

# *Adventures in God*

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## **I Believe in Healing. Why Am I Not Healed?**

### **Chapter 9 - Mental & Emotional Aspects of Health**

In this chapter, we are going to talk about some mental and emotional aspects of walking in health.

Scripture has much to say about thoughts and emotions and how they connect with the physical body. The Bible instructs us what to think, how to think, and things not to think. Negative thoughts and emotions can significantly affect our physical health. Stress, often caused by negative thoughts working through emotions, is a leading contributor to disease and premature death.

If we continue to harbor negative thoughts and emotions, we will experience negative consequences in our physical health, as well as harmful and unpleasant feelings.

What do we do with our minds to stay healthy?

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# I Believe in Healing. Why Am I Not Healed?

## Mental/Emotional Aspects

### Introduction

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What do we do with our minds to stay healthy?

This chapter will primarily focus on how thoughts affect physical health and how thoughts and belief systems can hinder you from receiving the healing that belongs to you.

Some have thought that God is interested in our spiritual lives but doesn't have much to say about our thoughts and emotions. Many churches leave the mental realm to a qualified counselor.

Does God care about your mental and emotional life? Does His salvation cover these areas? Keep reading and we will see some things the Bible teaches along these lines. We will see that much of what Jesus came to do for us is connected to mental and emotional issues.

### Health Connects to Thoughts

The Bible not only deals with our spirits, but it has a lot to say about our minds and thoughts. The Bible emphasizes the importance of positive thinking, not just for our spiritual well-being, but also for our physical health.

It amazes me that some churches are against positive thinking. I had a card once that said something about positive thinking being okay if you are thinking about Jesus. But this isn't true. God designed us to think positively in all areas of life.

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Philippians 4:8 encourages us to focus our thoughts on whatever is true, honorable, right, pure, lovely, and of good repute. This type of thinking promotes peace and well-being.

Norman Vincent Peale, a renowned minister, authored an excellent book on positive thinking. Some people didn't like him. They thought he focused too much on the mind and not enough on the spirit. But they are uninformed.

He was a minister and led people to Jesus and the Bible as the solution to their natural problems. He used scriptural principles to help people deal with their troubles at the source and experienced wonderful results. I think he was ahead of his time. His books have helped me greatly.

If you only deal with the spirit, as many church do, people don't overcome many of their problems. They are told that feelings are not important, and so they stuff them—and go throughout their lives living a life less than the victory Jesus came to give us. They hide what is going on inside of them and never deal with it.

Dealing with our minds and thoughts is important to God. Positive thinking IS in the Bible and is key to your life and health.

God is extremely positive, and He designed us in His image—to think creatively and positively. If we don't, it will affect our health.

Negative thoughts and emotions have a strong physical effect on your body. When thinking negatively, we are releasing physical, tangible negative chemicals into our bodies. In time, this can lead to all kinds of sickness, mental torment, and even premature death.

Another thing Norman Vincent Peale said was that if you want peace of mind, simply fill your mind with peaceful thoughts. He highlighted the connection between peaceful thoughts and a peaceful mind. That is so common sense and simple.

## Dealing with Heart Issues

### Cleanse First the Inside

The Bible teaches that your life, who you are and what you experience, comes out of what is in your heart. To change the outward things wrong in your life, you will need to first deal with the inner

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thoughts and beliefs behind them. As Jesus said, you will need to clean first the inside—then the outside may become clean as well.

*“Keep your heart with all diligence, For out of it spring the issues of life.”*

*Proverbs 4:23 (NKJV)*

*“Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of robbery and self-indulgence. You blind Pharisee, first clean the inside of the cup and of the dish, so that the outside of it may become clean also. Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which on the outside appear beautiful, but inside they are full of dead men’s bones and all uncleanness. So you, too, outwardly appear righteous to men, but inwardly you are full of hypocrisy and lawlessness.”*

*Matthew 23:25-28 (NASB)*

If the condition of the heart determines what is happening in your outward life, it is important to deal with heart issues, root thoughts and belief systems, and not just with actions.

Most people (especially Christians) focus much more on their outward behavior and actions than on their heart (thoughts, mind, will, emotions). They know they are born again and made new in spirit. But inside they are carrying the pains and traumas of their past, their negative belief systems, and lies they have formed.

The devil (who is out to steal, kill and destroy) is the father of the many lies they harbor about themselves. They hold false identity images and untrue ideas about the world and about God and about life.

