



## ***31 Discovering Hidden Diseases and Hidden Secrets of Healing***

Where can you find a family that hasn't been touched by the dread plague of cancer? And too often we hear of friends who suddenly drop dead of heart attacks. Even women get them now, and sometimes youth. On every side we watch people busy in the process of killing themselves, some faster than others. It's all wrong because the Bible says, "Thou shalt not kill." That includes killing yourself. You have no right to shorten your life, or to ruin its quality.

Whether you do it fast with a bullet or slowly with cigarettes or stress, with a bad diet or with fear, it is still sin. Furthermore, it is just as wrong to kill your own spirit by inches, to lessen your or someone else's capacity to enjoy life. To destroy your own happiness is a form of suicide; to destroy someone else's is a form of murder.

Yet often parents do it to their children without thinking! As this study will reveal, parents often predispose their children toward cancer later in life by inducing emotional turmoil in them. (Yes,—it's true they learned it from their parents.)

What a vicious circle! Little children growing up sick from the very beginning, heading straight for asthma, alcoholism, drug addiction, stress diseases, early heart attacks, maybe even cancer—often because parents are uninformed. Even when parents begin to realize what is happening, they feel powerless to stop the vicious tide.

Death comes by sin. Life comes by Christ (John 10:10). "Life" includes not only life beyond the resurrection, but life here and now, happy, free, healthy—body, soul, and spirit.

We search deeply into the Word to discover hidden secrets underlying sickness, roots where you least expect to find them. In the process, we also find healing where you least expect to find it. There is "faith-healing," but it is something far greater than the sensational touch-your-TV type of fanaticism. When we learn to exercise pure New Testament faith, the healing process begins to act at once. Start it early enough in life, and you will enjoy better health all your days. No matter how old or sick you are, it is never too late to enjoy healing, at least to some extent.

### **A Hidden Cause of Cancer and Other Fatal Diseases**

*1. What was the hidden reason that some people in the church in Corinth were sick and some had died prematurely of illness? 1 Corinthians 11:27-30.*

ANSWER: In regard to the Lord's Supper and the "bread and wine," some were

eating and drinking "un \_\_\_\_\_." Such a person "eateth and drinketh \_\_\_\_\_ to himself, not discerning \_\_\_\_\_. For this cause \_\_\_\_\_ are \_\_\_\_\_ and \_\_\_\_\_ among you, and many \_\_\_\_\_

Bible students generally agree that this means physical sickness and death. Paul touched a raw, hidden nerve here. "Damnation" does not mean only burning up in the lake of fire. The original word is "judgment," or "punishment." One does it to himself. Though Paul is talking about the Lord's Supper, his words apply also to our common daily food. "Unworthily" means eating thoughtlessly, "not discerning the Lord's body" in our daily food. "Faith" in the New Testament is a heart-appreciation of Christ's love for us. In other words, "faith" is "discerning the Lord's body," realizing that even our daily food was purchased for us by His sacrifice.

A wise writer has said: "To the death of Christ we owe even this earthly life. The bread we eat is the purchase of His broken body. The water we drink is bought by His spilled blood. Never one, saint or sinner, eats his daily food, but he is nourished by the body and the blood of Christ. The cross of Calvary is stamped on every loaf. It is reflected in every water spring. All this Christ has taught in appointing the emblems of His great sacrifice." *The Desire of Ages*, p. 660.

To live "by faith" is the opposite of the way modern man lives—by stress or pride, striving to "keep up with others" trying to impress them; our heart beating fast within us while we are inwardly constantly on edge. Such stress and pride lead to disease. One cancer victim said: "It's very hard work. Every now and then there are ledges I can rest on for a little while and maybe enjoy myself even a little, but I have to keep climbing, and the mountain has no top." This is such a sad way to live! Yet millions are caught in this vice-like stress.

2. Is there medical evidence that fear, stress, tension, and restlessness of spirit do prepare the way for cancer and other diseases?

YOUR ANSWER: \_\_\_\_\_.

"Behavior Fatal? Anxiety Held to Be Real Cause of Most Heart Disease" (headline, *San Diego Union*).

"As the search for causes of the many diseases called cancer goes on ... a small but growing group of medical researchers are seeking a possible connection between cancer and psychology (emotional patterns)..."

"Apparently most prone to cancer . . . are persons who deny and repress their emotions after experiencing... loss or tragedy... Such people . . . channel their emotional response internally. . . . This in turn upsets the body's hormone balances" (*Time* magazine).

3. What health-giving experience does Jesus give to every one who will come to Him? Matthew 11:28-30.

ANSWER: "... I will give you \_\_\_\_\_."

This spiritual rest relaxes your soul at the very root of your death-dealing stress—our natural self-centeredness. The yoke that Jesus offers us is the cross that we bear when we learn to appreciate in our hearts the cross that He bore. We are "crucified with Him."



4. How can we learn this precious secret of life and health in this stressful modern jungle-world? Exodus 20:8-11; Hebrews 4:9.

YOUR ANSWER: \_\_\_\_\_.

The margin for Hebrews 4:9 says, the "keeping of a sabbath." If we will keep the sabbath as the Lord intended, we will enter His life-long school where we learn to be happy like Jesus. Better health is almost sure to follow.

