



You are not created for sickness. Man was not designed to be sick. Sickness was not part of God's programme for man. Sin was what brought sickness. Jesus came to destroy sin and its consequences. Christ took sin away and its consequences. Just before Jesus died, He said, "It is finished". The power of sickness and disease over your life has finished. "He Himself took over sickness and our infirmities" (*Matt. 8:17*).

You have been bought with a price (1 Cor. 6:20). Therefore, glorify God in your body. The price has been fully paid. So sickness and disease do not have right in your body any longer. Sickness and diseases do not glorify God. Henceforth, your body shall glorify God. Even though the Bible did not show us much about the lifestyle of the first Adam, but the second Adam, which was Jesus Christ, was never a day mentioned to be sick. There was no day He took a sick-leave or reported to be in the Hospital. Jesus was our Example and He said, As the Father has sent me, so send I you." When you are in Christ Jesus, sickness and diseases are not in God's plan for you and it is not His will for your life. He said to us, 'Beloved, I wish above all things, that you prosper, and be in health, even as your soul prospers" (*3 John 2*). God's will above all things is that you should be in



health, henceforth in the mighty name of Jesus you will continually have sound health.

It is not the will of God for you to be sick. Sickness is a tormentor, not a teacher. God does not use sickness and disease to teach lesson. The Bible and the Holy Spirit are God's teachers. "Who his own self bare our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes you were healed" (**1 Peter 2:24**). Before Christ died, He was beaten, and wounded by whips tagged with bones. His body was torn and he was made sick, with blood gushing out after every stroke of cane. At this time, He was paying the price for sickness and diseases. And finally, He died, paying the price for sin. The Bible says, "By His stripes ye were healed," not you are, but that you were healed, meaning that your healing is past tense in God's vocabulary.

The price has been fully paid, so do not allow the devil to oppress you with sickness and diseases any longer. Sickness is an oppression of Satan (**Acts 10:38**). Jesus came so you can be free. "The very purpose the Son of God was manifested is to destroy the works of the devil" (**1 John 3:8**).

Sickness and diseases are part of the works of the devil and they shall be permanently destroyed in your life in Jesus' name.



Friends, you were healed 2000 years ago. Jesus has set you free. Arise now and begin to experience a new freedom in Christ Jesus. The Bible says, "Resist the devil and he will flee from you" (**James 4:7**). Resist sickness and disease, in the name of Jesus, call the sickness by name and command it to leave your body, because your body is the temple of the Holy Spirit (**1 Cor. 6:19**). It is not the temple of sickness and disease. It is your covenant and redemptive right to live a healthy life. Therefore reject every from of sickness today (**Psalms 103:1-3**).

"Bless the Lord, oh my soul and forget not all His benefits, who forgives all thy sins and heals all thy diseases." Forgiveness of sins and healing are part of the benefits of being a child of God. So do not allow the devil to cheat you. **Exodus. 23:25** shows us: "And ye shall serve the Lord your God and He shall



bless thy bread and thy water, and He will take sickness away from the midst of thee.” As you serve Him, and worship Him, He promises to take sickness away from your midst. Serve Him and demand your covenant right today. God is faithful and He is not a liar.



God does not only remove sickness or heals but He will also keep you healthy. **Deut. 7:15**; “And the Lord will keep you free from every sickness and disease.” God can keep you free from sickness for the rest of your life. It is promised and it is your covenant right. For forty years, He kept the children of Israel in the wilderness. The Bible says, “None was feeble among them.”

**Henceforth, sickness and disease will not be known with you and your household in Jesus’ name.** But the big question is why are many Christians still sick? With all these promises in the Bible, why are most Christians victims of ill health?

There are four major reasons why Christians are sick.

- A. Ignorance of the word of God concerning sickness and diseases:** The Bible says you shall know the truth and the truth shall set you free. Today you have known the truth, so I declare you are free in Jesus Name.
- B. Living in sin:** Sin is the father of sickness and diseases, and as long as you continue to tolerate sin, sickness is not well far away. So, start living a holy life because it promotes healthy living.
- C. Wrong health habits:** The way you live, affects your health. Your lifestyle affects your health.
- D. Diet:** These last two are the cause for most sicknesses and diseases in the world today. Do you desire sound health for the rest of your life? Then change your diet and habits and you will see the result.



