



**Glenn Brown**

441 ½ Lark Drive  
Grand Junction, Colorado 81504

telephone 970-434-1377

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## **THE SPIRITUAL ROOTS OF DISEASES**

### **Testimony of Art Mathias**

In February 1997 I injured my neck in an accident. Severe pain began five days later. Physical therapy helped for a time, but in October severe pain and muscle cramps returned, and my balance was off. I went to doctors, tried many types of therapy, went to a psychiatrist, and in January of 1998 had surgery. Three disks were removed from my neck and the vertebrae were fused. When I got home, I found that my problems were just starting. I could not sit in my easy chair because of pain. My fingers and toes would burn. The muscles in my hands and arms and feet and legs would cramp. I lost feeling in the tips of my fingers; my feet and the sides of my legs would get numb. The neurologist couldn't find anything wrong. I was getting scared. The doctors' only help was to give me drugs to dull the pain. When I read about the side effects of the drugs, I quit taking them.

I went for prayer time and again, but it didn't help. I went to the Mayo Clinic, and they diagnosed what they called small fiber neuropathy. The small nerves in my hands and feet were dying. I went to acupuncture, many Chinese and Taoist modalities, nutrition, herbs, homeopathy, kinesiology, aromatherapy, and many others. Then I learned that I was allergic to almost one hundred foods and fabrics. It was these allergies that were causing the numbness, cramping, stomach aches, and nerve damage. But why was I allergic?

In late November, my sister (she and her husband are Wycliffe missionaries) told me about a seminar that she had attended, titled, "The Spiritual Roots of Diseases." I was skeptical, but her testimony of being healed of breast tumors encouraged me to listen. The teacher taught that there was a connection between bitterness toward a nurturing female and female cancers and tumors. First, she forgave our mother for things that had happened, and one breast tumor left almost immediately. But the other was not healed. The Lord then reminded her that she was holding bitterness toward her mother-in-law. She got on her knees and forgave her. The other breast tumor disappeared.

I was resistant to this type teaching because I was from a fundamentalist, dispensational background where we were taught that healing and other gifts had disappeared at the end of the first century after Christ. But I was hurting, could not work, was allergic to most of my clothes, to most foods, and even to my own saliva. I was desperate. My sister sent me the seminar tapes of Pastor Henry Wright. Pastor Wright taught that the root cause of my disease was bitterness, and that resentment, anger, and bitterness were destroying my immune system, allowing the allergies to take over. Also, that I had a spirit of fear that was

compounding my problems. He taught that I needed to forgive people for some things they had done to me in the past.

In 2 Timothy 1:7, God says, "I have not given you a spirit of fear, but of power, love, and a sound mind." This verse that refers to a "spirit of fear" was troubling to me because the only thing I was ever taught about demons was that Christians cannot have them. But I started working hard on the forgiveness issues, and God helped me. On January 7, 1998, in a room in Hawaii, I commanded the spirit of fear to go in Jesus' name. I did not understand what I had done, but immediately a weight lifted from me. I could take a deep breath and relax. Within two days all the allergies were gone. I could eat anything. It took a lot longer to take back all of my clothes. A pair of nylon socks would cause my feet to cramp up into a tight ball with intense pain. After all that happened to me, I was still skeptical about the spiritual connection with sickness. But gradually, after much prayer and study of the Bible and of medical textbooks, it became clear to me. And I have now been totally healed of all allergies. My right arm is restored to full use and strength. All numbness and neuropathies are healed. God healed me one hundred percent!

What I learned, in a nutshell: "The Great Commandment," Jesus said, is to love GOD with all your heart and soul, and your NEIGHBOR as you love YOURSELF. We are to love God, others, and ourselves. Because of our fallen nature, and listening to the lies of the enemy, we can become separated and resentful of God; because of being rejected and wounded by others, we can become angry, bitter, and vengeful toward others; and because of resentment and lies toward ourselves, we can develop self-hatred, low self-esteem, and guilt.

