

New Covenant Inheritance: Lesson 8 – Health and Boldness

This lesson looks at the sixth nation that was squatting on the Promised Land. **Genesis 15:20** identifies them as the Rephaims. They also represent a bondage of Satan that Adam’s failure put man under. But praise God that we have been given freedom from “Rephaims” through Jesus. Rephaims bondage is the most obvious bondage around us today. The industries of health, welfare, hospitals and “old age homes” exist because of this bondage. Let’s look at the Hebrew meaning of Rephaims and see what it typifies as this sixth aspect of our inheritance.

Rephaims – ‘resh pe aleph yud samech’ [H7497] from root word ‘resh pe aleph’ [H7495]

Strong’s definition of the root word ‘rapha’ [H7495] is: *A primitive root; properly to mend (by stitching), that is, (figuratively) to cure: - cure, (cause to) heal, physician, repair, X thoroughly, make whole. See [H7503].*

[H7503] is the word ‘raphah’ which Strong’s defines as: *A primitive root; to slacken (in many applications, literally or figuratively): - abate, cease, consume, draw [toward evening], fail, (be) faint, be (wax) feeble, forsake, idle, leave, let alone (go, down), (be) slack, stay, be still, be slothful, (be) weak (-en). See [H7495].*

The English alliteration of this Hebrew name is ‘Rephaites’ and it means giants. [H7497] appears 21 times in the Old Testament; 8 times it is translated as ‘Rephaims’ and 13 times it is translated as ‘giants’.

From these definitions we can see that the bondage Satan put man under is sickness, disease, weakness, feebleness, fainting, laziness and aging. Being set free from this bondage means our inheritance includes health, longevity and boldness. We are not supposed to be sick, shy or die prematurely. God want us living a long, healthy and satisfying life (**Psalm 91:16**).

Let’s look at what the scriptures have to say about this aspect of our inheritance.

Write out **Isaiah 53:5**: _____

Jesus was punished on our behalf and the tearing of his flesh is what enabled God to provide us with healing.

What New Testament verse Quotes the last phrase of **Isaiah 53:5**? _____.

Now read **Psalm 103:3-5**. What are the six benefits God has given to us that David celebrates in these verses?

1. _____;
2. _____;
3. _____;
4. _____;
5. _____;
6. _____.

These six things are a major part of our inheritance. The bondage of Rephaim was against the second and sixth of these, bringing sickness and aging to man. In the last lesson we saw that God’s protection is part of our inheritance and this is what David was talking about in the third item on this list – redeemed from destruction. Of course the basis of our inheritance and of the whole New Covenant is the first item – we are totally forgiven.

Now read a notable story from the life of Jesus about healing in **Matthew 15:21-28** and answer the following:

- What is the nationality of the woman (v22)? _____.
- What did she call Jesus? _____.
- What was the only nation entitled to use this term for the Messiah? _____.
- Was she an Israelite? _____.
- Why do you think Jesus ignored her? _____.
- What did the woman continue to do? _____.
- How did Jesus point out her hypocrisy? _____.
- When she finally made it to Jesus feet, what did she do and ask? _____.
- What did Jesus call the healing she was asking for (v26)? _____.
- Are you a child of God? _____.
- What does Jesus say healing is for you? _____.
- How did the woman respond to Jesus' statement (v27)? _____.
- What did Jesus say about her (v28)? _____.
- What enabled Jesus to heal her daughter? _____.
- Why did she have this faith? _____.
- _____.

The important lessons from this event are:

1. That when we come to Jesus for help, we must come without hypocrisy. What this means is that we cannot come based on our own merits, performance, entitlement or rights. We come based on the truth that His death and resurrection have granted us the privilege of coming boldly to the throne of grace to receive help in time of need (**Hebrews 4:16**).
2. Healing is our daily bread. Jesus purchased it for us by taking the punishment for the curse on our behalf. His body was beaten so that our bodies can live free from the curse. When He took the stripes on His back 2000 years ago, He provided total healing for us.
3. Receiving our healing is a simple matter of believing that Jesus' faith has already healed us. The Canaanite woman looked to Jesus only and that is what Jesus called "great faith".

Now write out **1 Peter 2:24**. _____

_____.

Notice that this verse declares our deliverance from sin because Jesus paid for it on the cross. Then it links our healing to this truth. The underlying reality is that sickness and disease are the result of sin. Since all sin has been dealt with, there are no grounds for sickness to remain in us. Interestingly, the verb 'were' in the phrase "by whose stripes ye were healed" is in the past tense. Therefore, since our healing occurred 2000 years ago, that should be our daily experience today. Jesus called our healing, our bread. Today we live in divine health because of this daily bread. Getting healed from a sickness or disease is wonderful, but even better is living

every day in divine health. The continuous healing power of Jesus death and resurrection prevents the maladies of the curse from coming on us. That is what Jesus' faith accomplished at the cross and we get it by believing.