## SUICIDE ON THE INSTALMENT PLAN

Every person who has the satisfaction of owning a car has received an owner's manual, which tells him how to enjoy and care for the new vehicle. This manual will give him almost all of the information that he will need to operate the car. It tells how fast to drive the car when he is breaking it in. It specifies the type of oil and grease that the car will need. It instructs the new owner how often the oil must be changed and what lubrication is necessary.

A wise owner will study the instructions of the manual carefully and will follow them closely. Their suggestions are based on the fact that the manufacturers designed and built the car and know how it will perform best.



From time to time people find themselves in a hospital. The doctor is forced to tell them that they are seriously ill and that their illness is due to the misuse of the body that God has given them. We were told that 80% of diseases, excluding accidents and infections, is due to wrong health habits. Millions of Nigerians are committing suicide on the installment plan. They are literally digging their graves with their teeth.

The Creator and Designer of the human body has written an instruction book. Shall we call it an Owner's Manual? In this book, the Bible, God has given us some excellent advice as to how to care for our remarkable bodies. In this book, God has told us what to put into them and what not to use in the operation of the body. How few have taken time to let God show them the better way of life. As a result, many people suffer needless pain and premature death.

God does not lay down arbitrary rules just to show His authority. He gives this advice, because having made us; he knows what is best for us. Let us study His Owner's Manual.



1. What type of life will God give to His children? *John 10:10.*

---

---

---

2. What is the desire of our heavenly Father in regard to our physical well-being? *3 John 2.*

---

---

---

3. What should the Christian's attitude be in use of the body? *1 Corinthians 10:31.*

---

---

---

4. Why should a Christian be particularly careful in the way he cares for his body? *1 Corinthians 3: 16, 17.*

---

---

---

5. What are some of the ways in which we can defile our bodies? *Daniel 1:8*

---

---

---

6. What was the diet God gave to Adam before the flood? *Genesis 1:29.*

---

---

---

*Note: This description includes grains, nuts, fruit, and vegetables (herbs). Meat was not a part of the original diet. Flesh was added after the flood. Genesis 9:1-3.*



7. Into what two classification did God divide the animals when he sent them into the ark? Genesis 7:1, 2.

---

---

---

8. Which animals does God say are clean and fit for food?  
*Deuteronomy 14:2-6.*

---

---

---

---

9. What fish are considered by God to be clean?  
*Deuteronomy 14:9,10.*

---

---

---

10. What specific animals are listed as unfit for man to eat? *Deuteronomy 14:7, 8.*

---

---

---

11. What will be the fate of those who continue to ignore the instruction of God in eating unclean food? *Isaiah 66:15-17.*

---

---

---

12. What does Solomon say concerning those who use strong drink? Proverb 20:1.



---

---

---

**13. What does the Bible teach will be the result of using strong drink? *Proverb 23:29-35*.**

---

---

---

**14. What command of God will keep the Christian from the use of tobacco and other harmful drugs? *Exodus 20:13*.**

---

---

---

**15. Why should the Christian desire to glorify God in his body by caring for it? *1 Corinthians 6:19,20*.**

---

---

---

---

---

**16. What should be the purpose of every child of God when he realizes that the Lord is coming soon? *1 John 3:1-3*.**

And everyone who has this hope in Him purifies himself, just as He is pure\_\_

**17. How can those who find themselves enslaved by a habit gain the victory over it? *Philippians 4:13*.**

---

---

---

---

---





STEP TWO  
**VICTORY OVER  
SICKNESS AND DISEASE**

The Lord is coming to redeem a peculiar people – a people who have dedicated their bodies, minds and souls to Him. When the Hebrews brought a sacrifice to the Lord it was to be without spot and blemish. Paul makes this appeal to us: “Present your bodies a living sacrifice, holy, acceptable unto God which is your reasonable service.” Romans 12:1.

Let us determine today that we will not indulge in any practice by which our bodies will be injured and defiled, but we will live to glorify our Lord in every way.

**If You Have Questions/Comments Regarding This  
Bible Study Or You Want To Be Prayed For, Please  
Contact Us On: 08092956767**



[www.victorysanctuarysda.org](http://www.victorysanctuarysda.org)