These lies and negative thoughts control their life and affect their health. They must first address their internal issues before they can consistently change their behavior.

## God’s Cares About Our Emotions

*“And not a creature exists that is concealed from His sight, but all things are open and exposed, naked and defenseless to the eyes of Him with Whom we have to do. Inasmuch then as we have a great High Priest Who has [already]*

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*ascended and passed through the heavens, Jesus the Son of God, Let's hold fast our confession [of faith in Him]"*

*"For we don't have a High Priest Who is unable to understand and sympathize and have a shared feeling with our weaknesses and infirmities and liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning."*

*"Let's then fearlessly and confidently and boldly draw near to the throne of grace (the throne of God's unmerited favor to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it]."*

*Hebrews 4:13-16 (AMPC)*

Jesus sees it all. All the inner things that influence our behavior, the forces that drive us and their root causes, are open and exposed to Him. He understands and sympathizes and has a shared feeling with our weaknesses and infirmities.

Some look at this verse with fear and guilt, thinking God sees the bad things in them and is out to punish them. The is untrue. He saw them and felt compassion. That is why He sent Jesus to save us, not condemn us.

Look at the context of this verse. He understands our weaknesses, and they affect him. He feels what we feel. As a result, we are told to come boldly to Him to receive grace and mercy—not to be condemned. He sees, knows, and understands our burdens and pains, and took care of it all.

When do you need mercy and grace? You need mercy and grace when you are tempted by sin or have done something wrong. That is the time He has exhorted us to draw near to receive what we need.

When Jesus announced the purpose of His coming in the book of Luke, He included mental and emotional bondage on the list of what He came to free us from.

*"The Spirit of the Lord [is] upon Me, because He has anointed Me to preach the good news (the Gospel) to the poor; He has sent Me to announce release to the captives and recovery of sight to the blind, to send forth as delivered those who are oppressed [who are downtrodden, bruised, crushed, and broken down by calamity], To proclaim the accepted and acceptable year of the Lord [the day when salvation and the free favors of God profusely abound]."*

*Luke 4:18-19 (AMPC)*



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The Gospel means good news. Jesus came to give us good things. He said in this passage that He came to release to the captives and deliver the oppressed, and to proclaim the year of God's favor.

Jesus came to deliver the oppressed, the downtrodden, those bruised, crushed, and broken down by calamity. These are the hurt and broken ones in the world. We all have some degree of inner hurt and brokenness.

God anointed Jesus to heal and help those broken by life, those afflicted and traumatized, those afflicted by negative thoughts and emotions. This is the reason He came.

Why doesn't the basic gospel message in most churches include all of this? Let's look at what this passage says more clearly. I looked up the original words and put the meanings into the statements of what He came to do.

Jesus came to:

- Preach the good news to the poor (beggarly, crouched, pauper, straitened, distressed).
- Heal (make whole) the brokenhearted (bruised, broken to shivers, broken in pieces, crushed, and shattered)
- Announce release (deliverance, forgiveness, remission, freedom, pardon) to the captive.
- Announce the recovery of sight to the blind. This includes the physical blind as well as those who can't see clearly into God's realm. We spoke of this a couple of chapters ago.
- Send forth as delivered the oppressed, downtrodden, bruised, those crushed, and broken down by calamity.
- To proclaim the acceptable year of the Lord—the day when salvation and the free favors of God profusely abound. As it is said in Hebrews, we are to come boldly to the throne of grace to receive the grace and mercy we need in the time of need.

Many things on this list that Jesus came to save us from relate to mental and emotional distress. How did people ever come to think that God only cares about our spiritual life?

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Jesus was quoting here from Isaiah 61. He applied it to His ministry. What other things are on the list in Isaiah?

*“The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good tidings to the meek, the poor, and afflicted; He has sent me to bind up and heal the brokenhearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound, To proclaim the acceptable year of the Lord [the year of His favor] and the day of vengeance of our God, to comfort all who mourn, To grant [consolation and joy] to those who mourn in Zion—to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened, and failing spirit—that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified.*

*Isaiah 61:1-3 (AMPC)*

What did Isaiah include in the ministry of what Jesus came to do?

- Preach the good tidings to the meek, poor, and afflicted.
- Bind up and heal the brokenhearted.
- Proclaim liberty to physical and spiritual captives.
- Proclaim the opening of the prison and the eyes to those who are bound.
- Proclaim the acceptable year of the Lord (the year of His favor).
- Proclaim the day of vengeance of our God. It was the day of vengeance for the evil forces who had gained control of the earth and humanity not for us. For us it is the day of salvation.

