Is physical illness a stronghold? I have a Christian friend who keeps saying she doesn't understand why a certain stronghold (a physical illness) can't be broken in the life of a buddy of ours who is dying. She believes she needs to atone for the sins of his family's sins and keeps asking for forgiveness to break that stronghold so he'll be healed. This sounds wrong to me. But she obviously loves Jesus and is a believer.

In our fallen world physical ailments are a reality (Ro 5:12–19) until the new heaven and new earth come when all things will be made new (2 Co 5:17). Men now are "jars of clay" (2 Co 4:7) or "vessels of broken pottery" (Ps 31:12) and at times one must accept the reality of his lot in life (Pr 13:12).

Believers may ask (Ps 103:2-6, Jas 4:2, 5:14, 15) in faith (Mt 9:20–22; Jn 4:46–53) for healing but they cannot demand it. Healing belongs to God (Ge 20:17, 18).

When one remains ill (Ro 8:22, 2 Co 12:7-10, 2 Ti 4:20), it is not due to a lack of faith of his part (Lk 13:4–5).