Anger, bitterness, and unforgiveness cause stress, and stress causes our adrenal glands to secrete adrenaline and cortisol. Too much adrenaline and cortisol over time destroy the immune system, which allows almost any disease to take over. (Remember the quote from Francis MacNutt: "Eighty percent of all disease is psychosomatic. That doesn't mean that it is all in your head, it means that it is caused by negative thoughts and feelings - anger, fear, depression, shame and guilt.")

From a medical textbook, *Pathophysiology: The Biological Bases for Disease in Adults and Children*, by Kathryn McCantz and Sue Huther (words in italics are from the textbook):

- *Coronary Artery Disease*. The Bible says, "In the last days men's hearts shall fail them because of fear" (Luke 21:26) Fear, anxiety, and stress are synonyms.
- *Hypertension (high blood pressure)*. Fear and anxiety are the root cause of high blood pressure.
- *Stroke and Aneurysms*. Are the result of rage and anger, and behind rage and anger is also fear. Fear is

unbelief, and it is a sin. (We should not feel guilt when we learn we are in sin, we only need to confess it, repent of it, receive forgiveness, and go on our way rejoicing.)

- *Rheumatoid Arthritis*. Is the result of the stress of self-hatred. Degrading or putting ourselves down has a severe consequence in our body. The internal conflict of these negative emotions causes the immune system to form antibodies to our own flesh, which leads to auto-immune disease, and to rheumatoid arthritis or to related inflammatory diseases.
- *Asthma and Hay Fever*. Are caused by anxiety and stress, not by airborne allergens. We have demonstrated hundreds of times that fear of abandonment and rejection are the two most common causes of asthma.
- *Diuresis, Impotence, and Frigidity*. Are caused by anxiety and fear.
- *Eczema, Acne, and dermatitis*. Adolescent acne is caused by fear coming from peer pressure.

The Bible teaches that Christ is our Savior, Healer, and Deliverer. In the Old Testament, the Bible says that "God sent His Word and healed them." Christ is the Word of God according to John 1:1. As we receive the Word of God by faith and obey the words of Christ, He is faithful to save and heal us. "By His stripes we are healed."

Note: It is critical that we understand our personal responsibility in this process. If there is anger, resentment, jealousy, fear, anxiety or any other negative emotion in us, it can only be there with our permission. It is there because we are allowing it to be there. We must accept complete responsibility for what is going on inside of us. Jesus said, "There is nothing that can enter a man from without and defile him: but the things which come out of him are the things that defile him, things like evil thoughts, fornications, sexual fantasies, anger and bitterness and murder, fear and anxiety, love of money, covetousness and thefts, pride, unforgiveness, an exaggerated opinion of self, etc." (Mt.15:19, paraphrase).

**If we want to be healed of our sicknesses**, we need to ask God to search our hearts and show us any wicked way. Then we need to repent for our sins, forgive others for their sins against us, renounce curses over ourselves and our children, renounce the devil and command him to leave, and draw near to God in praise and thanksgiving.

## **TRUE SUCCESS**

(From The Call, by Rick Joyner)

The Apostle Paul spoke to Rick in his vision as follows: "On earth you cannot measure true success! When I died it looked like everything for which I had given my life had perished. The churches I had raised up were falling into apostasy, and even some of my closest friends were turning against me. On my last day I felt I had been a failure.

You will not measure true spiritual fruit rightly while you are on the earth. You can only measure your true spiritual success by how clearly you are able to behold the Lord; by how much better you know His voice; and by how much more you love the brethren. You must do more than want Him, you must seek Him. There is no higher purpose. You will always

be as close to Him as you want to be."

