

## What ails you?—The Bible as your Medicine Cabinet.

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「いったいどうしたのか？」—薬棚である聖書！  
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The Lord himself has stated, “Seek! And it will be given to you.” Unless you begin to rely on the Lord, nothing will happen; no one will be saved and you won't be able to serve him.

The Lord Jesus, who is the king of kings, stands before us today and asks us, “What ails you? What do you want me to do for you?”

The Lord Jesus is the great doctor who is capable of healing all kinds of diseases, the Savior who turns all misfortune into good fortune, the redeemer who forgives all kinds of sins and the great liberator who releases us from all bondage.

The first disease is stress caused by prosperity of evil-doers. The second disease makes you anxious that you may not be able to meet all expectations from others. In the third disease, you are devastated by circumstances and suffer from intolerable depression. You get the fourth disease, when you are offended by something and you are caught in resentments which you can't get over forever. In the fifth disease, you are filled with anxiety that you may not have been truly saved, which leaves you emotionally unstable. In the sixth disease, you become unsettled out of fear that the Lord Jesus won't lead you anymore. When you get the seventh disease, you collapse to your knees in the depths of despair with no strength to rise up.

We have to be very cautious because these diseases cause severe damage to us and they are highly contagious. We see everywhere those who appear to be physically healthy at a glance, but are sick internally. However, wonderfully, we have a richly filled medicine cabinet that is called the Bible. For medicines from the cabinet of the Lord, there is no need to worry about harmful side effects and they are provided for absolutely no charge. All medicines are highly recommendable, not just to treat illness, but to prevent it as well.

Let us examine one by one in what way the Psalm 37 works on these diseases.

### The First Disease

How does it work on the first kind of disease? If you are stressed seeing those who do evil prosper,

please take some pills from the first bottle.

Don't be angry because of those who do evil, do not be jealous because of those who commit iniquity. Indeed, they soon will wither like grass, and like green herbs they will fade away. —  
Psalms 37:1-2  
[International Standard Version].

David, the author of the Psalms was dismayed and deeply confused when he saw evil doers enjoying a good life. We see too many examples of self-centered people, who pursue nothing but their own interests, but seem to be leading successful lives. These people not only have no love for God, but deny the Lord and do not hesitate even to dishonour the name of the Lord. Nevertheless, their lives seem to be more successful than ours.

It may seem as though hypocrites are accomplishing their objectives through deception. We see every day that deceitful people accumulate their wealth through their deceitful acts. There are also some people who achieve their aims through violence. Advocates of 'revolution' seize the power by force of arms, then oppress innocent people and restrict them from freedom. It looks as if those who deny the true living God and continue their evil deeds are winning triumph everywhere.

When we see such a reality, questions arise one after another, to which nobody can provide a persuasive answer. Many people are left standing at a loss. So now, let us open the cabinet and pick up this medicine, which is a word of God. The verses chosen are; “Don't be angry because of those who do evil, do not be jealous because of those who commit iniquity. Indeed, they soon will wither like grass, and like green herbs they will fade away (Psalms 37:1-2).” It continues as;

Yet a little while longer, and the wicked will be no more. You will search for his place, but he will not be there. — But the Lord laughs at him because he sees that his day is coming! — I once observed a wicked and oppressive person, flourishing like a green tree in native soil. But then he passed away; in fact, he simply was not there. When I looked for him, he could not be found. —  
Psalms 37:10, 13, 35—36.

Please bend the ears of your spirit to the words of the Lord. The word of the Lord has an effect of healing you. Through the words of the Lord, you will suddenly become able to see many different things in a light you have never seen before. You will realize that the true living God is standing above all people. The Lord will never let go of the reins in his hands. The Lord Jesus is fully aware of what all these evil doers are doing. In fact, he lets them do so for a purpose of his own. All his purposes will be

clearly explained on the coming day of the Lord.

When you are upset, or feel envious about someone, just have the word of the Lord as medicine and you will suddenly find yourself with a totally new frame of mind. And then, you will be filled with sympathy for all those who do not know God, have no true hope and thus, are heading toward dreadful eternal destruction. The time for the evil doers is limited. False prosperity will eventually fall.

