

Dr Paul Enenche



causes of ill health

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Causes of Ill Health

Preacher: Dr Paul Enenche

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Foreword

There are messages that comfort people.

There are messages that inspire people.

And then there are messages that confront realities, expose hidden dangers, and deliver men from destruction.

Causes of Ill Health is one of such messages.

In this timely and deeply practical teaching, Dr Paul Enenche opens both spiritual and medical dimensions of health with unusual clarity, wisdom, and conviction. With the precision of a medical doctor and the insight of a seasoned servant of God, he reveals that many afflictions troubling humanity today are not mysterious when light is applied.

This book goes beyond mere healing sermons. It is a call to responsibility, understanding, spiritual alertness, and healthy living. It boldly addresses biological, nutritional, behavioural, generational, and spiritual causes of sickness while pointing readers back to God as Jehovah Rapha — the Lord our Healer.

As you read these pages, expect illumination. Expect correction. Expect deliverance. Expect healing. Above all, expect a fresh awakening to God's desire for His people to prosper and be in health, even as their souls prosper.

May light arise in your heart as you read.

— Wisdom Epsi

Chief Editor, LivingSermons.com

Table of Contents

Foreword

Publisher's Note

Main Message

Opening Prayer

Objective Of The Teaching

God's Purpose For His Children

Causes Of Ill Health

How To Handle Ill Health

Closing Charge

About the Speaker

About Living Sermons

Join Our Team

We Are Social

Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

Watch the live sermon from which this message was transcribed on YouTube: [Dr Paul Eneche Official YouTube Channel](#)

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Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

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A Spirit-led Publishing Stewardship

Main Message

Begins Here



Opening Prayer

Father, we give You the praise. Father, we give You the honour. Father, we give You the adoration. We give You the worship, the supremacy, and the dominion. Thank You, Master. Thank You, Adonai. Thank You, El Elyon.

Breathe upon this service today. We trust in You and will never fail. Be Thou glorified.

In Jesus' precious Name. Amen.

Give the Lord a big clap and a shout of praise as you take your seat in the presence of the Lord.

Hallelujah!

I welcome everyone here this evening in the precious Name of Jesus. I see the Lord doing so much in our midst. The Commanding the Day Midnight Prayer Hour session is producing so much result. Testimonies are rushing at the frequency of fire, and we believe that something is happening around the earth.

From everywhere, testimonies are coming — from China, from America, from everywhere.

If you have not joined yet, join tonight. Discipline the sleep and join tonight online. Wherever you are, join it, and the Lord bless you in Jesus' Name.

Scripture Reading

Psalm 119:67

“Before I was afflicted I went astray: but now have I kept thy word.”

The Lord bless His Word in Jesus’ Name.

I am speaking very quickly on: **Causes Of Ill Health**

Objective Of The Teaching

Our objective tonight is:

1. To understand the origins of disease.
2. To understand the factors that contribute to ill health.
3. To understand how to handle them.

1

God's Purpose For His Children

There are two things I want to say by way of introduction. First, God's purpose for His children is to prosper and be in health.

3 John 1:2

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

God's purpose for His children is for them to prosper and be in health. Secondly, there is a connection between light and health — between knowledge and freedom.

John 8:32

“And ye shall know the truth, and the truth shall make you free.”

It is clear that the more enlightened people are, especially in the developed world, the more knowledge they have about diseases, and the easier it is for them.

We also have deplorable health conditions in ignorant places — places of high illiteracy. They are filled with high mortality rates. Public health workers will confirm this.

So it is important for us to have light.

It is also important to note that not every sickness is healable by prayer. Some are healable only by knowledge and information.

For example, the person who got diabetes because of a particular lifestyle — there is no amount of prayer you pray for that person until that behaviour changes.

So there are sicknesses that are not healable by prayer alone. They are healable by knowledge. They are healable by change.

Causes Of Ill Health

Tonight, I will be looking at five categories or causes of ill health.

1. Biological Causes

This is where you are dealing with a physiological issue, a pathological issue, or a chemical issue. When I say biological, I mean something traceable to a bacteria, virus, or parasite.

