QUESTION: Is it right for a Christian to use herbal steam therapy, especially now during times of respiratory illness? What does the Bible say about it? Does Job 5:3 speak against using herbs or roots in this way?

Job 5:3

> “I have seen the foolish taking root, but suddenly I cursed his dwelling place.”

ANSWER: Herbal steam therapy—is a traditional method of relieving respiratory symptoms, and it functions like any other form of medical treatment. Scripture does not condemn the use of natural remedies. In fact, the Bible affirms that God created plants for human benefit.

Ezekiel 47:12

> “Their fruit will be for food, and their leaves for medicine.”

Similarly, Revelation 22:2 speaks of *“the leaves of the tree [being] for the healing of the nations.”* These verses support the idea that God provided natural resources, including herbs, for health and healing.

However, the key issue is intention and association. Using herbs becomes spiritually dangerous when it is tied to superstitious or occult practices—when remedies are mixed with ungodly rituals, invocations, or conditions. For instance, being told to perform rituals like drinking in secret, being naked, or speaking certain words while using the herbs indicates a move from treatment into idolatry or sorcery, which Scripture clearly condemns.

Deuteronomy 18:10–12 warns against practices linked to divination and magic:

> “There shall not be found among you… one who practices witchcraft… or a sorcerer… For all who do these things are an abomination to the Lord.”

Now, regarding Job 5:3, it is misapplied if used to forbid the use of

herbs. The “roots” in that passage are not about medicine but about the false security of the wicked. Eliphaz, the speaker in this chapter, is observing how foolish people may seem to prosper and become established (“take root”), but God’s judgment will ultimately fall on them. The passage is more about moral judgment than physical health or herbal use.

What should Christians understand today?

Using herbal therapy is not sinful in itself—it can be part of God’s provision for health. But the explosion of sickness in the world is also a wake-up call. According to,

Luke 21:11, Jesus said:

> “And there will be great earthquakes in various places, and famines and pestilences; and there will be fearful sights and great signs from heaven.”

These things are not random—they are signs of the last days and God’s call for repentance.

So, the deeper question is not just about therapy—it’s about the state of your soul.

Have you given your life to Jesus?
If not, you are exposed to more than just physical danger—you are under the judgment of God.

John 3:36 says:

> “He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him.”

Now is the time to repent and receive Christ. We are living in critical times, and your salvation is the most urgent need of all.

Shalom.

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