



**How To
Overcome
Temptation**

With Special Emphasis on Bible Codes and Healing



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Introduction Matthew Chapter Four Overview

The book of Matthew is a Gospel that contains Narrative History, Genealogy, Parables, Sermons, and some Prophetic Oracles. It was written by Matthew (Levi), the Disciple of Christ around 48-50 A.D. The key word in Matthew is "Kingdom" and is used 28 times.

The personalities of this book include the Messiah Jesus Christ, His parents Mary and Joseph, the Twelve Disciples, the prophet John the Baptist, and other kinds of leaders. These leaders include those in government like Pilate and religious leaders such as the Pharisees (who attempt to hinder the work of Jesus).

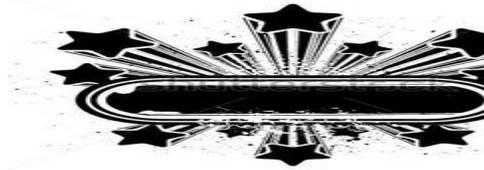
The book of Matthew is the first of the synoptic gospels and it was written to reveal the Lord Jesus as the Messiah, the King of the Jews, from the lineage of David. It also was written to convince the Jews that Jesus Christ was indeed their long-awaited Messiah. (The gospels of Matthew, Mark, and

Luke are referred to as the **Synoptic Gospels** because they include many of the same stories.) Synoptic means to present or take the same or common view.

Matthew chapter four records a time when Jesus faced His enemy, the devil in the wilderness, and was tempted. We can draw several conclusions from the text, one of which is **“How to overcome temptation.”**

The devil attacked Jesus in four ways. He tried to get Jesus to:

1. Doubt His true identity.
2. Act independently from the will of His Father.
3. Satisfy self with food created from a miracle.
4. Attain power and authority through deception and illusion.



The devil appealed to Jesus’ need for food and desire to rule. His subtle suggestion was that He could do no wrong and even the angels would protect Him from harm...Verse 6-7

Finally he offered Jesus authority over the nations...verses 8-10 All Jesus had to do was to fall down and worship the devil. **I John 2:16** tells us, ”For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.”

Bible Codes

There are those that sell books based upon the idea of a secret Bible code, supposedly found in this account that reveals a pathway to healing. But in reality, there is no secret formula or code in Matthew chapter four that addresses healing. There are many life-applications that can be seen from this account including healing, however, healing would be an indirect application because sickness is often used by the devil to overcome the saints. Healing or good health is a plain revelation written in the pages of the Bible. It is not hidden in a code.

If we follow the indirect application of good health in Matthew chapter four, we can conclude that good health is a result of overcoming the attacks of evil. However, all sickness is not a result of an evil attack. We can be the

cause of our own sickness. A good example is lung cancer that overtakes the heavy smoker. I am sure you can find other self-inflicted examples.

The devil's attacks are often guised as sickness and disease. His temptation is aimed at causing us to blame God. However, temptation is not from God. **(James 1:13** "Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man.")

The devil's attack always blames God for what has come upon us and suggests that there is no hope of deliverance or way to overcome what is happening. The lie is that because God is above all and all-powerful, it must be His fault that bad things happen. The subtle suggestion is that God is a bad God and not worthy of our worship. The truth is that God has given man a free will to make decisions that may or may not coincide with His will.

Our choices do direct our destiny. The drunk was not forced to drink. His choice was to go beyond a safe limit. He then gets into his car to go home or to another bar and crashes into another vehicle killing two people. His "free will" affected the lives of others and most likely would land him in jail. God did not cause the fatalities. In fact, His Holy Spirit is always at work in the earth, convicting us of sin and seeking to lead us into repentance. The scriptures tell us in **II Peter 3:9**, "The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance."

Jesus, referring to when the Holy Spirit would come, said, **John 16:18**, "And when he is come, he will reprove the world of sin, and of righteousness, and of judgment."

Listen to what Jesus said in **John 10:10**... "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." He also said, in **John 3:16**, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

It is obvious that God is a loving God. He wants us to be well, prosperous and to live life to its full potential. However, things still happen and sometimes they are bad. Yet some folks will still cry out, "Why did God let this happen?" Somehow God is blamed for our bad choices. Go Figure!

