

Sin and Salvation of man

How does the Bible define sin? The Bible tells us that, for all have sinned and fall short of the glory of God (Rom 3:23) We all have yielded to the lusts and selfishness of human nature and have violated God's laws and standards. When a person die in sin, eternal destiny is sealed. Because of sin, they are eternally separated from God and are eternally lost. God has provided a way to escape this death sentence. All sin must be paid for, so God sent His only begotten Son to pay the price for your sins, to pay your sentence of death. Jesus died a horrible death on the cross. Jesus Christ, God's only begotten Son, suffered this torment for you, to redeem you, to purchase you, so that you might have life and have it more abundantly. "I have come that they may have life, and that they may have it more abundantly. (John 10:10)

The explanation of sin is given in this words "Whoever commits sin also commits lawlessness, for sin is the transgression of the law" (1 John 3:4) [ignoring God's law by action or neglect or by tolerating wrongdoing—being un-restrained by His commands and His will] The word transgression means to "go beyond a mark". Adam and Eve transgressed when they violated God's commandment. Sin is a condition of being without law, it is the denial of that which is inherent in the very character of God Himself. All of Scripture's commands and other laws are based on the two great areas of love that reflect God's character (Matthew 22:37-40; 1John 4:8-16; Romans 13:9-10). Sin is behaving in a manner that does not show love to God or to our neighbor. It harms others as well as ourselves. It is especially destructive to our relationships with each other and God. Sin, then, is that which is contrary to God Himself." Any attitude or action that holds the law of God in contempt is sin. God's law defines the difference between right and wrong, between sin and righteousness. "by the law is the knowledge of sin" (Rom 3:20) Jesus said, the approaching end of the age will be marked by the increase of lawlessness—"iniquity shall abound" (Matthew 24:12)

Here are some scriptural definitions of what sin is. 1. The devising of foolishness is sin, (Proverbs 24:9) How much time do we spend in needless joking? Paul writing to the Ephesian reminds them on account of foolish talking .. and jesting....for because of these things the wrath of God comes upon the sons of disobedience. (Eph 5:4,6) 2. All unrighteousness is sin, (1 John 5:17) There should not be any confusion as to what is wrong. Lying, cheating, stealing, murder, adultery, fornication, etc., are all sins. 3. for whatever is not from faith is sin. (Romans 14:23) In other words, we should believe that what we are doing is right and conforms to the principles of God's Word. Hypocrisy is sin. Withholding the truth is sin. In other words, it is a form of denying Christ. 4. if you show partiality, you commit sin, (James 2:9) The Gospel knows no color boundaries, no race distinctions, no social levels, and no denominational barriers when a person is born-again; for we are one in Christ. 5. to him who knows to do good and does not do it, to him it is sin. (James 4:17) Sin is not only doing the "wrong things", but it is also failing to do the right things.

Sin is a harsh reality in the life of man. The life of the un-regenerated man is totally and completely dominated and controlled by sin. Man does not have to learn to sin; his very nature is sin. No child needs to be taught to do wrong (to sin), but must, rather, be taught to do what is right. Sin is disobedience to God. It is doing things that we are not to do, and it is not doing things that we should do. It is not having a Christ-like attitude and not doing what Christ would do in every situation. Sin is being stiff-necked, stubborn, and rebellious to correction from God's Word. Sin is wrong response to God's divine standards. It is rebelling against, falling short, or deviating from the ways that God has established; (Isa 30:21) Sin is not walking in the newness of life, not living and yielding unto God, and not obeying God from the heart. Sin is not yielding your bodies servants to righteousness unto holiness. Sin is not bringing forth fruit unto God or being conformed to the image of His Son. Sin is walking after the flesh and self. There are many evidences of sin that declare the fact of sin: Human Experience: life/death; harmony/discord; light/darkness; beauty/ugliness. chaos, war, bloodshed, hate, murder, corruption, dominance. crime, immorality perversion.