For example:

- Mycobacterium tuberculosis, responsible for tuberculosis.
- Syphilitic infection.
- Malaria parasite.

You can trace the disease to something biological.

It may also be pathological, where there is no infectious agent but an organ is diseased, such as:

- Kidney disease
- Lung disease
- Liver disease

This is biological. We can go to the laboratory and identify the reason.

2. Nutritional Causes

These are food-related issues that affect health.

This may involve: **Undernutrition**

This is where somebody is not eating enough or not eating adequately, as seen in many parts of Africa and the developing world.

Examples include:

- Protein-energy malnutrition
- Kwashiorkor
- Marasmus

Overnutrition

This is where somebody is eating too much. Like they say in America, many people dig their grave with their teeth. I remember going to Tennessee for a programme, and the food they were serving there – there was a jar of Coke. It wasn't sold in bottles. You simply carried a massive cup and served yourself as much as you wanted.

The cost was flat. Drink ten times if you like; nobody would charge you extra. Those who liked food simply finished themselves. One American man told me after our New York meeting, where we spent eight hours in God's presence:

“Keeping Americans for eight hours without eating is equivalent to the miracle of raising the dead.”

There are people whose health problems are nutritional. Too much sugar makes diabetes almost inevitable. Too much salt assists hypertension. Too much fried food increases cholesterol and leads to heart disease. There are people who will not eat anything except it is heavily fried. Too much eating at odd hours also causes fat deposition in the wrong places.

Some of these things are not matters anybody can merely pray about. I trained in Plateau State and attended Jos University Medical School. Among some tribes there, especially those who eat acha and protein-rich meals, it was almost impossible to find diseases associated with poor nutrition.

Meanwhile, in some other regions, peptic ulcer disease was common because of excessive pepper consumption. These are realities.

You must examine your lifestyle and your eating habits carefully. There is a time of the night when meat cannot enter my mouth. I do not struggle with it. Even if you fry and decorate it, my body rejects it at that time.

3. Behavioural Causes

These are lifestyle-related diseases.

The person brought the sickness upon himself or herself through lifestyle.

For example: An alcoholic may eventually develop:

- Chronic liver disease
- Liver cirrhosis
- Hepatocellular carcinoma

He may also suffer from heart disease such as alcoholic cardiomyopathy.

Alcoholism can worsen diabetes.

Smoking

A tobacco smoker is playing with:

- Bronchogenic carcinoma
- Cancer of the lungs

- Hypertension
- Pulmonary tuberculosis

I remember a man my wife encountered during her medical practice. He had hypertension and diabetes, yet he was both a smoker and a drunkard.

The smoking worsened the hypertension, and the alcohol worsened the diabetes.

He was warned repeatedly, but he said:

“I cannot stop it. Habit is hard to stop.”

Eventually, he became critically ill and almost died. After surviving that experience, he stopped smoking and drinking completely. Nobody prayed for him to stop. In the face of death, he changed his lifestyle. There are behavioural habits that predispose people to affliction.

Obesity And Lifestyle Damage

Some people eat continuously until obesity begins to damage their system.

The fat is not only outside the body; it is also deposited around the heart — a dangerous place for fat to be.

We were taught in medical school that everybody’s heart is approximately the size of their fist.

When a person becomes excessively loaded physically, the heart itself becomes greasy and fatty, which is dangerous.

Sexual Immorality And Disease

Immoral lifestyles expose people to sexually transmitted infections such as:

- Gonorrhoea
- Syphilis
- Chlamydia
- Herpes simplex virus
- HIV

These infections come with complications. For women, many affect the fallopian tubes, causing blockage. For men, infections can damage the spermatic system, leading to:

- Low sperm count
- Azoospermia
- Oligospermia
- Poor sperm motility

Reality must be told. Somebody says, “The only thing I do is kissing.”

But even through saliva, diseases can be transmitted. Conditions such as:

- Gum infections
- Human papillomavirus (HPV)
- Infectious mononucleosis
- Hepatitis B
- Hepatitis C
- Helicobacter pylori

can all be transmitted.

That is why I say some things are not handled merely by prayer. They are handled by knowledge and information.