As John spoke of in 1 John 3:8 in the Classic Amplified Version, Jesus came to destroy, loose, and dissolve the works of the devil.

- Grant joy and comfort to those who mourn.
- To give beauty for ashes and the oil of joy for mourning.
- To give the garment of praise instead of a heavy, burdened spirit.

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Notice how many of these things have to do with mental and emotional health.

*“And Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news (the Gospel) of the kingdom and curing all kinds of disease and every weakness and infirmity. When He saw the throngs, He was moved with pity and sympathy for them, because they were bewildered (harassed and distressed and dejected and helpless), like sheep without a shepherd. Then He said to His disciples, the harvest is indeed plentiful, but the laborers are few.”*

*Matthew 9:35-38 (AMPC)*

Jesus went about preaching, teaching, and healing all kinds of disease, sickness, and infirmity. He did this wherever He went to whatever people showed up.

Why? He felt compassion for the bewildered, harassed, distressed, dejected, and helpless multitudes. Jesus cares for our emotions. He feels our infirmities. He has provided healing for all parts of our being.

Jesus still has the same compassion for the broken and hurting, the oppressed and downtrodden, the bruised, and crushed—so much so that He has provided deliverance and healing for us all.

He cares so much that He told us to pray for more laborers so that He can heal and help more hurting people—through us. His desire is for ongoing help and healing for the afflicted and oppressed. He healed all the oppressed, and He wants us to do the same.

Jesus desires to send out laborers who will deal with disease, weakness, infirmity, and bewildered, harassed, distressed, and dejected people. It is plain that He cares about our mental and emotional issues as well as our spiritual lives.

The church has, in too many cases, only dealt with the spiritual part of man, though our salvation clearly covers our full health, spirit, soul, and body. I have even heard ministers of the Gospel tell people with mental and emotional issues to see a professional (outside of the church) to get help—as if God cannot or won't heal these kinds of things. Can't they see what is clearly taught as the Gospel?

This happened to me back in 1974, when I had been a Christian only a few months. I was dealing with some extreme fear. Being treated like this caused me to avoid going to a pastor or spiritual leader for help for years.



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There are only three times in my over fifty years as a Christian that I went to my pastor for help. And sadly, none of them helped me. They quoted scriptures I already knew and applied, but didn't know how to go deeper to the root causes of my distress.

But that turned out well, because God Himself has lead me into every increasing victory and taught me how it works, and now I can teach you what I have learned.

## Salvation Includes the Mind

We have been covering the question, "Is mental and emotional healing included in the healing Jesus purchased for us?" Let's look at more scripture.

*"Now may the God of peace Himself sanctify you completely and may you whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ."*

*1 Thessalonians 5:23 (NKJV)*

We are made up of three parts, and God wants to sanctify every part of us completely. He desires our complete wholeness and health—spirit, soul, and body.

*"Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."*

*Isaiah 53:4-5 (KJV)*

He carried our griefs, our pains, our sorrows, and our sickness. His wounds resulted from our transgressions, and his bruises from our iniquities. The chastisement of for us to have peace was upon Him.

How many of these things deal with afflictions of the mind and emotions? Grief, sorrow, pain, and peace. He took these things upon Himself, and His stripes healed us!

## Redeemed from Mental Curses

*"Christ purchased our freedom [redeeming us] from the curse (doom) of the Law [and its condemnation] by [Himself] becoming a curse for us, for it is written [in the scripture], Cursed is everyone who hangs on a tree (is crucified); To the end that through [their receiving] Christ Jesus, the blessing [promised] to*

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*Abraham might come upon the Gentiles, so that we through faith might [all] receive [the realization of] the promise of the [Holy] Spirit.”*

*Galatians 3:13-14 (AMPC)*

What is the curse of the law? What does it include? You can find the blessings and curses of the law in Deuteronomy 28.

Though they qualified for the blessings by doing the law, it is different in the New Testament. The passage in Galatians reveals that we are redeemed from curses and receive the blessings, not by good works or perfect behavior, but by faith.

The first 14 verses of Deuteronomy 28 contain the blessings. The rest of the chapter covers the curses for breaking the law. What I want you to notice is all the mental and emotional things included in the curse. We are redeemed from all of these!!!