The history of mankind as recorded in the Bible and as we see it today is the story of man's sinful rebellion against his Creator God, and the Creator's salvation plan to bring man back to Himself. This is evident in the purpose of the nation of Israel as a whole, in the Old Testament's sacrificial system, and most magnificently in Christ's sacrifice on the cross. Since sin entered into the world, its powerful effect has only been overcome through the Holy Spirit's work in believers' lives. Sin must be forgiven! And that is the reason for which Jesus came. He came to save sinners. He died for our sins that we might be forgiven. In 1John1:7 we read, and the blood of Jesus His Son cleanses us from all sin. The Bible says, Be not deceived. Sin offers pleasure, but produces death. Sin corrupts man's nature, perverts his tastes, weakens his will, and sears his conscience. Do you want to be set free from the sin, which has an ugly hold upon you as the fangs of a snake, or the teeth of a lion? Then realize our Lord triumphed over Satan. He is victorious over every enemy. In "HIM", you are victorious, too. Are you a slave to an ideology or slave to a system? Unless a man turns his life over to Jesus Christ, he will always be a slave: a slave to his own lust and passion, a slave to sin and Satan. Where will you spend eternity? For your soul's sake, surrender all to Lord Jesus Christ.

Let's consider both how the Bible portrays various aspects of sin and, at the same time, explains why we sin. "As it is written: 'There is none righteous, no, not one; there is none who understands; there is none who seeks after God. They have all turned aside; they have together become unprofitable; there is none who does good, no, not one' (Romans 3:10-12). Almost everyone understands that outrageously aggressive, hostile and self-indulgent behavior is harmful. But not everyone clearly sees the source of such behavior. "The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God" (Galatians 5:19-21) Sin begins in our minds. It starts with harmful thoughts, desires and attitudes. "But those things which proceed out of the mouth come forth from the heart, and they defile the man. For out of the heart proceed evil thoughts ..." (Matthew 15:18-19). Bible tells us that "we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others" (Ephesians 2:3). Disobedience to God's laws always begins in the mind. Jesus cited the evils of anger, hypocrisy and lust to illustrate this principle. "But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. (Matthew 5:22) "But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart" (Matthew 5:28). How easily we deceive ourselves! While we impress others with our own righteousness, we are lawless in God's eyes. Our Lord said, "Even so ye also outwardly appear righteous unto men, but within ye are full of hypocrisy and iniquity" (Matthew 23:28).

Our conscience is merely what we believe to be right or wrong, whether it is or not. When we violate our conscience, we are doing something we think we shouldn't, and thus are compromising with what we think is wrong. "Now the purpose of the commandment is love from a pure heart, from a good conscience, and from sincere faith" (1 Timothy 1:5). We stress that no one is born automatically knowing right from wrong. As we have already seen, an understanding of right and wrong comes from knowing God's law. That knowledge becomes a part of our conscience. If we act contrary to that knowledge, in letter or in spirit, we sin. (1 Timothy 4:1-2). If we continue to sin when we know better, we run the risk of "searing" our conscience so we become less sensitive to sin and thus hardened toward God. Man's very nature wants to deny what sin is. Some men's consciences are so corrupt that it is as if they are seared with a hot iron. They can do the most hideous acts and yet wipe their mouth and say, "I've done no wrong." They feel no shame or guilt no matter what they do. Man's corrupt thinking wants to deny he does or did wrong. He wants to accuse and point fingers at others and justify himself. Man's very nature from birth is wicked from the fall of Adam. People's very nature is wrapped up in self, not in God. When a person follows self, they (Bible calls the old man) is the center of their own universe. When a person follows Jesus, Jesus becomes the center of their universe.

