

Health and Healing in the Bible

Lesson 6: Hindrances to Health and Healing

Please Note: These Hindrances to Health and Healing are NOT listed in any particular order.

Hindrance 1: Envy and strife

For where envying and strife is, there IS confusion and EVERY evil work. (James 3:16)

Is sickness an evil work?

A sound heart is the life of the flesh: but envy the rottenness of the bones. (Proverbs 14:30)

Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered. (1 Peter 3:7)

Hindrance 2: Not Walking in the “God-Kind” of Love

For in Christ Jesus neither circumcision nor uncircumcision avails anything, but faith working through love. (Galatians 5:6 NKJV)

Faith works through love so not walking in love will hinder your faith. Since faith is how we receive from God, anything that hinders our faith can and will hinder us from receiving health and healing.

What is the God-Kind of Love?

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. (1 Corinthians 13:4-8 NIV)

Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: (James 1:19)

Being swift to hear and slow to speak are keys to being slow to anger.

Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing. For “He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit. (1 Peter 3:8-10 NKJV) (this verse quotes Psalm 34:12-13)

Hindrance 3: Your Words

Death and life are in the power of the tongue: (Proverbs 18:21)

He who guards his mouth preserves his life, but he who opens wide his lips shall have destruction. (Proverbs 13:3)

A fool's mouth is his destruction, and his lips are the snare of his soul. (Proverbs 18:7)

Hindrance 4: Complaining (A specific category of negative words)

*Now these things became our examples, to the intent that we should not **lust** after evil things as they also lusted. And do not become **idolaters** as were some of them. As it is written, “The people sat down to eat and drink, and rose up to play.” Nor let us commit **sexual immorality**, as some of them did, and in one day twenty-three thousand fell; nor let us **tempt Christ**, as some of them also tempted, and were destroyed by serpents; **nor COMPLAIN**, as some of them also complained, and were destroyed by the destroyer. (1 Corinthians 10:6-10 NKJV)*

Notice that Complaining is on the same list as Lust, Idolatry, Sexual Immorality, and Tempting Christ.

It is IMPOSSIBLE to complain when one is walking by faith because faith is expecting a positive outcome.

*Now faith is the **substance of things HOPED FOR**, the **evidence of things not seen**. (Hebrews 11:1)*

Complaining is one of the most obvious indicators of walking by sight and not walking by faith.

Hindrance 5: Not Giving Attention to God’s Word (Not Taking God’s Medicine)

*He sent **HIS WORD**, and **healed them**, and delivered them from their destructions. (Psalm 107:20)*

*My son, **give attention to my words**; **Incline your ear to my sayings**. **Do not let them depart from your eyes**; **Keep them in the midst of your heart**; **For they are life to those who find them**, **And health to all their flesh**. (Proverbs 4:20-22 NKJV)*

Hindrance 6: Walking by Sight/Human Reason

*For we walk by **faith**, not by **sight**: (2 Corinthians 5:7)*

These two are opposites. You can never do both at the same time.

Walking by sight means being governed by your senses.

*And Peter answered Him and said, “Lord, if it is You, command me to come to You on the water.” So He said, “Come.” And when Peter had come down out of the boat, he walked on the water to go to Jesus. **But when he SAW** that the wind was boisterous, **he was afraid**; and **beginning to sink** he cried out, saying, “Lord, save me!” (Matthew 14:28-29)*

Hindrance 7: Fear

*And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; **Men's hearts failing them for fear**, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. (Luke 21:25-26)*

*Then His disciples came to Him and awoke Him, saying, “Lord, save us! We are perishing!” But He said to them, “Why are you **fearful**, O you of **little faith**?” (Matthew 8:25-26 NKJV)*

*But when Jesus heard it, he answered him, saying, **Fear not: believe only**, and she shall be made whole. (Luke 8:50)*

Hindrance 8: Wavering (Doubt) Double-Mindedness

*And immediately Jesus stretched out His hand and caught him, and said to him, "O you of **little faith**, why did you **doubt**?" (Matthew 14:31)*

*But let him ask in faith, **nothing wavering**. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall **RECEIVE any thing of the Lord**. A **double minded** man is unstable in all his ways. (James 1:6-8)*

Notice that wavering (doubting) does not affect God's giving it hinders our RECEIVING.

