

THE KINGDOM OF GOD IS NOT IN WORD BUT IN POWER

1st Corinthians 4:20

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*Journey to
healing and
wholeness*

Through correct philosophies
and right thinking

Paul Halbeck

Journey to healing and wholeness

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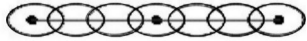
2014 written by Paul Halbeck

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Journey to healing and wholeness
Through correct philosophies and right thinking

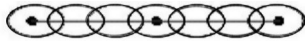
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Dedication



This book is first and foremost dedicated to my Lord and Savior, Jesus Christ and God's Holy Spirit, without whom I would never have been able to write this manuscript. Secondary, to my parents who have always been there for me and over the years have made many personal sacrifices for me. And lastly, many thanks to my proofreaders, who helped make this book one of high quality and to those who helped me bring this manuscript to publication.

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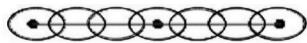
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Introduction



My motivation for writing this manuscript was not to write a book and see my name on the cover; rather, it was my way of writing a journal. The focus of this writing is the revealed truth within God's Word that was given to me, for His Word is unchanging and can bring life and life more abundantly. Whereby, our emotions and the situations that we go through are ever-changing and writing about them will produce no eternal value.

This is written as a "healing journey," not just as a book on healing. I think you will find it to be much broader in its scope than that. For I am writing this not just from academic knowledge, but as I write it, I am also going through this same journey to receive my healing. Some of the sections in this book you may not think are very relevant to the subject of healing, but they all apply. For the issues that we carry with us, whether physical or emotional, affect us as a whole person and should not be dissected into smaller components.

Just a little about me, At a early age, less than one year, I came down with a life-threatening and crippling condition that, after the smoke cleared, resulted in symptoms that looked very much like cerebral palsy (CP). Through my growing years, I overcame many of these limitations, learned how to walk and talk and afterward learned to be content and complacent with my condition. It took many years before I got to the point where I was no longer satisfied with my limited degree of healing and that is where this journey starts.

First, I wrote what I consider to be beginning mind-sets that I believe kept me from reaching my full healing at an earlier age, for I am now fifty-five years of age. The website PowerMinistries.info, where this healing journey also resides, was started about ten years ago, around the year 2000, out of an interest to learn God's Word and two years later, I took off for a Bible college. After many years of saturating myself in God's Word, I knew it was time for my healing, not just more partial healing, enough to get by on or slow labor-intensive growth, but complete wholeness through God's Word.

As you go through these teachings, know that healing is a journey. By this, I do not mean a journey of slow physical improvement over a number of weeks, months or years. People use this as a justification, rather than to believe and receive healing solely from God's Word. However, even when physical healing comes instantaneously and overnight, it still took a process of time for us to renew our mind and get to the place where we could receive our healing. God has provided several ways within His Word to pursue healing. If one way doesn't seem to work for you pursue another way, but do not give up! I assure you that if you draw a line in the sand as to how far you will go to get your healing, our adversary will make sure that you cross that line. In many ways, it is your choice. Are you going to remain steadfast until the end, resting in the truth of God's Word and become that overcomer or are you going to give up, choose to make the best of your physical sickness or limitation and settle for second best?

The sections I have written are by no means exhaustive, there is much more to be said about each point. However, I have tried to address most mind-sets that hinders us and most ways that allows us to receive healing from God.

It is my wish that everyone reading this, no matter what their condition might be, regardless of how it came upon them or how long they have had the condition, will find their healing. That a seed will be planted and they will rise up and say, "It is time for my healing," Knowing the truth that they are a child of God and that life and health are part of the gospel. If you cling to the truth, you cannot fail. For Jesus said, "And you shall know the truth, and the truth shall make you free," [John 8:32](#). This journey will first show you the truth of God's Word and in the truth you will find your personal healing.

Section One

*Beginning
mind-sets*

God's Word, the healing power



God's Word can heal you regardless of what you currently believe. Acknowledging that Jesus is the Son of God and being born again is not necessarily a prerequisite to healing. I write this to quench any personal bias you might have, that God is a respecter of only certain people groups or of only believers. Scripture tells us that God is not a respecter of persons, [Acts 10:34](#), [Romans 2:11](#), [James 2:1](#). Everyone can be healed by God's Word, for Jesus said to the Jewish leaders, "if ye believe not on Me, believe in the works that I do, that you may know that the Father is in Me and I in Him," [John 10:38](#). Jesus used physical healing and other tangible signs to give people an opportunity to believe in God.

During His earthly ministry, Jesus used healing to call people to God. For Jesus sent His disciples both to preach the kingdom of heaven and to heal the sick, in no certain order. When He sent out the twelve disciples, He sent them to "proclaim the kingdom of God and to heal the sick," [Luke 9:2](#). Later when He sent out the seventy, He said, "Heal the sick that are therein, and say to them, The kingdom of God has come near you!" [Luke 10:9](#). Therefore, everybody is eligible to receive God's healing. However, if you wish to retain and walk in God's divine health and provision, you will need to have a knowledge of His Word and promises.

