

I will take sickness away

Exodus 23:25 “You shall serve the Lord your God, and He will bless your bread and your water; and I will take sickness away from among you.”

That verse is part of a covenant promise in the book of Exodus, where God is outlining the expected relationship between Israel and Him after the exodus from Egypt.

In context, Exodus 23 is part of a larger section often called the “Book of the Covenant” (Exodus 20–23), which contains laws and promises tied to Israel’s life in the land they are about to enter. The verse you quoted emphasizes three linked ideas:

1) “You shall serve the Lord your God”

This is the condition. The relationship is framed as covenantal loyalty—exclusive worship and obedience rather than devotion to other gods or systems.

2) “He will bless your bread and your water”

Bread and water are basic necessities of life. The promise is not just prosperity in a modern sense, but provision—God ensuring that daily needs are met if the covenant relationship is kept.

3) “I will take sickness away from among you”

This reflects an ancient understanding of divine protection, where health, fertility, and stability were seen as signs of blessing tied to communal faithfulness.

How this is generally understood

- In the original setting, it’s a *national and communal promise* to Israel, not a universal guarantee to every individual in every circumstance.
- It reflects a “covenant theology” pattern: obedience is associated with blessing, while disobedience later in the text is associated with consequences.
- Later biblical interpretation (especially in wisdom literature and the New Testament) complicates a simple “obedience = health and wealth” formula, showing that righteous people can still suffer and that suffering is not always tied to personal sin.