



Daily Verse and Comment

[Exodus 15:26](#)

(26) 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 23:25](#)

(25) Worship the LORD your God, and his blessing will be on your food and water. I will take away sickness from among you,

[Deuteronomy 7:15](#)

(15) The LORD will keep you free from every disease. He will not inflict on you the horrible diseases you knew in Egypt, but he will inflict them on all who hate you.

New International Version

As God's children, we can call upon Him for healing. He is our Healer and promises to keep us from the terrible diseases of [this world](#) if we obey Him. He assures us in [Psalm 103:3](#) that He is the One "who forgives all your iniquities, who heals all your diseases." During His ministry, [Jesus](#) healed everyone who asked "according to [their] [faith](#)" ([Matthew 9:29](#)). He gave Himself in sacrifice for the forgiveness of our sins, and it is by His stripes that we are healed ([Isaiah 53:5](#); [I Peter 2:24](#)). John writes, "And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight" ([I John 3:22](#)), showing that our healing is conditional upon obedience and right living.

This is wonderful promise! These days, it is a welcome relief to know that [God](#) is the Great Physician and our Father. We can conduct our lives confidently, knowing that we can rely on God's protection.

On the other hand, we should not be foolish, stupid, or careless in these matters. Certainly, we should not put ourselves in harm's way or tempt God to force Him to act in our behalf ([Deuteronomy 6:16](#); see [Matthew 4:7](#)). There may be no quicker way to invoke the wrath of Almighty God ([Exodus 17:1-7](#))!

So we should ask ourselves when we are sick and tired and in need of God's healing, "What have I done to bring this on? Have I tempted God with my lifestyle? Has He withheld His protection so that I might get sick and have the opportunity to learn a lesson and repent of a [sin](#)?" If we are honest with ourselves, we will find ourselves answering, "Yes" to several or all these questions.

If so—if we have not been treating the temple of God's Holy Spirit properly—if we have been burning the midnight oil or the candle at both ends—if we have been feeding it low-quality fare, skipping meals, or overindulging in sugary or fatty foods—if we have been skipping even moderate exercise, such as taking walks—if we have been carrying too much weight, etc.—then we need to do something about it! That is the essence of [repentance](#): change!

For too long, I feel, members of God's church have not put enough emphasis on this last part of the process. We are happy and eager to take advantage of God's mercy and blessing to be healed, but too often we have not made the necessary changes to show Him that we indeed have learned our lesson and wish to please Him by living healthfully from then on.

The process works the same physically as spiritually because it is a universal, eternal law. If we do wrong and seek forgiveness, God by His grace and mercy forgives and *leads us to* repentance ([Romans 2:4](#)). But He cannot repent for us! That is our job. He takes us as far as He can along the

way, but we must make the changes so that repentance actually occurs. We must, by whatever strength we can muster with God's help, bear down and change.

— Richard T. Ritenbaugh

To learn more, see:

[Sick and Tired](#)

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[Forgiveness and Healing](#)

[Gluttony as Sin](#)

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[Putting Oneself in Tempting Situations](#)

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