*“The Lord will smite you with madness and blindness and dismay of [mind and] heart. And you shall grope at noonday as the blind grope in darkness. And you shall not prosper in your ways; and you shall be only oppressed and robbed continually, and there shall be no one to save you.*

*Deuteronomy 28: 28-29 (AMPC)*

*“And among these nations you shall find no ease and there shall be no rest for the sole of your foot; but the Lord will give you there a trembling heart, failing of eyes [from disappointment of hope], fainting of mind, and languishing of spirit. Your life shall hang in doubt before you; day and night you shall be worried, and have no assurance of your life. In the morning you shall say, Would that it were evening! and at evening you shall say, Would that it were morning!—because of the anxiety and dread of your [minds and] hearts and the sights which you shall see with your [own] eyes.”*

*Deuteronomy 28:65-67 (AMPC)*

Notice how many mental and emotional issues are part of the curse and part of what Jesus redeemed us from. Below is a list of things covered in these verses.

- Madness.
- Blindness.
- Dismay of mind and heart.
- Grope at noonday as the blind in darkness.

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- You shall not prosper in your ways.
- You shall be only oppressed and robbed continually.
- There shall be no one to save you.
- You will find no peace and no resting place.
- A trembling heart.
- Failing of eyes.
- Despair of soul.
- Your life will hang in doubt.
- You will be terrified night and day.
- No assurance of life.
- Always in dread and terror.

You can go through each of these and make declarations out of them. says “I am redeemed from...”

For example, you can say:

“Christ has redeemed me from the curse of the law. I am redeemed from the dismay of the heart. I am redeemed from being oppressed and robbed continually. I am redeemed from finding no peace and rest. I am redeemed from always being in dread and fear.”

Take the time to make your own list using whatever you deal with and go over it regularly. This will set you free.

## Thought & Health Verses

The Bible offers several verses that highlight a direct connection between our thoughts and emotions and our physical health. Our habitual thoughts affect our body positively or negatively. Let's look at some.

*“A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones.”*

*Proverbs 14:30 (AMPC)*

If you keep a calm and undisturbed mind, it will produce life and health in your body. Looking at the other side, if you don't keep a calm and undisturbed mind, it will affect your health negatively.

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Envy, jealousy, and wrath are like rottenness to the bones. This describes a negative physical manifestation of your thoughts in your body. God's Word is tangible and literal. If you harbor jealously, strive and sustained anger, your bones get weak and rotten, and the marrow of your bones will have problems.

When the Bible says something, it isn't just words. It is truth. It is facts. Let 's take it seriously and get rid of thoughts that can cause physical problems. This is an important step to walking in consistent health.

Are you calm and undisturbed, or are you anxious? This has nothing to do with God being displeased with you. He loves you and wants your health, but harboring thoughts and emotions contrary to your body's design will affect it adversely.

For the sake of your health, forsake these kinds of thoughts.

*“A glad heart makes a cheerful countenance, but by sorrow of heart the spirit is broken.”*

*Proverbs 15:13 (AMPC)*

Continual sorrow of the heart will break your spirit. Jesus came to heal the broken-hearted and set the captives free. There is a connection to continual sorrow, broken heartedness, and being in bondage to many things, including sickness.

We spoke earlier about immune systems. A broken spirit weakens your immune system, making you more susceptible to illness when physical problems arise.

*“A happy heart is good medicine, and a cheerful mind works healing, but a broken spirit dries up the bones.”*

*Proverbs 17:22 (AMPC)*

A happy heart is excellent medicine. A cheerful mind heals. The best thing about this medicine is that it is free. It is difficult to take, but free.

It is God's will for you to rejoice always (Philippians 4:4; 1 Thessalonians 5:16). Why would He want us to always rejoice? The reason for this isn't only spiritual; it is tangible and physical. Your joy level will affect your body and your health.

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This verse also says that a broken spirit dries up the bones. As a person ages, sometimes their bones dry up. Could the opposite also be true? A happy, hopeful spirit produces life and moistens the bones. Maybe your bones and joints will stay moist and strong longer if you learn to rejoice.

*“So will I bless You while I live; I will lift up my hands in Your name. My whole being shall be satisfied as with marrow and fatness; and my mouth shall praise You with joyful lips When I remember You upon my bed and meditate on You in the night watches. For You have been my help, and in the shadow of Your wings will I rejoice.”*

*Psalms 63:4-7 (AMPC)*

As you praise the Lord, your whole being will be filled with marrow and fatness.

