

Thank you for joining us today for "Take Ten."

Currently, we are on a journey to discover facts found in the Bible about sickness and healing. Today's focus is on:

## Covenants

From the beginning, God made covenants with His people to heal them.

Listen to this verse found in **Exodus 15:26** (NLT):

"He said, "If you will listen carefully to the voice of the Lord your God and **do** what is right in his sight, **obeying his commands** and **keeping all his decrees**, then **I will not make you suffer** any of the diseases I sent on the Egyptians; for I am the Lord who heals you."

God healed Israel through spiritual means in the wilderness. Leviticus 26 and Deuteronomy 28 define an explicit covenant with Israel. If you do these things, I will provide these blessings. If you do not do these things, these curses will come upon you. Health and healing were promised when

men met certain conditions. Healing was promised on the condition of obedience. God is a God of covenant with His people.

God is a God who makes covenants with His people, and God is a God who keeps His covenant.

"He forgives **all** my sins  
and heals **all** my diseases." - **Psalms 103:3**

Psalm 103 was accomplished at atonement.

"He sent out his word and healed them,  
snatching them from the door of death." - **Psalm 107:20**

"And you know that God anointed Jesus of Nazareth with the Holy Spirit and with power. Then Jesus went around doing good and healing **all** who were **oppressed by the devil**, for God was with him." - **Acts 10:38**

Listen to the heart and covenant declaration of God in Psalm 91 (NLT),

"Those who live in the shelter of the Most High  
will find **rest** in the shadow of the Almighty.

2 This I declare about the Lord:

He alone is my refuge, my place of safety;  
he is my God, and I trust him.

3 For he will rescue you from every trap  
and protect you from deadly disease.

4 He will cover you with his feathers.

He will shelter you with his wings.

His faithful promises are your armor and protection.

5 Do not be afraid of the terrors of the night,  
nor the arrow that flies in the day.

6 Do not dread the disease that stalks in darkness,  
nor the disaster that strikes at midday.

7 Though a thousand fall at your side,  
though ten thousand are dying around you,  
these evils will not touch you.

8 Just open your eyes,  
and see how the wicked are punished.

9 If (conditional statement) you make the Lord your refuge,

if you make the Most High your shelter,  
10 no evil will conquer you;  
no plague will come near your home.  
11 For he will order his angels  
to protect you wherever you go.  
12 They will hold you up with their hands  
so you won't even hurt your foot on a stone.  
13 You will trample upon lions and cobras;  
you will crush fierce lions and serpents under your feet!  
14 The Lord says, "I will rescue those who love me.  
I will protect those who trust in my name.  
15 When they call on me, I will answer;  
I will be with them in trouble.  
I will rescue and honor them.  
16 I will reward them with a long life  
and give them my salvation."

These are God's promises if you make Him your refuge and shelter. As we worship, seek, obey and live in His shelter, it must be in the right heart attitude. Listen to these words in **Isaiah 58:1-11** (NLT),

"58 "Shout with the voice of a trumpet blast.

Shout aloud! Don't be timid.

Tell my people Israel of their sins!

2 Yet they act so pious!

They come to the Temple every day

and seem delighted to learn all about me.

They act like a righteous nation

that would never abandon the laws of its God.

They ask me to take action on their behalf,

pretending they want to be near me.

3 'We have fasted before you!' they say.

'Why aren't you impressed?

We have been very hard on ourselves,

and you don't even notice it!'

"I will tell you why!" I respond.

"It's because you are fasting to please yourselves.

Even while you fast,

you keep oppressing your workers.

4 What good is fasting

when you keep on fighting and quarreling?

This kind of fasting

will never get you anywhere with me.

5 You humble yourselves

by going through the motions of penance,

bowing your heads

like reeds bending in the wind.

You dress in burlap

and cover yourselves with ashes.

Is this what you call fasting?

Do you really think this will please the Lord?"

In other words, these are the wrong mindsets; But Isaiah continues in verse six with right heart attitudes:

6 "No, this is the kind of fasting I want:

Free those who are wrongly imprisoned;

lighten the burden of those who work for you.

Let the oppressed go free,

and remove the chains that bind people.

7 Share your food with the hungry,

and give shelter to the homeless.

Give clothes to those who need them,

and do not hide from relatives who need your help."

This scripture set is the fasting or mindset that God asks of us, and what comes as a result? Verse 8:

8 "Then your salvation will come like the dawn,

and your wounds will quickly heal.

Your godliness will lead you forward,

and the glory of the Lord will protect you from behind.

9 Then when you call, the Lord will answer.

'Yes, I am here,' he will quickly reply.

"Remove the heavy yoke of oppression.

Stop pointing your finger and spreading vicious rumors!

10 Feed the hungry,

and help those in trouble.

Then your light will shine out from the darkness,

and the darkness around you will be as bright as noon.

11 The Lord will guide you continually,

giving you water when you are dry

and restoring your strength.

You will be like a well-watered garden,  
like an ever-flowing spring.

Healing is based on our heart's attitude and perspective toward His covenants. Jesus sadly said this in **Matthew 13:15** (NLT).

For the hearts of these people are hardened,  
and their ears cannot hear,  
and they have closed their eyes—  
so their eyes cannot see,  
and their ears cannot hear,  
and their hearts cannot understand,  
and they cannot turn to me  
and let me heal them.'

God is a God of covenant. Don't let your eyes and ears become dull to the promises of God. Understand with your heart. Return to Him if necessary. In doing so, He promises by covenant to heal you.



**Something to remember:** God's covenant to you was paid for by the blood of Jesus. The question for you is, "do you believe this to be true?" If so, "What are you going to do with what you believe?" It's not about God giving healing - that's been done. It's about you receiving it.