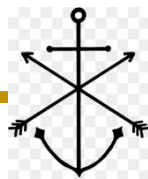


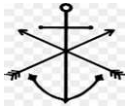
GOD'S HEALING HAND



SICKNESS & PAIN



Joseph J Siegel



SICKNESS & PAIN

*“Our greatest weakness lies in giving up.
The most certain way to succeed is
always to just try one more time.”*

— Thomas Edison

More than 95 per cent of the world's population is ill, a new analysis based on the 2013 Global Burden of Disease Study found, with more than a third of those having more than five chronic or acute illnesses.

The study, published in *The Lancet*, examined and evaluated chronic and acute diseases and injury across 188 countries from 1990 to 2013 using a tool known as *Years Lived with Disability (YLD)*. this measures the impact of health problems impairing mobility, hearing or vision, or those causing some kind of pain. Significantly, the study found rates of disability are rising, as people live longer and experience more illness. For example, the incidence of diabetes worldwide has increased 43% over the past 23 years while death rates from the disease have only increased 9%.

So what did the study discover about us?

The 10 leading causes are:

- Low back pain
- Major depressive disorder
- Other musculoskeletal disorders
- Neck pain
- Migraine
- Anxiety disorders
- Chronic obstructive pulmonary disease (COPD)
- Asthma
- Age-related and other hearing loss
- Diabetes mellitus

Our health is increasingly threatened by non-fatal ailments like back and neck pains, and mental health disorders like depression and anxiety,"

At this time, deadly diseases like chronic obstructive pulmonary disease (COPD) and diabetes are also costing many years of a healthy life.

Chronic Pain: Impact about 50 Million Americans alone. Chronic pain causes \$80 billion in lost wages every year. We are all hopeful that the latest research can lead to better treatments sooner than later.

In a perfect world, everyone would never get sick or be in pain. Unfortunately, we live in a world that sin has entered. Even with the best medical science. We will all be at a stage or stages, where we will encounter sickness and/or pain of some sort.

A common saying that goes around is: That God only give us what we can bare.

We should always go to the Lord with prayer, but never question why he has let this type of suffering be brought against us.

Job, from the Bible, was so faithful to God, it drove the Devil angry! So, the Devil asked God to be able to do harm to Job, so he could suffer sickness and Pain. The Devil, doing all these harmful events on Job, hoped to prove to God that Job would not be steadfast after these events. Well, Job ending up suffering many things by the Devil, but Job never got called out by God. Job just stayed steadfast with God through pray and honoring God, no matter what the Devil threw at Job.

- Below are Bible Verses that helps us with sickness and pain. -

PSALM 38

Do Not Rebuke Me in Your Anger

This psalm, the third of the seven penitential psalms, is similar to Psalm 6, the first penitential psalm. The occasion of this psalm is not specified, but like Psalm 6, it may have been written during Adonijah's plot to prevent Solomon from becoming king (1 Kings 1). At that time David was afflicted not only by Adonijah's treachery but by his own failing health. He also was aware that the guilt of his sin against Bathsheba and Uriah was a factor in the trouble within his own family.

Heading

A psalm by David. To bring to remembrance.

Psalm 38

Opening Plea

¹Lord, do not rebuke me in anger. Do not discipline me in wrath.

What does it say to us?

- **38:1** *In the context this term to bring to remembrance seems to refer to a prayer to remind God to deal graciously with us. It also reminds us of God's grace. David is not asking that the LORD never rebuke him. He is praying that he will not be punished in wrath and anger, but that he will be corrected in love*

The Greatest of David's Burden

²Indeed, your arrows have stuck in me. Your hand has come down on me. ³There is no health in my flesh because of your rage. There is no wellness in my bones because of my sin, ⁴because my guilt has gone over my head. Like a heavy burden, it is too heavy for me. ⁵My wounds stink and ooze because of my folly. ⁶I am drooping. I am completely bent over. All day long I go around mourning. ⁷Even my back burns with pain. My whole body is unhealthy.

What does it say to us?

- **38:7** *Literally my flesh or my body burns with fever.*

⁸I have become numb. I am totally crushed. I groan loudly because of my anxious thoughts. ⁹Lord, all my needs lie before you. My sighs are not hidden from you. ¹⁰My heart beats quickly. My strength leaves me. Even the light of my eyes is gone from me. ¹¹My loved ones and my friends stand far away because of the blow I have suffered. My neighbors stand at a distance.

What does it say to us?

- **38:11** *Joab and other associates of David were co-conspirators with Adonijah. Jesus was deserted by most of his disciples (Matthew 26:31).*

¹²Those who pursue my life set traps. Those who seek to harm me talk about my ruin. All day long they plot deception. ¹³I am deaf. I

cannot hear. Like a mute person, I cannot open my mouth. ¹⁴I am like a man who cannot hear. No response comes from his mouth.

David's Confidence of Delivery

¹⁵Yet I wait for you, Lord. You will answer, O Lord my God. ¹⁶So I said, "Do not let them celebrate because of me. Do not let them gloat when my foot slips."⁷Look! I am about to fall, and I am always in pain, ¹⁸so I declare my guilt, and I am troubled by my sin.¹⁹My aggressive enemies are numerous. Those who hate me for no reason are many.

What does it say to us?