The New Testament says that temptations are common to man. They are not the result of God's handiwork. We, by nature of our "New Birth", have a hedge around us. His name is Jesus. **Acts 17:28** tells us, "For in him we live, and move, and have our being." In Him, we have victory. In Him we can overcome. The devil is still out there trying to steal our joy, destroy our relationship with God and kill our bodies with sickness and disease but God is faithful and will not let a temptation come our way without a way of escape being available. We need only to look for it.

So many people react to crisis and tragedy by asking, "Why Me?" blaming God for their pain, and even turning away from the Lord. Others conclude that the suffering is their personal cross to carry through life. Most of today's Christians do not even know that, "the devil, as a roaring lion, roams the earth, seeking whom he may devour and that they can resist him and he will flee from them." **I Peter 5:8**

Why Does God Allow Bad Things To Happen?

The big question that people have asked through the years is why does God allow bad things to happen? The answer is, **He doesn't**. God does not cause or direct bad things in His children's lives. Listen to what Isaiah said (**40:29-31**), "He giveth power to the faint; and to them that have no might he increaseth strength. ³⁰ Even the youths shall faint and be weary, and the young men shall utterly fall: ³¹ But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

Now look at **Psalms 37:23-28** "The steps of a good man are ordered by the LORD: and he delighteth in his way. ²⁴ Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand. ²⁵ I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread. ²⁶ He is ever merciful, and lendeth; and his seed is blessed. ²⁷ Depart from evil, and do good; and dwell for evermore. ²⁸ For the LORD loveth judgment, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be cut off."

God is not to blame for bad things. He is with us every step of the way through a crazy mixed up world. He offers us His love, grace, respect, power

and deliverance. Just before Jesus ascended into heaven He said this, “lo, I am with you always, even unto the end of the world.”

A Reality Check

We all have our own realities. Our worlds can be very different at times but one thing is common to all Believers. It’s a clear perspective that says, God is good. Bad things come from the devil or are caused by our own choices. Jesus is the only Son of God and Savior of the world. One day, we shall behold Him, Face-To-Face.

Attacks against our good health are as much a temptation as those presented to Jesus. In fact, Jesus’ temptations in chapter four are actually a repackaged ploy that was originally used on Adam & Eve. The phrase, “Hath God Said” in the Genesis account carries the same intent as “If thou be the Son of God” in chapter four of Matthew. The devil will repackage it for us too but it’s the same old trap meant to pull us away from the protection and love of God. Adam failed the test but Jesus did not. Jesus was indeed tempted but He overcame, proving that standing on the Word of God can bring victory.

Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. **Verse #1-** Jesus was led by or under the control of the Holy Spirit.

Does God Lead Us Into Temptation?

Part of the Lord’s Prayer in Matthew chapter six is, *“Lead us not into temptation, but deliver us from evil.”* God tempts no man. For God to tempt, in the sense of enticing to sin, would be inconsistent with His nature, and altogether contrary to His known character! However, we know that there is a real devil that is called the accuser of the brethren. **(I Timothy 4:13)** He is bent on our destruction. God does not sanction his attacks on us. He was tossed out of Heaven and now is loose upon the earth to wage war against the saints. **Luke 10:18** records Jesus’ words on the subject,

*“And he said unto them,
I beheld Satan as lightning, fall from heaven.”*

One can only conclude that we are actively involved in a life and death struggle and our Heavenly Father wants us to win. That’s why the Apostle Paul said, (“For the weapons of our warfare *are* not carnal, but mighty

through God to the pulling down of strong holds.”) **II Corinthians 10:4-10** and “Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.” **Eph. 6:11.**

That’s why Peter said in **I Peter 5:8-9**, “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brethren in the world.”

The battle is the Lord’s. It always was and still is. **Ephesians 1:4** “According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love.” God’s plan was to SAVE us not set us up for a fall. That was decided before creation.

(Object Lesson #1) Even when we walk with God, we can come under attack. It is important to note that Jesus was led into the wilderness, a place where He would fight with His enemy and win. It was God that led Him to the battle. But that was Jesus. It is different for the Saints. We are instructed to pray against being led into temptation and instead, pray to be delivered from it altogether.

Jesus was and will always be the captain of our salvation. He obtained that title by making an open show (utterly defeating) the devil, death & hell. His Word says to us, “Many are the afflictions of the righteous but God will deliver us from them all.” **Psalm 34:19** Jesus can do this because He is the Captain of our salvation, the author and finisher of our faith. We stand in His victory, not our own.

