



Foundation Scripture: **Proverbs 4:20-23**

I. **Understanding Spiritual Roots**

A. **Proverbs 26:2**

1. Last Week: Generational Curses (Satan understands spiritual authority better than most believers).
2. Sickness is a curse; it cannot come into your life and remain unless there is a REASON!
3. Remember, we have authority to bind and loose (**Matthew 18:18**), but if something has a right to be there, we must dig up the foundation by which it remains. (Many illnesses today are linked to a spiritual root).

B. **Un-forgiveness/Bitterness - #1 spiritual root**

1. If you hold on to something that Jesus paid the price for on the cross, then Satan has a right to hold on to something in you!
2. **Mark 11:25-26** (Notice the disconnect that occurs when you do not forgive; what is sin? Separation from God; So if you are separated from God, you are open to the enemy). (Jesus prayed the most powerful prayer on the cross: “Father, Forgive them....”)
3. Strongholds are exactly what the word implies: Something that has a STRONG HOLD on you! Find out how it got in and you will be able to release its hold!

C. Other Spiritual Roots Identified

1. **Proverbs 14:30** “Envy is the rottenness of bones (osteoporosis).
2. **Proverbs 17:22** “A merry heart does good like a medicine, but a broken spirit dries the bones (immune system).”

II. The Word of God and the Marrow in your bones

A. **Proverbs 3:5-8**

1. **Marrow is the soft, fatty tissue inside of the bones; it is responsible for making billions of new blood cells every day.**
 - It produces red blood cells that carry oxygen.
 - It produces white blood cells that prevent infection.
2. *God’s Word is marrow to your bones (strength to your immune system).*

B. **Hebrews 4:12**

1. This scripture reveals how to stay healthy....
2. Plant the Word (which is alive) in your heart and mind....it will get in your bones (marrow) and keep you well!
3. The Power of Communion – **I Corinthians 11:23-30**