The word that is used most frequently is missing the mark, which means "missing the mark," the absolute inability of man to measure up to God's moral standard. It is the most comprehensive term for explaining sin. "For all have sinned, and come short of the glory of God" (Romans 3:23). God has a high and holy standard of what is right, and so long as man follows the Divine standard he will see himself as he truly exists in God's eyes. The statement of the Almighty is that all men have fallen far short of God's required standard. It is the popular and common practice of men to create their own standards; however, God has established His standard of perfection for entry into Heaven, and all men have "missed the mark" as an archer's arrow would fall to the ground because it fell short of its target. God has demanded absolute perfection, and no matter how one measures himself, he falls far short. Some men measure themselves on the basis of human intelligence, some by educational attainment, some by financial success, some by cultural environment, and others by religious performance. But God refuses to accept man on any of these grounds. He has established His perfect standard, and by that standard He measures every man. The Divine verdict in every instance has been the same, "You have come short, you have missed the mark." "We have before proved both Jews and Gentiles, that they are all under sin" (Romans 3:9) Every man has failed to do what he ought, therefore the term is applied to sins of omission. "Therefore to him that knoweth to do good, and doeth it not, to him it is sin" (James 4:17). So, sinning is not limited to the doing and saying things that are wrong, but it extends to our failure to do what in God's standard is perfectly right, missing that mark, falling short of the honor and worth of Almighty God. But God tells us that we "all have sinned," all have missed the mark, and that if we confess to this fact, admitting that we have sinned, He will forgive and cleanse our sin and guarantee salvation in time and for eternity. Another word that is used for sin is "iniquity" and "lawlessness." Peter used the adjective lawless when referring to the men of Sodom and Gomorrah and Lot's association with them, when he wrote, "For that righteous man (Lot) dwelling among them, in seeing and hearing, vexed his righteous soul from day to day with their unlawful deeds" (II Peter 2:8). The thought here is not merely that of doing what is unlawful according to the standard of men, but of a deliberate disobedience of the known law of God. This explains why there is suffering, pain, and death in the world. In reality it was mankind's disobedience that caused and still causes those evil things to happen.

The origin of sin took place even before Adam and Eve were created (Genesis. 1:26-27) The beginning of sin took place prior to the creation of the heaven and earth (Genesis 1:1). According to Scripture sin first made its appearance in the world in the angelic creation. This angelic creature lived in the heavenly paradise (the heavenly "Eden," see Ezekiel 28:13) One of these angels was a leading angel. He was a special kind of angel known as a cherub (Ezekiel 28:14). Lucifer was once Perfect, but he became imperfect and sinful: Something terrible happened to this shining angel Lucifer!" (Isaiah 14:12). Sin originated in the heart of Lucifer then Satan as a result of pride. Lucifer had a great fall. Lucifer fell into sin, and this sin is described in Ezekiel 28:17 He became PROUD of his beauty, wisdom, and his power. Here is what Lucifer did say in his heart: How beautiful I am! How wise I am! How powerful I am! God is not the only one who is great. I am great also. Why should all the angels worship God? Should they not worship me just as they do God? I WILL BE LIKE THE MOST HIGH! (Read Isaiah 14:12-14 Ezekiel 28:12-17). At first the devil was the only fallen creature. The other angels had not fallen into sin. However, the devil did not remain the only sinful creature for long. He was soon able to convince thousands of other angels to join with him in his revolt against God.

Is pride a problem in our world today? Is this same sin in the hearts of men today? Are there men who have a problem with Self-will? Are there people who have a spirit of Independence? In what forms does this thinking display itself in our world today? Let us consider the five "I WILLS" of Lucifer as found in Isaiah 14:13-14. 1) "I will ascend into Heaven" He desired to occupy the highest heavens: to probe, and to penetrate the kingdom of the infinite God. He wanted to have a very high position! 2) "I will exalt my throne above the stars of God" He wanted a throne from which he could exercise final authority and make decisions pertaining to the angelic host. 3) "I will sit also upon the mount of the congregation" He desired to sit or be enthroned in the highest place having all the angelic assemblies in submission to him. He wanted to be the center of attention. He wanted to be Idolized by all. 4) "I will ascend above the heights of the clouds" Lucifer coveted God's glory for his own. He failed to acknowledge that his glory and beauty all came from and was dependent upon God. In his sinful pride, Lucifer wanted a glory that would impress and dazzle all creatures. 5) "I will be like the most High" He wanted to be equal with God and to take God's place as Possessor and Ruler of all. He wanted to become a completely independent creature who was responsible to no one.