(Object Lesson #2) God knows how we will react in a situation and what the outcome will be. If we find ourselves in a situation, specifically sickness, we are encouraged to look to God. His wisdom is crucial in obtaining victory over sickness or any other difficulty. He will tell us what to do and when to do it. **Psalm 18:34-36**, “He teacheth my hands to war, so that a bow of steel is broken by mine arms. ³⁵ Thou hast also given me the shield of thy salvation: and thy right hand hath holden me up, and thy gentleness hath made me great. ³⁶ Thou hast enlarged my steps under me that my feet did not slip.”

Temptations are like fiery darts. They are thorns in the flesh, buffetings, siftings, wrestlings, and combats, all of which denote hardship and suffering. However, we are tempted only when we are led away into our own lust. (*James 1:14 But every man is tempted, when he is drawn away of his own lust and enticed.*) This lust could be for power, acknowledgement, wealth, sex or any other self-exalting thing. We, by our sinful nature, lust for things. It is the lust that draws us away. It is the devil that entices.

If we didn't lust, we would not even experience temptation but we do and so we are captured by its allure. All the devil has to do is to wait until we are caught up in our own desires and suggest a course of action that would take us away from God. This subtle form of persuasion has been the attack against mankind since the beginning. Following after things that are not good for us can sometimes result in sickness, disease and even death.

Can We Sin Without Being Tempted First?

The Apostle Paul tells us in **Romans 3:23**, "For all have sinned, and come short of the glory of God" Again in **Romans 6:23**, "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." We, meaning every person since and including Adam & Eve, have sinned and fallen short of God's Glory. Sin is a shift in loyalty that is evidenced in our actions. Jesus said, **Matthew 15:11**, "It's not what goes into the mouth that defiles a man, but what comes out of the mouth, this defiles a man."

We don't need the devil to lead us into temptation in order to sin. We do that as a natural course of action. See Galatians chapter five for the works of the flesh. Remember, the purpose of temptation is to pull us away from God. This usually happens only when we are walking in the Spirit. If we are already in the Flesh, we're taken by the devil at his will. (**II Timothy 2:24-26**). There is no need for temptation. Our sinful nature emulates the same character found in Satan. His subtle suggestions seem normal.

However, Jesus was never caught up into His own lust, yet He was tempted. He fought face-to-face and won the battle. That's why we call Him the Captain of our Salvation.

Why Is It Necessary For Us To Pray, “Deliver Us From Evil”

As has been stated, many are our afflictions because we are righteous in God. Praying for deliverance would be a normal thing to do. Also, we, by nature, deceive ourselves and fall into lust that leads to temptation. Most of the time we are unaware of poor decisions due to pride or other selfish factors. A call for help is appropriate when we discover that we have fallen into a fault. “Then they cried unto the LORD in their trouble, *and* he saved them out of their distresses.” **Psalm 107:13** This is a clear call for help and a divine act of grace by God to deliver them. That’s what it’s all about.

Now back to overcoming temptations.

1. **Verse #3** The enemy will always challenge our authority and try to get us to question who we really are in God. Note the, “If” word proposed by the devil. *“If thou be the Son of God, turn these stones into bread”*

We must know that we know and not question ourselves or doubt what God says about us when someone else questions us. If we have been, “Born Again” we are a child of the Most High God. That’s a fact no matter who thinks differently. Being “Born Again” is not being religious. It has nothing to do with joining a church. It does not happen as a result of following a set of laws or rules and regulations. Listen to what Jesus said about being “Born Again.” He spoke these words to Nicodemus, a religious leader.

Being “Born Again”

Jesus answered and said unto him, **“Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.” - John 3:3**

Jesus answered, **“Verily, Verily, I say unto thee, except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, ye must be born again.” – John 3:5-7**

Jesus said, “ For God so loved the world that he gave his only begotten son that whosoever beleaveth in him should not perish but have everlasting life.” –John 3:16

Here’ what the apostle Paul said in Romans about how to be saved which is a result of being Born Again.

