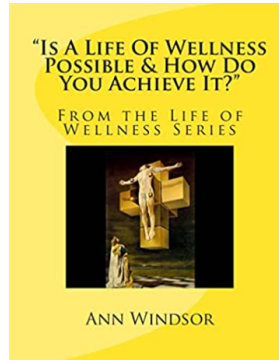


# **“Two Scriptures For Wellness”**

## **Isaiah 53:4&5    1 Peter 2:24**

**Is A Life of Wellness Possible &  
How Do YOU Achieve it? Study #4**  
(Book available from Amazon  
worldwide in softcover & Kindle)



**Just as Aaron & Hur held up the arms of Moses as Israel fought Amalek (Exodus 17:12), these two verses and their original language (Hebrew & Greek) definitions will hold up your arms as you receive your healing. It isn't getting FROM God that you are doing with these two verses. It is recognizing from them that healing has already BEEN PROVIDED and you are using these two verses to PUT ON/WORKING OUT what you have been given at Salvation. Forgiveness of sin and divine healing are TWO Sides of the SAME COIN. Enjoy 'feeding' these definitions into your heart and mind.**

**Ann Windsor**

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**Isaiah 53:4&5: Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted.  
But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.**

**Isaiah 53:4: Surely he has borne our griefs and carried our sorrows**

**He has 'borne'**

**Hebrew 'nasa'**

**To bear in the sense of suffering punishment for someone else.**

**He has borne our 'griefs'**

**Hebrew 'kohlee'**

**to be weak, sick or afflicted**

**He has 'carried'**

**Hebrew - 'sabal'**

**to bear something as a penalty or chastisement**

**He has carried our 'sorrows'**

**Hebrew - makob 'pains'**

**Physical & Mental**

**Isaiah 53:4 should read:**

**Surely he has borne our sicknesses  
and carried our pains.**

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**Isaiah 53:5**

**He was wounded for our transgressions, He was bruised for our iniquities; the chastisement of our peace was upon Him and by His stripes we are healed.**

**Wounded: pierced/profaned**

**Transgressions: rebellion**

**Bruised: crushed, shattered**

**Iniquities: guilt & punishment**

**Chastisement: correction/discipline**

**Peace: in all areas & ways**

**Stripes: bruise, stripe, wound, blow**

**Healed: cured, repaired**

**Healed** - Hebrew 'rapha'  
to mend, to stitch, to repair,  
to restore, to cure thoroughly,  
to make whole.

**Peace:** completeness, soundness, welfare, peace  
completeness (in number)  
safety, soundness (in body)  
welfare, health, prosperity  
peace, quiet, tranquility, contentment

**Isaiah 53:4&5 should read:**

Surely our sicknesses he has borne and our pains he has carried. He was pierced for our rebellion, He bore our guilt and took the punishment for our transgressions, the correcting discipline that brought us completeness was laid upon him and BY His bruise, stripe, wound, blow, we are mended, stitched, repaired, restored, cured thoroughly, made whole.

\*

1 Peter 2:24

(Green) who "Himself carried up in His body our sins" onto the tree; that dying to sins, we might live to righteousness, of whom "by His wound you were healed.

**Healed**

Greek: iaomai  
to cure, to heal or make whole