### The Second Disease

When you get the second disease, you feel anxious about not being able to meet all expectations placed on you. You are worried about losing the credibility of people and feel uneasy about your future, which makes you anxious. If you feel that these symptoms are applicable to you, please take out the tablet from the second bottle. We see words of God like these;

Trust in the Lord and do good. Dwell in the land and feed on faithfulness. — Psalms 37:3.

The command from the Lord is a “supplement that boosts your health.” The Lord demands from us to trust him and to refuse to be controlled by what our eyes can see. It is a wonderful fact that the true living God even cares about our daily bread. Let us look up the example of Elijah from the Old Testament;

“Leave here and go into hiding at the Wadi Cherith, where it enters the Jordan River. You will be able to drink from that brook, and I’ve commanded some crows to sustain you there.” So Elijah left and did exactly what the Lord had told him to do—he went to live near the Wadi Cherith, where it enters the Jordan River. Crows would bring him bread and meat both in the morning and in the evening, and he would drink from the brook. — 1 Kings 17:3-6.

However, to the surprise of Elijah, the river dried up after a while. Elijah was astonished and wondered what was going to happen. But, he actually did not have to worry about anything. It occurred according to the plan the Lord had prepared. The Lord said to him;

Get up, move to Zarephath in Sidon, and stay there. Look! I’ve commanded a widow to sustain you there. — 1 Kings 17:9.

The God of Elijah is our God too. The Lord Jesus is the same, yesterday, today and forever. The Lord gave us this wonderful promise to release us from all worries.

They will not experience shame in times of trouble; in times of famine they will have plenty. I once was young and now I am old, but I have not

seen a righteous person forsaken or his descendants begging for bread. — Psalms 37:19, 25.

The Lord gives us all things we need. We will never be left alone. The Lord has promised that he will always be thoughtful of us. And the Lord is the one who would never lie to us.

God is not a human male— he doesn’t lie, nor is he a human being— he never vacillates. Once he speaks up, He’s going to act, isn’t he? Once he makes a promise, He’ll fulfill it, won’t he? — Numbers 23:19.

When we depend on the medicine of his word, the Lord will fulfill the promise he made to us.

### The Third Disease

When people fall ill with the third kind of disease, they become downhearted, devastated and caught in intolerable desperation. They feel that the Lord must have forgotten them and their prayer would never be heard. When we encounter sudden difficulties, we easily get discouraged and give up hope. ‘I am forgotten, nobody loves me and nobody cares about me’— you feel isolated and sink into despair. At such times, please pick up some tablets from the third bottle.

Delight yourself in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; Trust him, and he will act. He will bring forth your righteousness as a light, and your justice as the noonday sun. Be silent in the Lord’s presence and wait patiently for him. Don’t be angry because of the one whose way prospers or the one who implements evil schemes. — Psalms 37:4-7.

How can the word of the Lord in verses 4 to 7 of the Psalm 37 heal the depression in our hearts? Can we really recover from a devastated mental state by the word of the Lord? I have no clear explanation for this question at all. However, I can only tell you this, “Please take the word of the Lord seriously. Please seek his word personally for yourself. Please obey the word of the Lord.” Then, you will never fail to experience the power of healing.

It is in his word, “Delight yourself in the Lord.” Please look away from yourself, your emotion and your miserable situation in the present. “Commit your way to the Lord; Trust him.” Let us entrust everything to the Lord and believe in the Lord. The Lord Jesus will never disappoint you. Let us be silent in the presence of the Lord Jesus and wait patiently for the Lord Jesus. Those who obey the command of the Lord Jesus will be healed and strengthened.

## The Fourth Disease

When people get the fourth kind of disease, once they get upset, they cannot suppress their anger, which lingers within them and makes them oversensitive. If this is your case, please take out a dose of strong medicine from the fourth bottle. You need to hurry, especially if you are feeling that it is getting too hard to control your temper.

**Calm your anger and abandon wrath. Don't be angry— it only leads to evil. — Psalms 37:8.**

People get disgruntled and upset because of some unexpected reasons. Very often, when we are offended by unkind and insensitive words which make us upset, we forget to control our minds and react reflexively to these words. Paul warned the saints in his Epistle to Ephesians;

**Be angry, yet do not sin. Do not let the sun set while you are still angry, and do not give the devil an opportunity to work. — Ephesians 4:26-27.**

It is understandable that you get angry from time to time. However, please be careful not to turn your anger into sin. Do not give anger a chance. You should not let the sun set while anger and resentment still reside in you. Otherwise, we will easily give the devil an opportunity to take advantage of us.