For whosoever shall call upon the name of the Lord shall be saved.- **Romans 10:13**

That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God have raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.- **Romans 10:9-10** But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.- **John 1:12**

The path to life eternal is Repent, Believe, Confess & Receive

What does being, ”Born Again” have to do with temptation and good health? Only this...Your temple or body can not be filled with the Holy Spirit without you repenting, believing, confessing and receiving Jesus as Savior and Lord. Without the guidance and support of the Spirit, you are lost in life and left to grope in darkness. You are open season for evil forces to take you at their will. It is the Spirit of God that shows us the enemy’s traps and snares so we can sidestep them. Otherwise we fall as a result of a lack of wisdom and truth and end up in a fault that could lead to sickness and even death.

(Object Lesson #3) The devil’s goal, in tempting Jesus was to cause Him to *sin against God* rendering Him forever incapable of being a Sacrifice for the sins of the world. Now, the temptation was aimed at bringing Jesus to despair of his Father's goodness; to presume upon his Father's power and to alienate his Father's honour, by giving it to Satan. He does this with us as well.

The purpose of our temptations is the same: to render us ineffective and useless in the hands of God. Victory is found in rejecting the evil suggestions and staying in the father's will. This keeps us on track. The devil's path is full of torment, suffering, sickness and sorrow. But we do not have to walk down that road.

2. **Verse #4** here's the real essence of healing for not only the body but also our whole being. It all hangs on the implications of the word, "Live". *"Man shall not live by bread alone but by every Word that proceeds out of the mouth of God"*

Mankind is sustained by bread (It's a portrait of good food that is healthy and able to sustain good health.) Life and good health are found in God's Word. If we know it, believe it and practice it, we will be sustained by it.

We are sick, first of all in our soul (***mind, will and emotions***). *If we fail in the days of temptation it is because we did not know or did not live by His Word. We all live in the valley of decisions and are obligated by life itself to choose our own destiny.*

The pathway to health is to get back under the Lordship of Christ through the leading of God's Holy Spirit where we can learn of Him and abide in His will. It is only then that we can stand fast against evil in whatever form it may appear.

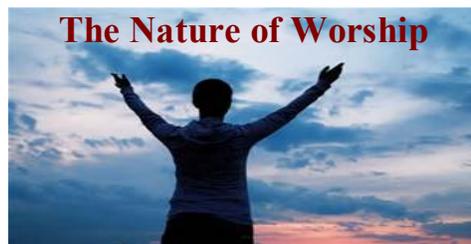
3. **Verses #6-7** *"And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone."*

Again, we see the "If" word. *"If thou be the Son of God"* We are encouraged by evil forces to prove that we are who God says we are by doing something that would take us away from the leadership of God's Holy Spirit. If we fall for the deception or respond to the devil's challenge, we end up outside of the protection and leading of the Lord, thus opening us up to physical and emotional stress and even sickness.

Note: Jesus knew that He was indeed the Son of God. He didn't need the voice of the devil to question that fact. If we know that we are indeed a child of God, blessed and anointed by and filled with, the Holy Spirit, we can stand fast against any temptation.

4. Verses #8-10 “Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; ⁹ And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. ¹⁰ Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.”

The temptation was to reject the wisdom of His Father and follow after the devil for personal gain. The devil wanted Jesus to worship him instead of God. The benefit of treason was to gain all the kingdoms of this world. However, they were not the devil’s to give away. The earth *is* the LORD’S, and the fullness thereof; the world, and they that dwell therein. **Psalm 24:1**



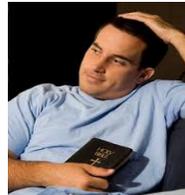
True worship is to mirror or reflect the personality you most admire. The Bible again says, “What? Know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own?” **I Corinthians. 6:19** We were created as a temple to reflect the image and likeness of God here on this earth. “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.” **Genesis. 1:26** whose image? and whose likeness?, God’s image, not the devil’s. We were never created to be neutral or independent. Our entire being was designed to reveal God’s nature and personality. If we emulate another spirit, other than God, He would view it as high treason.

This indwelling image is the highest form of worship that a person can offer. It is clearly seen in one’s lifestyle and personality. The worship or indwelling likeness can easily be seen by a simple examination of the temple. If we can see God, we can see Him in every temple we look at, that is, if He is there. If another image or likeness is visible, we can also see it.