The Lord is giving us some very clear keys here to walking in health, especially as our bodies age.

*“All the days of the desponding and afflicted are made evil [by anxious thoughts and forebodings], but he who has a glad heart has a continual feast [regardless of circumstances].”*

*Proverbs 15:15 (AMPC)*

Continual anxious thoughts and forebodings will produce despondency and affliction. Instead, have a glad heart, and your life will be a continued feast.

*“Anxiety in a man’s heart weighs it down, but an encouraging word makes it glad.”*

*Proverbs 12:25 (AMPC)*

Anxiety will weigh you down. It produces heaviness which will affect your body. It puts pressure and stress on you. In time, your health will deteriorate.

Even the world has discovered that continual anxiety, fear, and worry causes negative physical changes in your body.

These are not things to feel guilty about, but they open our eyes to see things that might need to be dealt with in order to be healthy and strong.

Again, Let’s take the Word seriously. Treat God as if He means what He says.

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This has nothing to do with guilt because you aren't doing these things. Guilt shouldn't be the norm for Christians. God is for you, always on your side, full of compassion for you whatever you are going through.

If you continually have a heavy heart, refuse to give thanks and rejoice, give into anxiety and worry more than trust, how is God going to bypass this and answer your prayers for healing?

Thank God, in His great mercy, He can, and He will. But if you take heed and do things His way, you will get much more consistent results.

God doesn't tell us how to think and how not to think, just to give us more things to do to please Him. These are not things we have to do to earn His blessing. He tells us these things because He designed us and knows that it takes for our lives to be in balance and fully healthy.

So, if you have continual sickness, aches and pains, symptoms, your thoughts are a key place to look. You may find a reason you are sick even though you believe in healing.

Here is another interesting thought about this verse. An encouraging word gladdens a heart weighed down by anxiety. You can wait for another person to speak this encouraging word to you, but you don't; have to. Speak to your own self! Speak encouraging words to your body and mind. Tell yourself what God has said. Tell yourself what is true.

Speaking encouraging words to yourself will break the power of anxiety and release the weight that is upon you.

Also included in this verse is to speak encouraging words to others and never words that tear them down.

*"Hope deferred makes the heart sick, but when the desire is fulfilled, it is a tree of life."*

*"Satisfied desire is sweet to a person..."*

*Proverbs 13:12, 19 (AMPC)*



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The deferring of your hopes sickens your heart. If your heart is sick, the effects of it can move into your body. Jesus came to heal the brokenhearted. It is sweet when the desires are fulfilled.

*“Pleasant words are as a honeycomb, sweet to the mind and healing to the body.”*

*Proverbs 16:24 (AMPC)*

Pleasant words are sweet to the mind and healing to the body. It is good to speak pleasant words to the people in your life, but you can speak pleasant words to yourself.

## **The pleasant words you speak to yourself are healing to your body!**

If speaking pleasant words to yourself is healing to your body, isn't it possible that speaking negative, down-grading words to yourself can bring sickness to your body? This shows that you can produce a lack of health in your body by speaking negative things to yourself. Could this include your inner self talk and not just spoken words?

Do you constantly tell yourself your faults? Do you say things like “You are not good enough. Why don't you ever do anything right? You never do what God says, and He isn't happy with you. You are a total failure. People don't like you. Even God doesn't like you.”

These are not pleasant words. In fact, they are lies. And they will adversely affect your health.

*“One dies in his full strength, being wholly at ease and quiet; His pails are full of milk [his veins are filled with nourishment], and the marrow of his bones is fresh and moist, whereas another man dies in bitterness of soul and never tastes of pleasure or good fortune.”*

*Job 21:23-25 (AMPC)*

Remember Proverbs 14:30, a calm and undisturbed soul is the life and health of the body.

For the one who is at ease and quiet, the marrow of his bones is fresh and moist.

Some people are always bitter, always complaining, always blaming somebody else when things are going wrong with them. They never taste pleasure or good fortune, and they think it is everybody else's fault.

Being bitter in your soul will affect your health. You think bitterness is hurting those you are bitter with, but you are hurting your own self more.

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You don't forgive others for their benefit. Forgiving others isn't about making God happy with you. You forgive and let things go because you want to be whole and healthy—and if you don't, you will not.

You need to check on yourself and make sure that you are not one of those who are bitter of soul and are always complaining. Your life and health depends on it.