*...that you do not become sluggish, but imitate those **who through faith and patience inherit the promises**. (Hebrews 6:12)*

The word "Patience" here means constancy (consistency).

Doubt produces inconsistencies in what you say and do. True faith is consistent in words and actions.

*Let us hold fast the **profession** of our faith **WITHOUT WAVERING**; (Hebrews 10:23)*

Hindrance 9: Lack of Joy/Sadness/Sorrow

*...by **sorrow** of the heart **the spirit is broken**. (Proverbs 15:13)*

A merry heart does good like medicine: but a broken spirit dries the bones. (Proverbs 17:22 NKJV)

*A man hath joy **by the answer of his mouth**: (Proverbs 15:23)*

*In **Your presence** is fullness of joy; (Psalm 16:11)*

Hindrance 10: Unbelief

*And he **could there do no mighty work**, save that he laid his hands upon a few sick folk, and healed them. And he marvelled **because of their unbelief**. (Mark 6:5-6)*

*Then came the disciples to Jesus apart, and said, **Why could not we cast him out?** And Jesus said unto them, **Because of your unbelief**: (Matthew 17:19-20)*

The cure for unbelief is feeding your faith. (Romans 10:17)

Hindrance 11: Fake Faith

Faith is a spiritual force (from your spirit/heart) not just mentally acknowledging that something is true (not mental assent).

***Trust in the LORD with all your HEART**, And lean not on your own **UNDERSTANDING**; (Proverbs 3:5-6)*

Believing something is true versus believe that you receive. (see Lesson 5)

A belief that is not scriptural. (Such as asking God to do something that He has already done or looking for God to release His healing power at some point in the future)

***Faith unfeigned** (1 Timothy 1:5, 2 Timothy 1:5 KJV)*

*a faith that does **not pretend**. (1 Timothy 1:5 NLV)*

ALWAYS ALLOW YOUR FAITH TO BE THE LEADER. Follow your faith. Do not try to act BEYOND your faith.

Hindrance 12: Cares of Life

He sent his word, and healed them, and delivered them from their destructions.
(Psalm 107:20)

*Now these are the ones sown among thorns; they are the ones who **hear the word, and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.** (Mark 4:18-19)*

If the Word is choked faith is choked and faith is how we receive from God.

Hindrance 13: Lack of Knowledge/Understanding

*My people are destroyed for **lack of knowledge:** (Hosea 4:6)*

*as His divine power **HAS GIVEN to us all things** that pertain to life and godliness,
THROUGH THE KNOWLEDGE of Him who called us by glory and virtue,
(2 Peter 1:3 NKJV)*

*When anyone hears the word of the kingdom, **and does not understand it, then the wicked one comes and snatches away what was sown in his heart.** (Matthew 13:19 NKJV)*

Hindrance 14: Lack of Wisdom/Not Seeking the Will of God/Not Yielding to the Leading of the Holy Spirit

Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding. (Proverbs 4:7)

Wisdom is the most important thing. (Proverbs 4:7 ICB)

Wisdom: The God-Given Ability to Make Right Decisions – the Right Decisions to Make and the Right Steps to Take Based on the Perfect Will of God.

...fools die for lack of wisdom. (Proverbs 10:21)

*If any of you **lack wisdom**, let him ask of God, that giveth to all men liberally, and upbraideth not; and it **SHALL** be given him. **But let him ask in faith, nothing wavering.** For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. (James 1:5-7)*

Refrain from saying... “I’ll NEVER do that....”

This is what Peter said moments before he denied Jesus.

*For that ye ought to say, **IF THE LORD WILL**, we shall live, and do this, or that.*
(James 4:15)

*Howbeit when he, the **Spirit of truth**, is come, **he will guide you into ALL TRUTH:** for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and **he will shew you things to come.** (John 16:13)*

*But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently **SEEK him.** (Hebrews 11:6)*

Hindrance 15: Not Mixing Faith with the Word/Not being a Doer of the Word

*For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, **not being mixed with faith** in them that heard it. (Hebrews 4:2)*

*But be ye **doers of the word**, and not hearers only, deceiving your own selves. (James 1:22)*

*For as the body without the spirit is dead, so **faith without works is dead** also. (James 2:26)*

Other translations say “Faith without corresponding action.”

