

# God's Way of Preventing Diseases

International Bible Lesson

**Exodus 15:1-3,19,22-26**

Sunday, January 29, 2012

*“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee”* (Exodus 15:26—KJV).

*“God said, ‘If you will obey me completely by doing what I consider right and by keeping my commands, I will not punish you with any of the diseases that I brought on the Egyptians. I am the LORD, the one who heals you’”* (Exodus 15:26—GNB).

*“God said, ‘If you will listen carefully to the voice of the LORD your God, and do what is right in his sight, and give heed to his commandments and keep all his statutes, I will not bring upon you any of the diseases that I brought upon the Egyptians; for I am the LORD who heals you’”* (Exodus 15:26—NRSV).

The Bible teaches that some people will suffer diseases because of the connection between their behaviors and their diseases. Neither the Egyptians nor the Israelites understood the connection between practicing certain behaviors and contracting certain diseases. Neither did they understand how someone who chose to live an unhealthy lifestyle could cause their innocent children and neighbors to suffer from the germs they spread.

In order to prevent the Israelites from practicing the behaviors of the Egyptians and suffering their diseases, God first removed them from Egypt when they crossed the Red Sea. Then, God gave them commandments. His rules of behavior taught them actions to avoid and good habits to practice in order to prevent diseases. If they obeyed God and did what was right in His sight, they would avoid the diseases the Egyptians suffered.

Today, some medicines can heal physically those who disobey God, but these medications will not heal the psychological and spiritual damage caused from violating God's commandments, only God can heal this damage. People who do what is right in the sight of God can avoid many diseases and their high cost of treatment. Later, Moses summed up the reasons why God gave many commandments: “The LORD commanded us to observe all these statutes, to fear the LORD our God, for our lasting good, so as to keep us alive, as is now the case” (Deuteronomy 6:24). — © Copyright 2012 L.G. Parkhurst, Jr.

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# Thinking Further

1. Read Exodus 15:2 again. Moses gives praise to God for many reasons. How many of these truths about God can you affirm from your own experience? What additional truths can you affirm about God from both the Bible and your experience?

2. How do your beliefs about God from the Bible and your experience make a difference when you face various challenges, opportunities, and problems in your daily life?

3. How do you think most people outside of the church would feel (or would respond) if you told them that your faith in God included the fact that “The LORD is a warrior”? How might people inside the church feel or respond if you told them you believed this fact about God?

4. Do you think it is still important to think of God as a warrior and teach about God ruling the universe as a warrior? Compare this fact about God with the words of the hymn “Onward, Christian Soldiers.” [Since the words to this hymn may not be easily available to you, I have printed them below.]

5. What should church members say or do when they think God or their leaders have not lived up to their expectations?

Read the verse by verse commentary on this lesson at the [BibleLessonForum.com](http://BibleLessonForum.com). See the recommended study and worship resources at [SmallChurchResources.com](http://SmallChurchResources.com).