To worship the devil is to relinquish your right to protection by God and your God-given authority over evil. Walking in the, “Flesh” is a good example of worshipping Satan. See *Galatians chapter five* for the works of the flesh and the attributes of God’s Spirit. The “Works of the Flesh” are the very nature and image of evil. Jesus told the devil to take a hike. We can also tell the devil to take a hike, declaring that we serve and worship only the Lord.

Healing is a quality of life that occurs when we live by every Word that comes from God’s own mouth. His Word energizes our immune system and our strength is in the belief and practice of His promises as written in the Bible. (There are over 3,000 promises to choose from.)

Consider This



Living right and doing the right thing does not exempt us from being attacked by the devil. These afflictions are common to man but the Word says He, the Lord, will deliver us from them all. (**Psalm 34:19**)

That deliverance is more than not a truth that says we can resist the devil and he will flee from us (**I Peter 5:8**) We know this, because of Jesus, and we have absolute authority over sin, sickness, disease and all the demons that bring them our way.

Remember! You’re in a fight, a battle for your life. The devil has no power over you unless you give it to him. God has given you His amour, weapons, promises, and even His Spirit in you. Hear what Timothy said to the 1st century believers...”God has not given you a spirit of fear, but of power, love and a sound mind.” (**II Timothy 1:7**) Pray and let God lead you. By praying and reading His Word (the Bible) you will see the Word of God come alive...true revelation. You will begin to walk in the Spirit and stand fast in your faith.

Note: Jesus always replied to the devil’s attack with, “**It is Written**” He held on to what was already in revelation to man and used it to defeat his enemy. If we know what is written, we can use it to silence the fear, anxiety and worry that surrounds evil’s onslaught against us.

It's In The Genes

There is, however, a big difference between Jesus and us. It's in the genes or DNA. Ours is poisoned by sin and therefore incapable of rendering us righteous. We are indeed in need of a Savior. **Romans 5:12** says, "Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned."

Jesus' DNA was pure, free from sin. His nature was already righteous. Though He was tempted in all ways as we are tempted, He was yet without sin. "(For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.") **Hebrews 4:15**



**Now
Hear This**

God, by His Word, has said we are healed by the stripes of Jesus. (**Isaiah 53.5**) If I know that God wants me well and that the blood of Christ was given for my healing as well as my salvation...that they are all wrapped into one, then I can stand against the sickness and tell it and the evil forces that bring it to be gone...in the name of Jesus. If the sickness is a result of my poor choices, I can call upon the Lord for wisdom to get me back on track.

If we are to overcome, we will need a lot of self-examination to see what Spirit we are worshipping. What do others see in us? Is it the works of the Flesh or the Fruit of the Spirit?

Here's a list of both so you can easily see where you are now.

Galatians 5:19-22

Verse 19 – “Now the works of the flesh are manifest, which are these; adultery, fornication, uncleanness, lasciviousness, ²⁰ Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, ²¹ Envy, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.”

²²⁻²³ “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”

The Apostle Paul continues in Galatians to say, “²⁴ And they that are Christ's have crucified the flesh with the affections and lusts. ²⁵ If we live in the Spirit, let us also walk in the Spirit.”

Jesus found Himself in God. If we are to make it through and attain life eternal, we must find ourselves in Him as well.



I Find Myself In God

I find myself in God.
He is my, "Everything."
I know that He is Lord,
My life, my Hope, and King.

I find myself in God,
Not the ways of sin.
Nor do I look to others,
To know who I really am.

I find myself in God,
To whom I bow on bended knee.
He alone is my joy and strength
And where I want to be.

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Conclusion

Let's Review:

1. There is no "Bible Code" that offers a key or path to healing in Matthew chapter four. Bible Codes do exist but are not secret codes that tell us how to do this or that. They are hidden meanings that

reveal names and dates of past events. They do not reveal how to be healed. Amazon.com carries books that deal specifically with Bible Codes.

2. Healing is a clear revelation that is easily found and read by those who seek God and read their Bible.
3. Sickness can be a result of bad choices, like too much smoking that leads to lung cancer or too much alcohol that leads to liver damage, and so on.

However, it is also a result of being oppressed by the devil. Listen to what the scriptures say, *“How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.”* **Acts 10:38**

4. Most of the time, there is a pathway to healing. Sometimes healing comes from loosing weight, stopping a vice, changing our eating habits, etc.

