

# THE OVERCOMING LIFE

## Overcoming Sickness Jimmy Evans

**Focus** Jesus paid the price on the cross for our healing. There are many reasons for sickness and many ways God brings healing.

**Fun** Do you like to barbecue? What is your favorite memory of a family or neighborhood barbecue? What are your favorite barbecue restaurants?

**Review** Key Scriptures: Isaiah 53:3–5; Mark 16:17–18

### 1. **The cross was a curse-for-blessing exchange.**

Galatians 3 clearly states that Jesus became a curse for us, so we could receive the fullness of all the blessings of Abraham. At the cross, Jesus exchanged death for life, sickness for health, rejection for acceptance, poverty for prosperity, defeat for victory, bondage for freedom, and punishment for peace. Mark 16:18 says those who follow Jesus will lay their hands on the sick and they will recover. Jesus didn't die so we would only experience partial blessings; He died so we could experience the fullness of all His blessings.

### 2. **There are six major reasons for sickness.**

Poor diet and lifestyle contribute to sickness. When we eat sugar and refined foods or live a stress-filled life, we are prone to sickness, and genetics or generational curses can be a source of sickness. The good news is that through Jesus, we are given a new bloodline that can stop the curse of generational sicknesses. A demonic stronghold or a spirit of infirmity (i.e., the woman in Luke 13) brings sickness as well as sin or the lack of a spiritual covering. In John 9, there was a man born blind specifically so that the works of God would be revealed in him. When God supernaturally heals, it brings Him glory. Finally, some sickness is unto death, but God doesn't view death the way we do, and sometimes sickness is His way of bringing a person home.

### 3. Understanding how God heals.

There are different reasons for sickness, and we must seek the Lord and ask Him for direction on healing. There is no pattern for how to heal—Jesus did it differently all the time. Healing can come through proper diet, exercise, and healthy lifestyle changes. It can come when we walk in forgiveness and grace for others. Healing can come when we repent of rebellion, come under spiritual authority, and connect to the body of Christ. Often God will use doctors and medicine to bring healing. Healing can come through prayer, meditation upon the Word, and confession of sin. Healing can also come by simply taking authority over demonic spirits that don't have a right to be there. Although there are many ways God heals, there is one reason: He loves us.

**\*Group Dynamics Idea\*** This message may challenge some and bring encouragement to others. Take time in your group to stop and pray for any group members who are sick. Gather around to lay hands on them, anoint them with oil, and pray for their healing.

#### Discuss

1. Read Isaiah 53:3–5. In these Scriptures, what are some of the things God takes away, and what does He replace them with?
2. The first reason listed for people being sick is poor diet and lifestyle. How does this challenge you to be a better steward of your physical body?
3. Have you experienced or known anyone that has experienced generational sicknesses? When those curses are broken in Jesus' name, what are some of the inherited blessings we receive from our new bloodline in Jesus?
4. How can sin, unforgiveness, or bitterness be an open door for sickness in our lives? Have you ever experienced healing after forgiving someone or repenting of bitterness?
5. Have you experienced God's healing in your life through the blessing of a doctor or medicine? How did you see God's hand through that situation?

6. Read Psalm 107:20 and Mark 11:23–24. What stands out to you in these verses about the power of prayer and your words?
  
7. Are you currently struggling with sickness or disease? If so, take time as a group to pray for one another. Pray bold, faith-filled prayers. If any Scriptures come to mind, speak and declare them over each other.

**Take Home** As we conclude, remember the following:

- There are many different reasons for sickness.
- God brings healing in many different ways.
- God loves all of us and *wants* to heal us.

**Prayer** Heavenly Father, thank You for sending Jesus to die on the cross for us and to take every curse and sickness on the cross. We thank You that we are healed by the stripes of Jesus. We ask for boldness and faith to confidently lay our hands on the sick to see them recover. In Jesus' name, Amen.

**\*New Leader Tip\*** During this time of year, it's good to look back and celebrate all God has done in your group. Take time to reflect and share testimonies of what God has done this past year. Think about things you've done that have produced fruit and things that haven't been successful. Be sure to give God praise for all He has done in your group!