In other words, we are supposed to swallow the word of the Lord as a medicine before we go to bed. "By his word," our minds need to slow down so that we no longer get caught in anger, become upset, act oversensitive and hold a grudge for a long time. Before night begins, we should renew our relationship with the Lord as well as the relationship with our neighbours.

When we consume these words of the Lord as medicine and take them into our hearts, many of our problems will dissolve before they cause fatal damage. Furthermore, our worries and difficult situation will mostly be resolved. When you get upset with someone and don't want to forgive them, you are hurting yourself more than anyone else. Let us have the medicine of the word of the Lord.

## The Fifth Disease

Patients of the fifth kind of disease have lost the conviction of their salvation and instead come to be filled with anxiety that they may not be truly saved. They are eaten up by skepticism about eternal life and security provided by God.

Those who are not convinced of their salvation and not sure whether the Lord has truly accepted them, are caught up by fear of being thrown out into

darkness, which causes them to live with emotional instability. This is the work of Satan. Aren't you caught up in this unrest and doubt? Very often, Satan begins his attack at night to deprive the conviction of believers. We need a strong medicine to cure this disease that makes the patient feel so miserable. Please open the medicine cabinet of his word.

**The Lord knows the day of the blameless, and their inheritance will last forever. — Psalms 37:18.**

**Though he stumbles, he will not fall down flat, for the Lord will hold up his hand. — Psalms 37:24.**

**Indeed, the Lord loves justice, and he will not abandon his godly ones. They are kept safe forever, but the lawless will be chased away, and the descendants of the wicked will be cut off. — Psalms 37:28.**

**The Lord will not let him fall into his hands. He will not be condemned when he is put on trial. — Psalms 37:33.**

In these verses, the word, 'forever' is used twice. The Lord Jesus has promised that, even if we fail and fall down to the ground, he would never forsake us.

The love of the Lord Jesus would never be severed no matter what happens and he will restore us with his love. The Lord Jesus would never forsake the saved. Those who are redeemed by the Lord Jesus are protected in the "eternal safety."

If you are not convinced of this yet, or have lost it, the only way to obtain the conviction is to return to the word of the Lord. The foundation of this conviction lies in nothing but the everlasting word of the Lord.

Simply rely on the word of the Lord and believe in all promises the Lord has made, just like a little child. If you come to the Lord Jesus with an honest heart, you will find out that the Lord will accept you with eternal love.

The Lord himself has promised, "I will never leave you or abandon you(Hebrews 13:5)." Regardless of whether we can understand it or not, the Lord said, "never." When the Lord says 'never', it is simply 'never' and nothing else.

Those who are accepted by the Lord will remain in his eternal protection. Let us thank the Lord every day for this acceptance that will last forever.

## The Sixth Disease

The sixth disease makes people feel confused and

unsettled about the guidance of the Lord Jesus. They cannot understand the plan of the Lord anymore. They are not sure as to whether the Lord Jesus is even concerned about their work today and the service they are planning to do in the future. Consequently, they lose their motivation and become spiritually fatigued as days go by. What is the medicine of his word that may cure such symptoms?

*A man's steps are established by the Lord, and the Lord delights in his way. Though he stumbles, he will not fall down flat, for the Lord will hold up his hand. — Psalms 37:23-24.*

When we think of the guidance of the Lord God, there is one thing that should always be kept in our minds; more than we are concerned about being guided by the Lord, the Lord Jesus himself is desperately willing to guide us.

If we trust in the Lord, rely on the Lord, look forward to the guidance of the Lord and are willing to rejoice in the Lord alone, the Lord Jesus will absolutely show us the way that leads to his glory and our ultimate blessing. We may stumble and fall down to the ground and it may be repeated a number of times, but still, the Lord Jesus will never forsake us. He will help us, lift us up, renew and toughen us and give us strength.