4. Generational Causes

This category involves diseases inherited through the bloodline. They run in families.

Examples include:

- Hypertension
- Diabetes
- Peptic ulcer disease
- Cancer
- Eye conditions
- Mental illness

Doctors ask about family history because genetics matter. As your parents transfer physical features to you, they can also transfer health tendencies. But these things can be dealt with. In the Name that is above every name — Jesus Christ — every negative inheritance is broken.

Amen!

5. Spiritual Causes

These are afflictions that arise from direct enemy wickedness. Arrows of destruction from the pit of hell. I remember a young girl whose classmate asked her:

“Are you using an inhaler yet?”

She replied, “Why should I use an inhaler? I am not asthmatic.”

Before evening, asthma manifested. There are attacks that are spiritual. We have seen people attacked in dreams, and physical conditions appeared afterward.

Some have developed tumours, strange growths, or unexplained afflictions after dream encounters. Others who had never known immorality tested HIV positive after demonic dream encounters.

Some married as virgins but still had blocked fallopian tubes. There are spiritual afflictions that camouflage themselves as natural problems.

2

How To Handle Ill Health

1. Make Jehovah Rapha Your Healer

Exodus 15:26

“For I am the Lord that healeth thee.”

Take God as your healer and deliverer.

2. Eat Appropriately And Healthily

Acts 27:34

“Wherefore I pray you to take some meat: for this is for your health...”

Eat appropriately.

Eat healthily.

Fast wisely.

I know people who damaged themselves through careless fasting practices.

You must be alive before you fast, and you must remain alive after the fast.

Wisdom is profitable to direct.

3. Ask God For Mercy

Proverbs 28:13

“He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.”

If any affliction came through disobedience or wrong living, ask God for mercy.

4. Adjust Your Lifestyle

Psalms 107:17

“Fools because of their transgression, and because of their iniquities, are afflicted.”

Make adjustments where necessary.

Give no room to the spirit of infirmity.

5. Reject Generational Affliction

Jeremiah 31:29–30

Reject every ancestral transfer by the Blood of Jesus.

Galatians 3:13–14

“Christ hath redeemed us from the curse of the law...”

Your spiritual lineage is superior to your natural lineage.

Reject every inherited affliction.

6. Resist Every Enemy Arrow

Isaiah 54:17

“No weapon that is formed against thee shall prosper...”

Fight every satanic arrow aggressively and violently.

The devil is daring, but victory belongs to the child of God who knows his authority.

You may be young spiritually, but the Spirit of God inside you is ageless.

3

Closing Charge

Today, whatever area of your life where the devil has attempted to harass you, tonight marks the end of the harassment.

Hallelujah!

Did somebody receive anything tonight?

Lift your hands and lift your voice. Begin to pray in the Spirit.

Pray in the Spirit.

Pray in the Spirit.

In Jesus' precious Name.

Amen.



About the Speaker

Dr. Paul Enenche is a Nigerian pastor, teacher, and revivalist, widely known as the Senior Pastor of the Dunamis International Gospel Centre. He is recognised for his passionate preaching, prayer ministry, and dedication to advancing the Gospel across nations.

Born in Orokam, Ogbadibo LGA of Benue State, Nigeria, Dr. Enenche founded the Dunamis International Gospel Centre on November 10, 1996, beginning with a small gathering in Abuja. From those humble beginnings, the ministry has grown into a global work with branches across Nigeria and many parts of the world.

Through his teachings and ministry, Dr. Paul Enenche continues to inspire believers to live by faith, pursue intimacy with God, and become instruments of transformation in their generation.



About Living Sermons

Living Sermons is a Spirit-led publishing platform dedicated to transforming timeless messages of God’s servants into books that can reach and impact lives across the world.

Our mission is simple: to preserve the wisdom, revelation, and anointing carried in the preached Word and make it accessible in formats that can be studied, shared, and revisited for generations. By turning sermons into high-quality Christian books and eBooks, we extend the life and influence of each message far beyond the pulpit.

At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and present them in a way that maintains the preacher’s unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

Living Sermons—*the preached Word in lasting form.*



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