The advice of the mother of Jesus just before His first miracle of turning the water into wine

*His mother said to the servants, “**Whatever He says to you, do it.**” (John 2:5 NKJV)*

This is the key to experiencing the supernatural power of God.

Hindrances 16: Condemnation

*Beloved, **IF our heart condemn us not, THEN have we confidence toward God.** And whatsoever we ask, we **RECEIVE** of him, because we keep his commandments, and do those things that are pleasing in his sight. (1 John 3:21-22)*

*Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another’s servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand. One person esteems one day above another; another esteems every day alike. **Let each be fully convinced in his own mind.** (Romans 14:1-5 NKJV)*

*I know and am convinced **by the Lord Jesus** that there is **nothing unclean of itself**; but to him who considers anything to be unclean, to him it is unclean. (Romans 14:14 NKJV)*

*Hast thou faith? **have it to thyself before God.** Happy is he that **condemneth not himself** in that thing which he alloweth. (Romans 14:22)*

Do NOT try to hold anyone else to your standard (level) of belief.

Hindrance 17: Sin

Please Note: In past lessons we learned that healing is a finished work of God. We are not trying to get God to release His healing power. We receive God’s healing power by faith. However, according to the verses above (under Hindrance 16) sin can result in condemnation and condemnation can hinder your ability to receive from God. This includes Health and Healing. Therefore sin can and will hinder your health and healing. In **1 John 3:21-22** (listed above) *whatever we ask **WE RECEIVE** of Him because we keep His commandments.* It **DOES NOT** say whatever we ask **HE GIVES** to us because we keep His commandments. You do **NOT** earn health and healing by keeping His commandments. We receive because when we are free from condemnation our confidence (faith) is high. Condemnation weakens our confidence which makes it difficult (or impossible) to receive. Then the enemy will try to convince you that somehow your shortcomings (or sin) is preventing God from healing you.

Hindrance 18: Your Food (Not giving thanks IN FAITH/Not receiving it as Holy)

*For every creature of God is good, and nothing to be refused, **IF it be received with THANKSGIVING: For it is sanctified by the word of God and prayer.** (1 Timothy 4:4-5)*

*What God has said and your prayer will make it **fit to eat.** (1 Timothy 4:5 CEV)*

²⁰*“Behold, I send an **Angel** before you to keep you in the way and to bring you into the place which I have prepared. ...²⁵“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.** ²⁶No one shall suffer miscarriage or be barren in your land; **I will fulfill the number of your days.** (Exodus 23:20, 25-26)*

Notice the words HE and I in the verse above. HE will bless your bread and water, but I will take sickness away from the midst of you.

Who is HE? He is the angel talked about in the preceding verses.

“I” is God Himself.

The Angel blesses the food and God takes away sickness and disease (that could be in or caused by the food).

*And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; They shall take up serpents; and **if they drink any deadly thing, it shall not hurt them;** they shall lay hands on the sick, and they shall recover. (Mark 16:17-18)*

Hindrance 19: Satan

*Wherefore we would have come unto you, even I Paul, once and again; but **Satan hindered us.** (1 Thessalonians 2:18)*

*And, behold, there was a woman which had **a spirit of infirmity** eighteen years, and was bowed together, and could in no wise lift up herself. (Luke 13:11)*

*And ought not this woman, being a daughter of Abraham, **whom Satan hath bound,** lo, these eighteen years, be loosed from this bond on the sabbath day? (Luke 13:16)*

Hindrance 20: Not Resisting the Devil

***Submit yourselves therefore to God.** Resist the devil, and he will flee from you. (James 4:7)*

*Be sober, be vigilant; because your adversary the devil walks about **like a roaring lion,** seeking whom he may devour. **Resist him, steadfast in the faith,** (1 Peter 5:8-9 NKJV)*

Jesus showed us exactly how to resist the devil using the “It is Written of God”.
(Matthew 4, Luke 4)

Hindrance 21: Traditions of Men

*Howbeit in vain do they worship me, teaching for **doctrines** the commandments of men.*
(Mark 7:7)

***Making the word of God OF NONE EFFECT** through your tradition... (Mark 7:13)*

Man-made doctrines (the traditions of men) can make the all-powerful Word of God powerless in your life.