

Why Your Physical Ailment Might Have a Spiritual Root

“‘Many a time they have afflicted me from my youth,’ Let Israel now say—‘Many a time they have afflicted me from my youth; Yet they have not prevailed against me. The plowers plowed on my back; They made their furrows long.’ The Lord is righteous; He has cut in pieces the cords of the wicked” (Ps. 129: 1-4).

Almost every physical issue I’ve ever had to battle had a spiritual root and was more than just a physical problem. At the same time, each issue had a medical diagnosis—a name, a description and a suggestion for medical treatment.

I discovered, however, that physical issues with spiritual roots do not respond well to medical treatment, or they come back until the root has been dealt with.

For example, I began having issues with my spine in childhood. They had different terms for it back then, but nowadays, it would be called scoliosis. There was a curvature in my lower back and I went to chiropractors off and on during my elementary school years.

It went fairly unnoticeable until my mid-20s, and then I began struggling to walk. By the end of the day, I couldn’t lift my legs correctly and would shuffle when I walked. I was also losing strength in my back and would fall over sometimes while sitting.

The hardest part was the pain I felt at night and only being able to sleep on one side. It took a few doctors to find the right therapy, but I began trying different things to stop the damage and keep it under control without medication. I also prayed and prayed and prayed some more. Healing seemed to come bit by bit, but not fully. That is until one night when I read

the passage above.

When I read this, all of a sudden it was like my eyes were opened. I began to make the connection between my back problems and the difficult upbringing I endured. I also saw that the Lord was now ready to cut the cord of wickedness off of my back. I asked Him to “cut the cord” and when I did that, I felt something snap off my back.

My spine began to contort back into place. It was painful, and I did need a short time of recovery, but that’s how real it was. My back has been pain-free ever since.

I’ve noticed a similar pattern in many others who have scoliosis. Their spines and backs seem to shout the message of their soul that came on them through hardship and affliction in their youth. Young girls and boys had been “bent out of shape” over the things that took place, and it showed up in their bodies.

Is this you? If so, it’s time to forgive everyone who hurt you. In addition, and with the help of the Holy Spirit, invite Him to search your heart for beliefs, inner vows and attitudes you’ve absorbed in response to your upbringing that do not align with the Word of God.

For example, you might struggle believing anyone loves or cares for you, or you might be over-reactive, angry and oversensitive. It can go much deeper than that, but invite the Holy Spirit to open your eyes to false beliefs and attitudes and invite Him to heal the wound that is obviously there.

Think of these false beliefs and attitudes as being the cords that still bind you. Every time you release one, a cord breaks, and you are one step closer to freedom.

I’ve heard multiple testimonies from people who’ve processed this out and experienced freedom in their bodies too.

If this is you, I am praying for you. {eoa}

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