You don't adjust these things because God is displeased if you don't. No. He loves you. But you will live the results of what you say and do, and the habitual thoughts you think and attitudes you take will affect your health.

Jesus came to save us from our sins. He isn't holding our sins against us. His purpose in coming was to save us, not judge us. But He didn't come to save us from our sins so we can continue to live in them. Why? Because the wage of sin is death. The result of sin (inward and outward) is destructive. It will kill you.

Though Christ forgives and fully accepts you, living contrary to God's ways brings death into your life and body—even though He loves and accepts you.

*"In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths. Be not wise in your own eyes; reverently fear and worship the Lord and turn [entirely] away from evil. It shall be health to your nerves and sinews, and marrow and moistening to your bones."*

*Proverbs 3:6-8 (AMP)*

This verse covers some other things we can do in the thought realm to promote health—health to the nerves and sinews and moistening to the bones.

- In all your ways, acknowledge Him.
- Let Him direct your paths.
- Be not wise in your own eyes.
- Fear the Lord and turn from evil.

Doing these things is health for you and moistening your bones. Doing these things is taking medicine. If you want healthy bones and marrow as you grow older, learn to do these things now.

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Concerning the Word of God, if we do our part, we will get the benefits. If we neglect to do these things or discount them, we won't get the benefits—even though God wants us to be fully healthy throughout our lives.

God wants us to enjoy His benefits and has provided the way for us to live in His blessings. Your thoughts have a lot to do with your health and your well-being. I think your thoughts have more to do with your health than your actions. The Word is full of instructions on this.

*“Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.”*

*Proverbs 4:23 (AMPC)*

Whatever is in your heart is going to control your life. Your health comes out of your heart. Your lack of health comes out of your heart.

So, we need to guard our hearts. We need to learn to think God's thoughts and walk in God's ways because our outward life will come out of our inner thought life.

God will heal you because Redemption provides it, and He loves you, but if you continue thinking negatively and don't cultivate thoughts and beliefs in line with the Word, the sickness and disease will probably return.

He may heal you every time you need to be healed, but there is going to come a time when He wants you to apply what you have learned and walk in it.

Jesus didn't say to anyone, “I'm not healing you because you're not thinking right.” ‘He didn't even say, “I can't heal you because you're not living right.” Sin in the lives of people didn't hinder Him from healing them.

He once told a woman that her sins were forgiven and warned her to sin no more (John 8:11).

He also told the man at the pool of Siloam that He healed to sin no more lest a worse thing come upon him (John 5:14).

He healed these people, but the statements He made imply that the healing could be lost if not followed by a lifestyle change.

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## Conclusion

God cares about our emotional and mental well-being and has provided salvation for spirit, soul, and body. Our thoughts and emotions have a profound impact on our physical health.

By renewing our minds to align with God's Word and rejecting negative thoughts and emotions, we can experience the abundant life and health that He desires for us.

## Summary of these Scriptures

- The chemicals in my body get out of balance through wrong thoughts and emotions. Wrong thinking puts pressure on my body.
- Continual sorrow of heart breaks the spirit. Hope deferred makes the heart sick. The broken spirit also affects my health by drying out my bones and sapping my strength.
- Envy rots the bones. Anxiety weighs down the heart. Heaviness in the heart can make it stop.
- Jesus's cure to a heavy heart:

*Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. I will ease and relieve and refresh your souls. The presence of Jesus is your healing and restoration*

*Matthew 11:28-20 - AMPC)*

- Maintaining a joyful attitude brings health to the body and makes every day good.
- Words of life dispel a heavy heart and bring life and health.
- A calm and undisturbed mind leads to life and health.
- Envy, jealousy, and wrath bring about rottenness of the bones.
- Hope deferred makes the heart sick.
- The tongue of the wise brings healing. To speak rashly is like the piercing of a sword. Pleasant words are sweet in the mind and healing to the body.
- Anxiety in my heart can weigh me down.

# I Believe in Healing. Why Am I Not Healed?

- As I age, I continue in full strength and fully at ease and quiet. Nourishment fills my veins, and my marrow stays fresh and moist because I avoid bitterness.
- As I praise and bless the Lord, marrow and fatness satisfy my whole being.
- I know and acknowledge Him in my ways. He directs and makes straight and plain my paths. I am not wise in my own eyes but look to the Lord, turning from my ways to His. This is health to my nerves and sinews and marrow and moistening to my bones.