Pride goeth before destruction, and an haughty spirit before a fall.(Proverbs 16:18) "God spared not the angels that sinned, but cast them down to hell, and delivered them into chains of darkness, to be reserved unto judgment" (II Peter 2:4). To this Jude adds, "And the angels which kept not their first estate, but left their own habitation, He hath reserved in everlasting chains under darkness unto the judgment of the great day" (Jude 6). The sin of these fallen angels was a independent act on their part, arising from their dissatisfaction with the place God assigned to them when He created them. Lucifer, who became the Devil, appears to have been the leader of the rebellion. They were angels who rose up in rebellion against God. The world is under the power of Satan and under the curse of sin and death caused by mankind's sin in the Garden of Eden. Sin is what controls the non-believer's life, and sin attacks the believer from evil angles. The work of the devil is to cause us to sin. Sin desires to reign over us. Satan desires to rule over us.

The Scripture is clear in its declaration that "by one man sin entered into the world" (Romans 5:12). Sin is a very real and terrible fact of human life. It came through the sin of "one man," Adam, and thereby "passed" to "all men." How did it all happen? Sin began in the Garden of Eden. God clearly commanded Adam not to eat of the tree of the knowledge of good and evil, and it was Adam's responsibility to make sure Eve clearly understood the Lord's command as well. "Now the serpent was more subtle than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?" (Genesis 3:1) Adam could eat of every tree, except one. God had given Adam a command. Sin is disobeying God's commandments. God also warned Adam of the consequences of disobeying His command. The penalty for disobedience was death. Adam's obedience was going to be tested. Satan is a master of deception. As it is written, that old serpent, called the devil, and Satan, which deceives the whole world.(Rev 12:9) Satan appear to Eve as a creature of grace and beauty with the power to appear as an angel of light.(II Corinthians 11:14). Satan's initial approach was in the form of a question which suggested to Eve that possibly God had placed restraint upon her and Adam. He suggested that God did not mean what He said. God had given His Word, and now Satan appears on the scene to sow his tares.(Matthew 13:24-30, 36-43) And the fact remains that men today still reject the plain teaching of God's Word while they accept the lies of Satan. With the seed of doubt now planted in Eve's mind, Satan waxed bold to deny what God said. "Thou shalt surely die"(2:17) The temptation involved a direct attack against the Word of God. Jesus said of Satan, "He is a liar, and the father of it"(John 8:44), and here we see him introducing sin into the human race by perverting the very Word of God. As we examine how Satan deceived Eve, let us be mindful that he uses many of these same devices on us today. He still uses the familiar suggestion that to obey God is to take out of life all of the possible joy and happiness. And then he boldly asserts his lie that one can break God's laws and sin without suffering or punishment.

The Extent of Sin

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The Bible teaches that sin entered the human race with Adam's transgression. "Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned" (Romans 5:12). Adam was the doorway through which sin entered to all of his posterity because the "one man" is Adam. Adam was the first man and the father of all men, so by virtue of the solidarity of the race, when Adam sinned the entire race sinned in him. Imputed sin is not the only basis for judgment, but the idea of the imputation of Adam's sin to all mankind. God has made it clear in His Word that this all came about through the disobedience of the first man who stood and acted as the representative of his entire future generations. That Adam's fall entailed disastrous consequences upon himself and his descendants. David said, "Behold, I was shapen in iniquity, and in sin did my mother conceive me" (Psa 51:5). Sin entered through the disobedience of one man and thereby penetrated to all men. All men commit sins because all are infected with the sin "If we say that we have no sin, we deceive ourselves, and the truth is not in us" (I John 1:8). "That which is born of the flesh is flesh" (John 3:6). "What is man, that he should be clean? And he which is born of a woman, that he should be righteous?" (Job 15:14). Jesus said, "For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies" (Matthew 15:19). The heart of man is the birthplace of all sinful thoughts, words and actions. "The heart is deceitful above all things, and desperately wicked: who can know it?" (Jeremiah 17:9). In each of us there is sin for which each is accountable. The Scriptures state clearly, "Therefore as by the offense of one judgment came upon all men to condemnation," and "by one man's disobedience many were made sinners" (Romans 5:18,19) Sin is a quality or condition of soul which exists in every child born of woman. It has affected extensively the whole race of man in every age from the beginning of the world on, in every land beneath the sun, in every race. "There is not a just man upon earth, that doeth good and sinneth not" (Ecclesiastes 7:20).