- **38:19** *The unjustified hatred of David's enemies foreshadowed the unjustified hatred of Christ's enemies against him. This theme of unjustified hatred is treated in many other psalms, notably Psalms 35:19; 69:4; 109:3, and in several verses of Psalm 119. Jesus applied the principle of these psalms to himself in John 15:25*

²⁰Those who repay evil for good slander me because I pursue what is good.

Closing Plea

²¹Do not forsake me, O Lord. My God, do not be far from me.

²²Hurry to help me, O Lord, my salvation

What does it say to us?

- **38:22** *This psalm shows us that even Christians may feel crushed by physical pain and spiritual anguish in times of suffering and trial. Such anguish is not necessarily a sign of unbelief. Indeed, those with very sensitive consciences like David's may be most prone to such agonizing self-reflection. If you are ever crushed with such pain in your life, recognize such afflictions as a powerful testimony of the awfulness of sin. Accept even these sufferings as a*

warning from the LORD, given in love and intended for your good. But like David, cling to God's promises and pray fervently to him for relief in the time and hour that he knows best.

Matthew 26:39

³⁹He went a little farther, fell on his face, and prayed. He said, "My Father, if it is possible, let this cup pass from me. Yet not as I will, but as you will.

What does it say to us?

- **26:39** Hebrews 5:7 describes Jesus as praying with "loud cries and tears."
- **26:39** The cup of suffering contained the wrath of God against sin (Isaiah 51:17; Jeremiah 25:15).

Hebrews 5:7 ⁷In the days of his flesh, he offered prayers and pleas with loud cries and tears to the one who was able to save him from death, and he was heard because of his reverence

What does it say to us?

- **5:7** Jesus' agony in Gethsemane, with loud cries and tears, accompanied his urgent prayers and pleas that he might be granted some other way of saving mankind rather than by death on the cross. God heard his prayer and answered by sending an angel to strengthen Jesus (Luke 22:43). Then Jesus willingly and obediently went to his death and accomplished everything necessary to give eternal salvation to everyone who believes in him.
- **Romans 5:3-5**
- ³Not only this, but we also rejoice confidently in our sufferings, because we know that suffering produces patient
- endurance, ⁴and patient endurance produces tested character, and tested character produces hope. ⁵And hope

will not put us to shame, because God's love has been poured out into our hearts by the Holy Spirit, who was given to us.

What does it say to us?

- **5:3** *Sufferings* might seem like a strange source of joy, but the following sequence shows that the positive results of sufferings in our lives (*patient endurance, character, hope*) are the reason sufferings are a source of joy for us. Also, by faith we rejoice while enduring sufferings (Philippians 4:4).
- **5:4** For similar descriptions of spiritual progress see (James 1:2-4 and 2 Peter 1:5-7).
- **5:5** Our hope is not a blind shot in the dark, but it is based on something sure, something that cannot fail us: God's love reflected in the promises in his Word. Literally, *the love of God*. Grammatically, this could refer to God's love for us or to our love for God.

2 Corinthians 12:9-10

⁹And he said to me, "My grace is sufficient for you, because my power is made perfect in weakness." Therefore I will be glad to boast all the more in my weaknesses, so that the power of Christ may shelter me.

¹⁰That is why I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties, for the sake of Christ. For whenever I am weak, then am I strong.

-

What does it say to us?

- **12:9** *Or reaches its goal. God's goal was that Paul's weakness would make it all the more clear that it was God's word, not Paul's abilities, that worked the miracle of faith in the Corinthians (4:7).*

- **12:10** *Paul is saying that if God chose to have him bear a tormenting thorn, then he knew that God in his grace would also enable him to bear any other cross.*

1 Peter 4:12-13

¹²Dear friends, do not be surprised by the fiery trial that is happening among you to test you, as if something strange were happening to you. ¹³Instead rejoice whenever you are sharing in the sufferings of Christ, so that you may rejoice and be glad when his glory is revealed.

What does it say to us?

- **4:12** *Persecution is the norm for God's people, not the exception. See also 5:9; 1 Corinthians 10:13; 1 Thessalonians 3:2-4; 2 Timothy 3:12.*
- **4:13** *Christians share in the sufferings of Christ in the sense that some of the things they suffer come on them because unbelievers detest their faith in Christ. This faith becomes evident in their lives of devotion to Christ (2:12; 3:13-14) and their sharing of the news about Christ with others (2:9; 3:15). In verse 14 Peter describes this as what his readers suffer in connection with the name of Christ.*

1 Peter 4:19

¹⁹So let those who suffer according to the will of God entrust their souls to their faithful Creator while doing what is good.

PRAY TO THE LORD.

Loving God, I **pray** that you will comfort me in my suffering, lend skill to the hands of my healers, and bless the means used for my cure. Give me such confidence in the power of your grace, that even when I am afraid, I may put my whole trust in you, through our Savior Jesus Christ. Amen.

HYMN

HOW SWEET THE NAME OF JESUS SOUNDS

1 How sweet the name of Jesus
sounds in a believer's ear!
It soothes our sorrows, heals our
wounds, and drives away our
fear.

2 It makes the wounded spirit
whole and calms the troubled
breast; 'tis manna to the hungry
soul, and to the weary, rest.

3 O Jesus, shepherd, guardian,
friend, my Prophet, Priest, and
King, my Lord, my Life, my
Way, my End, accept the praise I
bring.

4 How weak the effort of my
heart, how cold my warmest
thought; but when I see you as
you are, I'll praise you as I
ought.

5 Till then I would your love
proclaim with every fleeting
breath; and may the music of
your name refresh my soul in
death.

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