However, sickness and disease can also latch on to us as a result of an attack by the devil. We are encouraged by God to fight back. We do this by Prayer, knowing God’s will for us and standing on the promises of God. Standing on the promises of God can even lead us into divine healing, which is a miracle. It’s a matter of whose report will you believe, God’s report, as revealed in the scriptures or what?

9. There are many voices in today’s world that speak to our emotions and tell us how we should live, act, do and be but there is only one voice that is worth listening to, the voice of our Heavenly Father, spoken directly into our hearts by His Holy Spirit.
9. We were originally created as a temple for the Holy Spirit for the expressed purpose of revealing the image and likeness of God on the earth.
7. The Holy Spirit of God will lead you, into or out of, life’s every experience when you are submitted to Him.

8. Jesus was tempted in a face-to-face conflict but we are tempted only when we are drawn away from God's divine will by our own lust.
9. Know that the devil is always after us and the only way to defeat him is to accurately quote the scripture and tell him to get lost.
10. We are to cast down any reject any and all evil suggestions, from people or voices in our mind that go against what God has revealed to us. This includes our own imaginations.
11. Do not act upon a thing without first clearing it with the Holy Spirit through lots of prayer and even Godly counsel.
12. Being "Born Again" is the only way you can walk in the Spirit and escape the lust of the "Flesh."
13. Know who you are in Christ. Do not be deceived by accusations, threats or visions of the past. **Galatians 2:20** tells us that, "we were crucified with Christ never-the-less we live but the life we now live, we live by the faith of the Son of God."



Here are some healing scriptures to consider. They are precious promises from God to His people that were passed down from generation to generation. They are worth our attention.

- *“And the Lord will take away from you all sickness, and will afflict you with none of the terrible diseases of Egypt which you have known, but will lay them on all those who hate you.” (Deuteronomy 7:15)*

- “So you shall serve the Lord your God, and He will bless your bread and your water. *And I will take sickness away from the midst of you. No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days.*” **(Exodus 23:25)**
- “*He sent His word and healed them, and delivered them from their destructions.*” **(Psalm 107:20)**
- “Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities; *who heals all your diseases ...*” **(Psalm 103:2)**
- “*Many are the afflictions of the righteous, but the Lord delivers him out of them all. He guards all his bones; not one of them is broken.*” **(Psalm 34:19)**
- “*For I will restore health to you and heal you of your wounds,*” says the Lord. **(Jeremiah 30:17)**
- “O Lord my God, I cried out to You, and *You have healed me.*” **(Psalm 30:2)**
- “*He heals the brokenhearted and binds up their wounds ... Great is our Lord, and mighty in power ...*” **(Psalm 147:3)**
- “And my God shall *supply all your need* according to His riches in glory by Christ Jesus.” **(Philippians 4:19)**
- “*But those who seek the Lord shall not lack any good thing.*” **(Psalm 34:10)**
- “The Lord is far from the wicked, but He hears the prayer of the righteous.” **(Proverbs 15:29)**

□ “For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will He withhold from those who walk uprightly.” **(Psalm 84:11)**

□ “And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight.” **(1 John 3:22)**

□ “My son, do not forget My law, but let your heart keep My commands; for length of days and long life and peace they will add to you.” **(Proverbs 3:1)**

□ “If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you.” **(Exodus 15:26)**

□ “A merry heart does good, like medicine, but a broken spirit dries the bones.” **(Proverbs 17:22)**

□ “Anxiety in the heart of a man causes depression, but a good word makes it glad.” **(Proverbs 12:25)**

□ “There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.” **(Proverbs 12:18)**

□ “Pleasant words are like a honeycomb, sweetness to the soul and health to the bones.” **(Proverbs 16:24)**

The scriptures are spiritual food that will sustain us, physically and emotionally. All we need to do is pray; search them for answers and watch as God reveals to us His pathway to healing or His posture to stand against the enemy

Finally, listen to the Old Testament Prophet, Isaiah and what he said in chapter 53:3-5 about the stripes of Jesus as the source of our healing.

“He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not. ⁴ Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, *smitten of God*, and afflicted. ⁵ 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.*”



Listen With Your Heart

“Then thine ears shall hear a word behind thee, saying, **This is the way, walk ye in it**, that ye not turn to the right hand and that ye not turn to the left hand.” **Isaiah 30:21**