## **PAUL'S PROGRESSION FROM PRIDE TO HUMILITY**

The Scripture records some statements of Paul from the beginning to the end of his ministry:

- "They had nothing to add to me." (Gal. 2:6) - Regarding his visit to the other apostles.
- "I am the least of the apostles." (1 Cor. 15:9)
- "I am less than the least of all the saints. (Eph. 3:8)
- "I am the chief of all sinners." (1 Tim. 1:15)

## **SOME THINGS THE BIBLE TEACHES ABOUT DEMONS**

**1. Demons are real.** Jesus taught more about the devil and demons than anyone in the Bible. "Well," many Christians say, "Jesus lived and taught from a First Century perspective. We live in the age of science and psychology, and we understand about neurosis and psychosis. We also understand the power of mythology, etc. Our worldview (which is our understanding of how things really are) precludes our belief in stuff like that!" **What?** You believe that the death and resurrection of Jesus Christ has, in some mysterious fashion, "saved" you. You believe, I presume, in His miracles. You believe that Jesus was not only human, but He was and is the second person of the trinity; that is to say, Jesus Christ is Emmanuel, "God with us." You believe, if you have accepted the first chapter of Colossians and the first chapter of the Gospel of John, as well as many other statements in the Bible, that Jesus was and is God. **But you think He was confused about the facts!** Could it conceivably be that you are the one confused about the nature of reality? Hmmmmm, interesting idea. Remember that the intelligent and sophisticated people who declare with absolute certainty that there are no angels, no devil, and no demons, are the same experts who declare there is no God, and that anyone who is a "true believer" is a nut-case, and anyone who prays and hears messages from God is deep into psychosis. Are you sure you want to accept their "expert" testimony?

**2. Demons are vicious and violent.** Ps. 106:37-38 says, *They sacrificed their sons and daughters to demons. They shed innocent blood, the blood of their sons and daughters, whom they sacrificed to the idols of Canaan.* The Canaanites threw their babies alive into a burning fire, because demons had deceived them into thinking this was pleasing to their "god." We modern Americans have murdered some forty million babies (40,000,000) by abortion. Our movies and television are getting ever more violent and gory. Could it be that demons are behind this carnage?

**3. Demons are unclean.** In many places they are called "unclean spirits." The word unclean is connected to sexual impurity. I'm sure your heart is grieved at the immorality in our society. And the sad truth is, many people in the church are also involved in this filthiness and perversion.

**4. Demons want to destroy us.** Demons are behind tormenting thoughts, self-condemnation, chronic sickness, fear, depression, anger, compulsions, addictions, mental and emotional problems, terrorism, and war. Yes, we have free will, and our choices are crucial, but we need to be aware that we have an enemy who is trying to deceive and destroy us.

The Christian life is spiritual warfare. The Bible says to "Fight the good fight of faith." We need to settle the issue in our minds: This life is never going to be easy, it is always going to involve conflict with the enemy of our souls, and we need to decide to be good soldiers of the Lord. Nehemiah said to the people of Jerusalem who were trying to rebuild the wall: *Don't be afraid of them. Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses.* Yes! Let's fight the good fight!

**A GEM FROM GOD'S WORD (for meditation)**

Jesus' words to us from John 14:27 (AMP):

"Peace I leave with you, my (own) peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your heart be troubled, neither let it be afraid - stop allowing yourselves to be agitated and disturbed, and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.

Wow! This is fabulous! Powerful! Wonderful! Jesus is telling us that it is totally and completely up to you and me whether we are living in peace or in anxiety and turmoil. He has given His very own peace to us. So, He tells us : "Don't let your heart be troubled or afraid." It's is up to us. "Don't allow yourself to be agitated and disturbed!" If you are agitated and upset, it is because you are allowing it. "Don't permit yourself to be fearful and intimidated and cowardly."

If you are fearful and stressed and nervous, it is because you are permitting it. You are acting like a chicken instead of a man or woman of God. Stop it! You are a child of the King! Act like it. We can live in perfect peace if we choose to, because our Lord has given His very own peace to us.

Please, please, meditate on this passage. Read it, re-read it, think about, chew on it, take it deep into your heart. You are safe. You are held in the arms of your Father. You are loved.

God Bless,

**Glenn**

Web-site: [www.glennbrownministries.com](http://www.glennbrownministries.com)

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