The Effects of Sin

The consequences of sin are doubtless more numerous. "And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden" (Genesis 3:8) Shame, fear, and guilt are often a result of sin. Sin perverts our judgment, and deceives us. It is written, For sin, ..deceived me, and by it killed me. Adam did not see the face of God, but rather they hid themselves. It is written, For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed (John 3:20) They were afraid. Adam did not want his nakedness exposed. He did not want his sin exposed. Sin causes us to be more concerned with what happens to us, than the fact that we disobeyed God. Sin can cause us to be more concerned with our appearance and what people think about us, than the fact that we have sinned against a Holy God. Adam was more aware of his nakedness, than the fact he had disobeyed the Lord God. Adam seemed more concerned with the consequences of what he had done, than with the sin he had committed. Sin seeks a refuge in hiding, lying, and deceit. Our flesh wants to sin, and do those things which are pleasing to our worldly nature, but we don't want to pay the price for what we do. Why should Adam and the woman have been afraid when they were naked? Their nakedness revealed their transgression. We need to understand, By hiding, did they think they would somehow escape the judgment of God? Did they think God would not find them and that He would just go away and forget that they had sinned? If a person is gripped with guilt-feelings which are a result of sin and the convicting power of the Holy Spirit, there is one solution, and only one. He must turn to God, trusting the redeeming work of Christ, and he may be veritably assured of forgiveness and cleansing. To all such the Bible says, "Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool" (Isaiah 1:18) The New Testament adds its word, "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (I John 1:9) When a person feels guilty because of sin, He knows he has transgressed God's law and therefore deserves to be punished. The guilt-feeling grows out of the fact that his fellowship with God has been spoiled. Every sin is an offense against God and stands in opposition to the holiness of God. We should be thankful to God and praise be to God, the Lord Jesus Christ is able to free us from enslaving sin. "If the Son therefore shall make you free, ye shall be free indeed" (John 8:36).

Another consequence of sin is the punishment imposed upon the sinner by God. Since sin is against God, man is guilty of death. And then there follows remind man all through human history of this solemn effect of sin. "The soul that sinneth, it shall die" (Ezekiel 18:4). "For the wages of sin is death" (Romans 6:23) "Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death" (James 1:15). The guilty sinner cannot escape the Divine sentence, "As it is appointed unto men once to die . . ." (Hebrews 9:27). The Bible teaches that there are two kinds of death. The first kind, which is the separation of the soul from the body, This was certainly included in God's warning to Adam, "In the day that thou eatest thereof, thou shalt surely die" (Genesis 2:17). There is a second kind of death, "The second death" (Revelation 20:6, 14; 21:8). This is the final and eternal separation of the man from God. Eternal death is his eternal punishment in the lake of fire (Matthew 25:46; II Thessalonians 1:9; Revelation 21:8). This is solemn truth that should serve as a warning to every man.