5. What can actually do a sick person more good than many medicines? Proverbs 17:22.

ANSWER: "A \_\_\_\_\_ like a medicine: but a broken spirit drieth the bones." ("Merry" means happy, restful, contented, loving. A healthy soul means a healthful body as well!)

6. What does the Bible suggest may be a hidden cause of stomach ulcers and other similar diseases? And what is the cure? Proverbs 15:17.

ANSWER: The cause is " \_\_\_\_\_;" the cure is \_\_\_\_\_

The "hatred" is sometimes turned within, onto ourselves. "I'm no good!" we sometimes say, but this self-deprecation is bad for our health. Further, the "stalled ox" may give a hint of the serious problem of overeating, which often goes along with self-hatred.

7. What experience will cast out disease-producing fear? How can you have this relief? 1 John 4:18,19.

ANSWER: " . . . Perfect \_\_\_\_\_ casteth out \_\_\_\_\_ . . . ." We learn to love by appreciating how "He first \_\_\_\_\_"

### The Place of Food in Causing and Preventing Sickness

8. What kinds of food has the Lord given us to eat? Genesis 1:29; 3:18, 19

ANSWER: (Please list the four kinds.)

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_
- (d) \_\_\_\_\_

9. When did the Lord give emergency (temporary) permission to eat the flesh of animals? Genesis 9:1-5.

YOUR ANSWER: \_\_\_\_\_

This was after the Flood had destroyed all vegetation. When men began to eat flesh, there was an immediate shortening of the life-span. Before the Flood men lived nearly a thousand years. While it is true that long ago men were permitted to use flesh-food, there is now a change. Since 1844 the Lord is at work to prepare a people for the second coming of Christ. He now calls for a change in our eating habits—to get back to His original plan.

"Flesh was never the best food; but its use now is doubly objectionable, since diseases in animals are so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated" (*The Ministry of Healing*, p. 313).

10. What is one very common mistake many Americans make in their diet and permit in the diet of their children? Proverbs 25:27, first part

ANSWER: "It is \_\_\_\_\_ to eat \_\_\_\_\_"

"Honey," of course, means sugar and sweets, although our refined sugar was not known in Solomon's day. Dr. Cecilia Rosenfeld reported that "in my own practice, I have found that a surprising number of 'broken marriage' spouses suffered from a blood-sugar imbalance. Many of these husbands and wives showed symptoms of irritability, violent temper, abnormal sensitivity and extreme fatigue" (*New Materia Medica*, August, 1962).

Dr. Stephen P. Gyland, Sr. in an address to the American Medical Association said that blood sugar imbalance is a leading cause of suicides, schizophrenia, chronic fatigue, and depressions. This is amazing! Too much sugar can contribute towards divorce and tragedy, and juvenile emotional disorders.

11. What does the New Testament advise us to do in changing our diet? 2 Corinthians 6:17.

ANSWER: "Touch not the \_\_\_\_\_"

The "unclean thing" is any harmful food or drink. It includes the unclean meats listed in Leviticus 11:1-24; tobacco in all its forms; harmful drugs of all kinds; tea, coffee, and cola drinks that contain caffeine; and alcoholic drinks of all kinds. It also includes any unhealthful practice. Those who come close to Christ in His closing work as High Priest in the heavenly sanctuary gladly surrender all harmful habits. They recognize their bodies to be the dwelling place of the Holy Spirit (see 1 Corinthians 6:19,20).

12. What can the Lord do, and what is He anxious to do, for all who believe, who appreciate the love that led the Son of God to die for us? Exodus 15:26.

ANSWER: "... I will put \_\_\_\_\_ of \_\_\_\_\_ upon thee, which I have brought upon the Egyptians: for I am the Lord \_\_\_\_\_"

In Exodus 15: 23-25 we see that the "tree" brought healing to the bitter waters. When the waters of our life are bitter, then our life forces become weakened and we more easily fall prey to sickness. Take that "tree," the cross of Calvary, into your "waters" and let it sweeten them for you. Then you will know these promises are true. The healing process is for every day of your life until Jesus comes again!

Scientists have found that lung cancer victims tend to have poor emotional outlets. Tests show that people who had adverse life situations and who repressed their feelings were more vulnerable to lung cancer than those who had good emotional outlets. Adverse life situations included disturbed marital relationships, poor relationships with children, failure to gain promotion at work, and sexual difficulties.

There are many physicians who believe that depression, frustration in personal



relationships, bottling up problems, repressing emotions, can contribute to cancer. Often there is a tendency to paper over personal problems, putting on a cheerful looking front while hiding inner pain. Such emotional illness can stem from childhood.

But there is good news that psychiatrists and physicians often do not know about—the love of Christ. Again—there is healing in that "tree"—the cross. A very perceptive writer has said, "Our Saviour's words, 'Come unto Me, . . . and I will give you rest' (Matthew 11:28), are a prescription for the healing of physical, mental, and spiritual ills. Though men have brought suffering upon themselves by their own wrong doing, He regards them with pity. In Him they may find help. He will do great things for those who trust in Him." *The Ministry of Healing*, p. 115.

"Casting all your care upon Him; for He careth for you." 1 Peter 5:7 "Pray without ceasing." 1 Thessalonians 5:17

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