ, it is our responsibility to care for our body as much as it is to care for the Church. We cannot be true to Jesus, while ignoring to care for our body and expect God to bless us with health.

Once this truth hits home and is weighed in our conscience, there is only one thought that should occupy our minds about our eating habits: How our diet affects giving glory to God.

If we knowingly eat food God prohibits us from eating, if we eat for our own earthly pleasure, or eat foods that are known to be harmful, we dishonor God.

#### **4. Blessings and Curses**

The Old Testament is rich in truth for our learning. Two things the Old Testament teaches us about are blessings and curses.

What are blessings and curses?

A blessing is a good thing that happens when you follow God's truth. A curse is a bad thing that happens when you do not. When God spoke to the Israel through Moses, He said:

"If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you."  
Exodus 15:26 (NIV)

Notice God's word is conditional. His promises are based on following His Word. When we observe His truth, His commands and statutes, we can know we will be blessed. Conversely, when we ignore His commands and statutes, we can know we will be cursed.

Blessings and curses follow every aspect of our life, marriage, children, health, etc.