Answer:  Some Christians wonder whether seeking medical treatment or using herbal remedies shows a lack of faith. But when we look at Scripture, we see that taking care of our physical health is not only acceptable it is also consistent with God’s provision and wisdom.

1. Jesus Affirmed the Role of Doctors

> *In Mark 2:17 (NIV), Jesus said:*
>
> *“It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.”*

Jesus used the role of a physician to explain His mission, implying that it is natural and right for sick people to seek help from doctors. By doing so, He affirmed the value of medical care. Going to the hospital does not mean a Christian lacks faith it simply means they are making use of the resources God has provided.

2. God Uses Natural Means for Healing

Many modern medicines are derived from plants that God

created. In the Old Testament, God instructed His people to use natural elements in healing. For example:

> *Ezekiel 47:12 (NIV):*
>
> *Their fruit will serve for food and their leaves for healing."*

> *Revelation 22:2 (NIV):*
>
> *And the leaves of the tree are for the healing of the nations."*

This shows that God has placed healing properties in creation. Using herbal remedies like neem (mwarobaini) or aloe vera is not unspiritual; it is using God-given wisdom as long as it is done with the right motives and without involving ungodly rituals.

### 3. Avoid Mixing Medicine with Idolatrous Practices

What God strictly forbids is associating healing with unbiblical

spiritual practices. When someone is told to sacrifice an animal, chant incantations, or place herbs under the bed as a ritual, they are entering the realm of idolatry. These practices violate the first commandment:

> *Exodus 20:3 (NIV):*
>
> *“You shall have no other gods before me.”*

> *Deuteronomy 18:10–12 (NIV):*
>
> *Let no one be found among you who...practices divination or sorcery, interprets omens, engages in witchcraft...Anyone who does these things is detestable to the Lord.”*

A Christian must not rely on or mix their faith with superstitions or occult practices. However, preparing and using herbs at home while praying in the name of Jesus is entirely acceptable.

> *Colossians 3:17 (NIV):*
>
> *And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”*

4. Faith for Healing Without Medicine Is Also Valid

There are believers who trust God for healing without any physical means choosing not to go to a doctor or use medicine. Their faith rests entirely in God’s supernatural power.

> *Matthew 8:17 (NIV):*
>
> *He took up our infirmities and bore our diseases.”*

> *Psalm 103:2–3 (NIV):*

> *Praise the Lord, my soul...who forgives all your sins and heals all your diseases."*

This too is acceptable, because God can heal both through natural means and by His divine power. The key is that each believer should act in faith, according to their conviction, not out of fear or superstition.

> *Romans 14:23 (NIV):*
>
> *"everything that does not come from faith is sin."*

Conclusion:

Whether through hospitals, herbal remedies, or supernatural healing, God is the ultimate source of all healing. What matters is that we trust Him, act in faith, and avoid anything that dishonors Him.

> *1 Corinthians 10:31 (NIV):*
>
> *“So whether you eat or drink or whatever you do, do it all for the glory of God.”*

Be blessed!

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