Dis-ease and Disease

Our modern medical science has brought forth a landslide of evidence that emotional stress (dis-ease) is the culprit causing most, if not all, of our diseases. We don't like either one, but we invest more energy and money in trying to drive out disease than in seeking to live free from stress. Jesus has the answer to both.

And let the peace (soul harmony which comes) from Christ rule (act as umpire continually) in your hearts [deciding and settling with finality all questions that arise in your minds, in that peaceful state] to which as [members of Christ’s] one body you were also called [to live]. And be thankful (appreciative), [giving praise to God always]. Colossians 3:15 AMP

Excerpt from Lesson 1: 'The Spiritual Roots of Disease'

Though we begin with the body, this series of lessons (from Matters of the Heart eCourse for Healing and book) is not primarily about physical health and the means to achieve it. Rather, it is about seeking emotional and spiritual health of the highest order. Finding the life that is "hidden with Christ in God" or entering into "the glorious liberty of the children of God" would be excellent Biblical ways of expressing the goal. As it happens, however, modern medical science shows us a connection between our emotional life and the root issues of disease that gives us a practical place to begin looking at our deeper, truer need.

C. S. Lewis once described pain as "God's megaphone," meaning that He gets our attention when our bodies break down. So, it is in seeking to find a remedy to our illnesses that we have been drawn into a far greater understanding of the ways in which we are actually going astray from our God. The diseases of our bodies are but reflections of the dis-ease of our souls!

Three Flawed Theories

Before we look at what is actually making us sick, let's go over some cherished notions that we may still be carrying around in the back of our minds. There are three flawed theories of why we get sick. They may not be taught, but they are often caught.

1) The Germ Theory

As an explanation of why we get sick, this is accurate but misleading, since germs account for only part of all diseases. Nor does this theory tell us why we had the weakened immune system that allowed germs to infect us in the first place. Stressing the body by lack of sleep, poor nutrition, or lack of exercise can weaken the immune
system, but are you aware that research has shown that just six minutes of a negative emotion can suppress the immune system for more than 21 hours?

2) The "Out of the Blue" Theory

This provides a graceful covering for us, since we are claiming to have no idea of any connection between our lifestyle and the disease. (Surely it is nothing we have done. It just came on us out of the blue!) Yet everything on earth happens by cause and effect. The real problem with this theory is that it seems to be pointing a finger at God who lives in those "blue" heavens. However, God is never the author of evil: Untainted by any shadow He is instead the Giver of "every good gift." Death, disorders and disease are consequences of the fall of man.

3) The Punishment Theory

According to this theory we sinned, so God is punishing us. But that cannot be! God punished Jesus fully and completely at the cross for our sins; it would be a breach of justice for God to punish us when the penalty has already been paid in full by Another. A further problem is that it seems to suggest that God reaches, in anger, into His bag of punishments and puts one on us without regard to the natural order.

The Mind-Body Connection

The truth is that there is a natural connection between the way that we live and the diseases that come upon us. As much as 80% or more of all incurable diseases have a known mind-body connection. According to one study, stress related disorders account for 75-90% of all visits to primary care physicians.

Consider these connections between disease and emotional stress: high blood pressure and heart disease correlate with anger and hostility; autoimmune disorders, Multiple Sclerosis, Lupus and arthritis are associated with bitterness, resentments and self-hatred; gastrointestinal disorders such as IBS, panic attacks and heart palpitations are related to anxiety; tension and migraine headaches, along with back pain, TMJ and Fibromyalgia are all associated with repressed anger.

Now reflect that our science is just beginning to discover the linkages between specific negative emotions and specific physical disorders, but already these connections can be made. Imagine how fine-tuned this may one day become.

Negative emotions damage the body. When we perceive a situation to be dangerous, adrenaline and cortisol are released by our bodies to facilitate "flight or fight" responses. This is part of the General Adaptation Syndrome (G.A.S.) which gives us the extra "gas" we need to power-up for potentially life-threatening situations. The problem is that most of the "dangers" that cause stress cannot be resolved by fighting or running away!
Submerged in a Sea of Stress

Modern life seems to be characterized by a mounting sea of stressful events and daily pressures coming at people from every conceivable direction. And yet the real culprit isn't the situations which surround us - it is the emotional reactions going off inside of us.

That is why Dr. Don Colbert entitled his book on the mind-body connection Deadly Emotions - not "deadly situations." Stating that emotions are not confined only to the mind or heart, he describes the physiological processes by which all emotions are translated into chemical reactions which occur at both the organ level and the cellular level! Apparently, the "most damaging" emotions are feelings we might consider "garden variety" such as un-forgiveness, anger, worry, fear and frustration. Clearly, no one with an emotional life is immune to the danger!

These negative emotions which place so much stress upon our bodies come in two forms: those that arise out of present situations and those that are "embedded" in our deepest memories. Doctors Alexander Loyd and Ben Johnson in their book, The Healing Code, state that embedded negative emotions are the most damaging kind, producing "physiological stress" (at a subconscious level), as opposed to "situational stress" (at the conscious level).

These unhealed memories are actually stored as false beliefs and negative images which form "destructive cellular memories" in the cells of our bodies! In terms of the mind body connection they list three "one things" which we need to know:

1) There is one thing that can heal anything - our immune system;
2) There is one thing that turns off the immune system - stress;
3) There is one thing that will turn the immune system back on - healing "the issues of the heart."

Next Healing Essential

Biblical Blocks to Healing It may not be enough just to pursue the right things; some wrongs things may have to be removed. Sometimes healing and/or deliverance may be blocked from going forward by one or more of the 33 Biblical blocks to healing. We would be wise to pay attention to what our Great Physician is telling us.

Interested in Going Deeper?

Consider taking our free eCourse for Healing. We have designed a complete series for personal transformation, 'Matters of the Heart,' to help Christians gain emotional freedom and inner healing. In all there are 24 Main Healing Lessons and 24 Head to Heart Guides to help you bring your heart to God and receive His Great Heart for you in return!