The Expiation For Sin

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Expiation is the act of making satisfaction or atonement for a fault. God, because of His nature, not only demands that sin be punished but He also has provided for the sinner's restoration to fellowship with Himself. It is at this point where the death of Christ enters the scene. God could not be satisfied until sin had been fully atoned for. The Bible teaches that by the sufferings and death of Christ, the acceptable Substitute was provided for the sin of man, thereby making His sufferings and death to be vicarious, that is, in the room and stead of the sinner. There could be no expiation for sin apart from the sacrifice of blood, the reason being that God so declared it. "Without shedding of blood is no remission" (Hebrews 9:22). "It is the blood that maketh an atonement for the soul" (Leviticus 17:11). Christ was the sinner's bleeding sacrifice. "Neither by the blood of goats and calves, but by His own blood He entered in once into the holy place, having obtained eternal redemption for us" (Hebrews 9:12). ". . . He appeared to put away sin by the sacrifice of Himself" (Hebrews 9:26). "For He hath made Him to be sin for us . . ." (II Corinthians 5:21). "For Christ also hath once suffered for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh, but quickened by the Spirit" (I Peter 3:18). Expiation means that our sins were laid upon Christ. "The LORD hath laid on Him the iniquity of us all" (Isaiah 53:6). God substituted His own Son to atone for man's sin. "So Christ was once offered to bear the sins of many" (Hebrews 9:28). "Who His own self bare our sins in His own body on the tree . . ." (I Peter 2:24). The chief purpose of the Manifestation of Christ was to offer Himself a ransom for sinners. "Even as the Son of Man came not to be ministered unto, but to minister, and to give His life a ransom for many" (Matthew 20:28). "For the Son of Man is come to seek and to save that which was lost" (Luke 19:10). This is the fundamental theme of the Gospel, "that Christ died for our sins according to the Scriptures" (I Corinthians 15:14), and is therefore essential to Christianity and man's salvation. Our Lord repeatedly said that He must suffer, be killed, and be raised from death the third day. Even in Heaven the redeemed will sing a new song, ". . . For You were slain, And have redeemed us to God by Your blood Out of every tribe and tongue and people and nation," (Revelation 5:9).

Christ's death satisfies the holiness of God. By the holiness 'of God we mean that perfection of God whereby He is absolutely separate from all moral evil. It is the attribute of holiness by which God was especially known in Old Testament times. He said to His people, "Be holy, for I am holy" (Leviticus 11:44, 45). Because of His holiness, there is a great gulf between God and the sinner. The prophet wrote, "But your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear" (Isaiah 59:2). Before sin entered, God and man enjoyed fellowship, but when sin entered, the fellowship was broken and there was an estrangement between God and the sinner. The sinner cannot come near to God because he lacks the holiness that is required in order to appear before His Holiness. Though Adam did not die a physical death for 930 years after he disobeyed God, he died spiritually the instant he sinned, and he felt himself estranged from God Who was holy. Fortunately for us sinners, God met the demands of His own holiness by providing Himself an atonement. Christ's death on the cross was not a compromise but a holy Substitute, a satisfaction. God could not forgive sin without an atonement. The love of God was never more fully demonstrated than in His self-giving, self-sacrificing passion at Calvary (John 3:16).

It is possible to see ourselves as more righteous than we are. This illustrate, Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, a member of a respected religious body, observed the outward requirements of the law. He appeared righteous to others, but he entirely missed the overall purpose of so many of God's laws-loving and respecting one's fellowman. In his heart he still despised other people. He pointed to his outward obedience to exalt himself over others rather than cultivating real love for them. In contrast, the tax collector, a member of a despised profession that was notorious for cheating people, could see that he had been sinning. He came to God repentant, seeking His merciful forgiveness so he could begin his life anew. Jesus concluded His parable by saying, "I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted" (Luke 18:14). Only those who humble themselves enough to recognize their sinful attitudes, desires and motives can find true repentance. Those who remain righteous in their own eyes remain spiritually blinded. To receive God's forgiveness, you must be willing to trust in Jesus Christ as your only hope of salvation. This is done by faith. You receive God's forgiveness through faith. You must be willing to turn from all sin (repent) and obey the Gospel and surrender your will to God's will. Graciously, God has provided His word and the Holy Spirit to overcome sin once salvation has taken place through faith in Jesus Christ. Romans 6:6,7 says: knowing this, that our old man(sin nature) was crucified with *Him*, that the body of sin might be done away with, that we should no longer be slaves of sin. For he who has died has been freed from sin.

Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, (Psalms 103:1-3) എൻ മനമേ, യഹോവയെ വാഴ്ത്തുക; അവന്റെ ഉപകാരങ്ങൾ ഒന്നും മറക്കരുതു.

അവൻ നിന്റെ അകൃത്യം ഒക്കെയും മോചിക്കുന്നു; നിന്റെ സകല രോഗങ്ങളെയും സൌഖ്യമാക്കുന്നു;