

(Sermon Clip) Reasons for Sickness

by Zac Poonen

This sermon emphasizes the impact of unforgiveness on physical health, attributing at least 20% of sickness among believers to harboring unforgiveness. The speaker highlights the importance of forgiveness for maintaining health and preventing sickness, advocating for forgiveness as a means to achieve lasting health rather than just seeking healing. Personal testimony is shared to support the claim that forgiveness leads to better health and longevity.

Scripture: Matthew 6:14, Proverbs 17:22, Colossians 3:13, James 5:16

Topics: "Forgiveness", "Health and Well-being"

Description

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Transcript

Do you know why many believers are sick? Why so many people have incurable headaches? Many sicknesses like arthritis and asthma and so many sicknesses. Not all, but at least 20% of sicknesses among believers are because they haven't forgiven somebody. 80% of sicknesses are because we are living in a world which is under the curse.

But 20% of sicknesses are because you haven't forgiven somebody. So we may not be able to eliminate the 80% because we are living in a world under the curse. But we can eliminate the 20%.

You know there are many Christians who preach about healing. Jesus can heal. I believe in something better than healing.

That is health. Prevention is better than cure. It's better to be healthy than to get sick and be healed.

I don't want Jesus to be my healer, I want Jesus to be my health. And one way I can be healthy is by forgiving other people. By never feeling bitterness against anybody.

Never being jealous of anybody in the world. Never exalting myself over anybody in the world. Never hitting back at somebody who hits at me.

Simple things like this. You can be healthy. That is better than healing.

I have proved it. I am 70 years old, I have proved it for 50 years. If you don't forgive others, you will become sick.

You can be cured if you forgive those people. But Jesus tells you to forgive. But the giant says don't.

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