

Torah Portion #5: Chayei Sarah (חיי שרה) "the life of Sarah"

Torah ~ Gen. 23:1-25:18 | Haftarah ~ 1 Kings 1:1-31 | Brit Chadashah ~ Matt. 1:1-17; 1 Cor. 15:50-57

Health and Sickness

Exodus 15:26b "For I am the Lord who heals you" MEV

Exodus 23:25b "I will take sickness away from among you." CJB

Psalms 30:2 "O Lord my God, I cried to You, and You healed me." MEV

Some causes of sickness

- Sin ~ *Deuteronomy 28:15-68* tells us that there are bad consequences for disobeying God's Law.
In *Numbers 12:1-15*, Miriam's sin of speaking against leadership had severe consequences as she got sick with leprosy.
Proverbs 18:21 "death and life is in the power of the tongue". NKJV
Galatians 6:7 "Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap." NKJV
- Unforgiveness ~ *Matthew 6:12 "and forgive us our sins, as we have forgiven those who sin against us." NLT*
In *Numbers 21:7*, the Israelites had to repent before they were healed from the sickness from the serpents bite.
Jms. 5:16 "Therefore, confess your sins to one another and pray for one another, that you may be healed." ESV
- Eating Habits ~ Not eating according to God's dietary instructions given in *Leviticus 11* can cause sickness and disease.
- Stress ~ *Matt. 6:34 "Therefore don't worry about tomorrow, because tomorrow will worry about itself." HCSB*
Proverbs 17:22 "A cheerful heart makes you healthy. But a broken spirit dries you up." NIRV
- Satan ~ In *Luke 13:16*, Yeshua said that a woman's eighteen year sickness was due to being bound by Satan.

If we are doing all the right things so why do we still get sick?

Sickness and disease entered the world as a consequence of Adam and Eve's sin.

Romans 5:12 "Therefore as sin came into the world through one man and death through sin, so death has spread to all men, because all have sinned." MEV

Psalms 103:3 "He forgives all your sin; He heals all your diseases." HCSB

Isaiah 53:4-6 says that Yeshua not only bore our sins but He also bore our sickness.

1 Peter 2:24 "He Himself bore our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness. "By His wounds you were healed." MEV

We are saved from our sins but sin is still in this world. We are healed from sickness but sickness is still in this world.

In *2 Corinthians 12:7-9*, Paul says "a thorn was given me in the flesh" and he prayed three times for it to be removed.

In *John 5:1-14*, one man (without faith) from a multitude of sick people was healed and was then told to stop sinning.

God does not directly cause anyone to get sick, but He can allow sickness to occur in order to accomplish His purpose.

In Closing

Isaiah 55:8 "For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts." MEV

Proverbs 3:5 "Trust in the Adonai with all your heart, lean not on your own understanding" TLV

Romans 8:28a "We know that all things work together for good to those who love God" MEV

Luke 22:42 "Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done." NASB

Matthew 6:10 "Your kingdom come. Your will be done On earth as it is in heaven." NKJV

1 Thessalonians 5:18 "in everything give thanks; for this is God's will for you in Messiah Yeshua." TLV

2 Corinthians 5:7 "For we live by faith, not by sight." NIV