Furthermore, notice the statement "that we, being dead to sin, should live unto righteousness". This comes before and is the pre-condition for the manifestation of "we were healed by Jesus stripes". This explains why many Christians do not receive healing or live in divine health. They do not see themselves as dead to sin and made righteous. They have been taught that they will always sin; that sin is just part of their inner nature, part of who they are; that the flesh will cause them to fail; that they have to resist sin to the best of their ability; and if they fail, then they must confess it to God. Having this focus on sin, on man's failure and inability to live sin-free is actually what strengthens sin in a person's life. **Proverbs 23:7** states this "For as he thinketh in his heart, so is he." Hence the absolute need to "reckon (see it as a reality) yourself dead indeed unto sin and alive unto God" **Romans 6:11**. This means living in the righteousness that we have been made. When we see ourselves as righteous, then our confession and lifestyle reflects that righteousness and divine health manifests in our bodies.

Now let's look at **Proverbs 3:1-8** in the light of the New Covenant. Write out verse 1: _____

Now write out the first clause of the New Covenant from **Hebrews 8:10**: _____

As you have learned, God has taken on the responsibility of putting his laws into us. What are these laws? **Matthew 5:17** gives us the answer to this when Jesus says "I am come to fulfill the law and the prophets". Jesus is the fulfillment of the law. The law is God's way of thinking and being. This is what he has covenanted to place in us. Our part of this is to accept his way of thinking and renew our minds to agree with what he says. Holy Spirits' job is within us is to continually remind us that we are righteous (**John 16:10**); that we are of god and have overcome the world (**1 John 4:4**). Our intimacy with Jesus is what has fulfilled **Proverbs 3:1** in us.

Based on our being fulfilled, what three things are added to our lives (**Proverbs 3:2**)?

1. _____ – meaning – _____.
2. _____ – meaning – _____.
3. _____ – meaning – _____.

What are we not to let go of (v3)? _____.

In the New Covenant, who is this (**John 1:17**)? _____.

Where do we bind him? _____.

How does Jesus tell us to do this (**Matthew 11:28-30**)? _____.

What is the table of our heart (**Proverbs 3:3**)? _____.

Again, we see that under the New Covenant it is about our identity and position in Jesus. It is all about learning to rest in Him, to renew our thinking to see ourselves and everything about us the way Jesus does. This is what God does for us by the revelation and understanding that He gives from scripture and His heart. The result is that we start saying what Jesus says and that causes this natural world to align with God's designs for us.

What is the benefit we get from being in Jesus (v4)? _____.

What are we to do in verse 5? _____.

What negates our doing this (v5)? _____.

What enables us to walk in God's ways (v6)? _____.

What causes men to miss God and do evil (v7)? _____.

What brings health and refreshment to our bodies (v7,8)? _____.

Now write out **3 John 1:2**: _____.

What does God want for your physical body? _____.

Where does this condition come from (**Exodus 15:26**)? _____.

What must prosper in us to enable divine health to come? _____.

What makes up this part of each person? _____.

What has God done about the health of our souls (**Psalm 23:3**)? _____.

Let me explain how God does this under the New Covenant. His first declaration is "I will put my law (way of thinking) in your mind (1st part of soul) and write them in your heart (2nd part of soul). Note, he never overrides our will, so that is what our part is. We need to agree with and accept what God teaches us and renew our thinking (imagining, understanding, believing, analyzing, interpreting and creating – all our mental processes) to align with His. This is how our soul is restored. It removes all the negative baggage and clears our conscience.

Now write out **Psalm 91:10**. _____.

In terms of our health, what would be considered evil? _____.

The Hebrew word for plague is 'nega' [H5061] which Strong's defines as: *a blow (figuratively infliction); also (by implication) a spot (concretely a leprous person or dress): - plague, sore, stricken, stripe, stroke, wound*. Since your body is your dwelling, part of our inheritance is living free from this whole list. Divine health is ours.

Another part of God's provision for divine health is stated in **1 Corinthians 14:4**, "He that speaketh in an unknown tongue edifieth (GK: oikodomeo) himself". Strong's defines 'oikodomeo' [G3618] as "*to be a house builder, that is, construct or (figuratively) confirm: - (be in) build (-er, -ing, up), edify, embolden*". This truth applies to every area of our lives; all 7 of them. As far as our bodies go, a 1980's study done Dr. Peterson at Oral Robert's university showed that extended praying in tongues has significant effects on the well-being of our body. These effects include producing a 30-40% boost to the immune system and a 50% decrease in stress levels. There is nothing in this natural world that can provide that sort of benefit to our physical bodies. This edification is part of what **Romans 8:11** means by "...shall quicken your mortal bodies by his Spirit..."

Finally a quick reminder of **1 Corinthians 11:30**. For one reason and one reason only, many are weak, sick and die prematurely. Why, because they don't rightly discern what Jesus has done for them in the New Covenant. They end up living in guilt and condemnation, which is the root that allows the curse to operate in their lives. For us, it is time to enjoy divine health every day, in every area of our lives by boldly declaring the truth.