Young people, from time to time, may suffer from anxiety as to what will happen in their future. Young women may feel uncertain about their marriage and be caught up in fear. If this is your case, please entrust all things to the Lord. Once you entrust all things to the Lord, leave them in the hands of the Lord and surrender yourself to him. The hands of the Lord that were pierced for you, now desire to protect and guide you.

### The Seventh Disease

The seventh kind of disease leaves people in an abyss of despair. They have been wandering around to find an answer to their problems, but now, being unsure which way to go, are dropping their heads into their hands. What kind of medicine would cure such illness? Let us look at Psalm 37, verse 39;

*Deliverance for the righteous one comes from the Lord; he is their strength in times of distress. — Psalms 37:39.*

The Lord is certainly “the strength in times of distress.” You might be suffering in great distress now. However, once you find a refuge in the Lord Jesus and entrust everything to him, the Lord will protect you and become your strength.

The Lord Jesus is completely honest. Please have this medicine. Please consume his word and take it

to your heart. Please bring all your pains to the Lord Jesus and pour out everything in your heart before the Lord. Then, you will never fail to experience the liberation of the Lord Jesus. You will understand from your experience that the Lord removes the burdens that have been ailing you, he takes good care of you and he would never forsake you.

In this article, we have been looking through seven kinds of diseases.

The first disease is the stress caused by prosperity of the wicked.

The second disease is an anxiety of not being able to meet all expectations.

The third disease refers to an intolerable desperation that makes you downhearted and devastated.

The fourth disease is a nervous irritability caused by persisting anger.

The fifth disease is an anxiety as to whether they are truly saved.

The sixth disease is an unrest about the guidance of the Lord.

The seventh disease drives you into an abyss of despair.

No matter how severe the condition of these diseases is, the Lord Jesus will never fail to heal you.

Please let me add two more things before the end of this article.

Firstly, the medicine cabinet of the Bible has a 'mirror'. When we come close to the medicine cabinet, we see ourselves. The mirror shows us our appearance, through which we can see how the true living God sees us. It helps us to recognize our flaws and defects and realize how insignificant and miserable our existence is.

Secondly, as you open the door of this medicine cabinet, you will see that it is filled with a variety of medicine bottles. There are medicines that cure all kinds of pains and worries. However, you will not experience any remedy as long as you only look inside and are impressed by the number of bottles. Just opening the lid of the bottle and smelling the medicine won't have any effect. You need to swallow it. Not until you swallow the medicine does it have an effect. In this regard, we have to pay special attention to what James wrote;

*Therefore, rid yourselves of everything impure and every expression of wickedness, and with a gentle spirit welcome the word planted in you that can save your souls.*

*Keep on being obedient to the word, and not merely being hearers who deceive themselves. For if anyone hears the word but is not obedient to it, he is like a man who looks at himself in a mirror and studies himself carefully, and then*

goes off and immediately forgets what he looks like.

But the one who looks at the perfect law of freedom and remains committed to it—thereby demonstrating that he is not a forgetful hearer but a doer of what that law requires—will be blessed in what he does. — James 1:21-25.

What is in your mind when you face the medicine cabinet of his word? In his third epistle, John wrote to his dearest friend, Gaius;

Dear friend, I pray that you are doing well in every way and that you are healthy, just as your soul is healthy. — 3 John 1:2.

This verse shows that Gaius was spiritually healthy. However, John wished him to be physically healthy too. We see the opposite in most of the believers, don't we? That is to say, although they are physically healthy, spiritually speaking, their condition is miserably deteriorating. Why did it come to be this way? For your spiritual health, please look into the medicine cabinet, which was prepared for you by the Lord, and pick up as much as you need. As James has said, "The one who looks at the word of the Lord and remains committed to it will be blessed in what he does."

It is not good enough to simply 'read' the Psalm 37 a few times. Please contemplate deeply about the promise of the Lord. Please come to the Lord Jesus with all your pains and troubles. Please purify your mind and accept what the 'Word of the Lord' is telling you. 'The Word of the Lord' is a medicine to sedate you. 'The Word of the Lord' not only leads you to the conviction of your salvation, but will give you strength to glorify the Lord so that the Lord Jesus alone will be praised.

Please don't stop taking the medicine of the word of the Lord.

Let everyone who is thirsty come! Let anyone who wants the water of life take it as a gift! — Revelation 22:17.

End