

## Conclusion

If Tommy had persisted in his Bitterness towards Sally the black seed in his heart would, in season, bear physical fruit. It needs to be understood that there are consequences that come with un-forgiveness, both emotional and physical. The emotional pain will often lead to physical pain or disease (dis-ease). It has been long proven by science that negative thoughts and emotions can affect our physical health. The Bible has been teaching this for thousands of years and it is true<sup>i</sup>. It is also a medical fact that eighty-five to ninety percent of illnesses are psychosomatic...illness which stems from unhealthy thought patterns.<sup>ii</sup> We often call these attitudes "negative emotions" but the Bible calls them sin. Sometimes our prayers to be healed cannot be granted because we have Bitterness, Fear, Rejection, Self-Hatred, etc., living inside of us. *But your iniquities have separated you from your God; your sins have hidden his face from you so that he will not hear* (Isaiah 59:10). So what is the difference between iniquities and sin? "Iniquity" is an attitude or thought pattern (often generational). "Sin" is something you do personally. Both of these will distance us from God and cause our prayers to be hindered.

Our bodies were designed to live in loving obedience to God. When we are in continual and un-repentant sin, we disconnect ourselves from the promises of God to heal.<sup>iii</sup> Of course God is sovereign and at times will heal despite our sin when intercessors get involved, but when we are in continual sin we have no promises to stand on for our healing. The fact is that healing is part of the atonement,<sup>iv</sup> and something we should anticipate in the same way we anticipate our forgiveness/salvation from God. It's our inheritance, and if we free ourselves from bitterness, we can have it all. *Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers* (3Jn2).

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<sup>i</sup> Psa. 38:3, 31:9-10, 42:10-11, Jas. 5:15, Jn. 5:14, Hab. 3:16, Prov. 17:22, et.al

<sup>ii</sup> Center for Disease Control research

<sup>iii</sup> Isa 6:10, Matt 6:14, 1Pet 3:7, Mk 11:25, 1 Jn 3:21, Heb 12:13, Jas 5:16

<sup>iv</sup> Matt 8:17, 1 Pet 2:24, Isa 53:5