Whether Jesus is the Son of God, is a question that all of us must answer. It cannot come solely through book learning or by what someone else teaches us. Our quest may start out that way, but it must become a decision of the heart. Even historical records and most other religious beliefs acknowledge that a man named Jesus lived over two thousand years ago. However, we must believe in what He did and said, for Jesus made some incredible statements and did many mighty works. Ignoring the matter is not an option. We must either believe that Jesus is a liar, a lunatic, or our Lord and Savior.

Understanding that Jesus is the Son of God is essential to receiving from the Word. Therefore I have listed verses that claim Jesus to be the Son of God. For a larger list, [click here](#).

Old Testament prophecy foretells of His coming; [Isaiah 9:6](#).

His name will be, Emmanuel, Jesus – the Son of God; [Matthew 1:23](#), [Luke 1:35](#).

God acknowledged Jesus as His Son; [Matthew 3:17](#), [Mark 1:11](#), [Mark 9:7](#).

His disciples acknowledged Jesus as the Son of God; [Matthew 14:33](#), [John 6:69](#), [John 20:28](#).

Jewish leaders accused Jesus of being the Son of God; [Matthew 27:43](#), [John 19:7](#).

The sick referred to Him as, the Son of David or the Son of God; [Matthew 8:29](#), [Mark 3:11](#), [Luke 8:28](#).

Jesus said that He was the Messiah, the Son of God; [Matthew 26:64](#), [Mark 14:62](#), [Luke 22:70](#), [John 4:26](#), [John 9:37](#), [John 10:36](#).

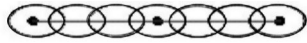
If people were healed in the earthly ministry of Jesus and afterwards by the disciples and apostles, God's Word can heal us today. For, "Jesus Christ the same yesterday, and today and forever," [Hebrews 13:8](#). Jesus Christ came to us as God's Word (*in the*) flesh, [John 1:14](#), therefore we can also say that God's Word is the same yesterday, today and forever. The Word has the same power to heal today as it did yesterday.

Action to be taken:

God's Word, the healing power

- Work up within yourself a desire to know the truth of God's Word. Teachings and a way of salvation can be found on <http://PowerMinistries.info>

Knowing that God is your Father



Everyone was created by God, but God only becomes our true Father at the time of our genuine salvation. Unless we believe that Jesus is the Son of God (God's only-begotten Son) and that God raised Him from the dead, **Romans 10:9**, scriptures tell us that we do not have God as our Father.

Whosoever denies the Son, the same has not the Father: he that confesses the Son has the Father also, **1st John 2:23** (ASV).

Jesus said unto him, I am the way, the truth, and the life: no man comes unto the Father, but by Me, **John 14:6**.

Unbelievers and those who do not acknowledge Jesus as the Son of God, cannot claim God as their rightful Father, for, Jesus spoke to certain Jewish Pharisees who acknowledged God and told them that they were of their father the devil.

⁴² Jesus said to them, If God were your Father, ye would love Me: for I proceeded forth and came from God; neither came I of Myself, but He sent Me. ⁴³ Why do ye not understand My speech? *even* because ye cannot hear My word. ⁴⁴ Ye are of *your* father the devil, . . . , **John 8:42-44**.

Without having God as our real Father, we cannot understand who we are in Christ and this will hinder us from receiving from God. The theory of evolution has misconstrued the truth that we are children of God. It denies or at the least, minimizes our rightful identity in Christ. We must realize that we are in the family of God, rather than just an animal that now walks on two feet. Scripture tells us that, "All flesh is not the same flesh: but there is one kind of flesh of men, another flesh of beasts, another of fishes, and another of birds," **1st Corinthians 15:39**. And that we are fellow citizens with the saints and of the household of God, **Ephesians 2:19**. To have access to Christ's inheritance, we must be a family member. For an inheritance goes only to someone within the family, otherwise it is called a will. God created both male and female in the image of God. We did not evolve from monkeys or apes; we were made in the image of God, **Genesis 1:27**. The theory of evolution, claiming that all life evolved from a primitive single cell and evolved into many different species, is just plain wrong.

This section is not meant to go into depth on the issue of evolution. If you wish to look into this further, I have a paper called, "[The Big-Bang Theory, Evolution and the Creation Account](#)." Building on a proper foundation of our creation origin, is essential to knowing who you are in Christ. For the way that you view your origin will either become an aid or a hindrance to you as you grow in Christ.

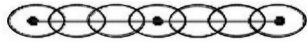
If we have been born-again and realize that we are made in God's own image, **Genesis 1:26-27**, understanding that we are children of God. We will then not only accept the fact that we are rightful heirs of Christ's inheritance, **Romans 8:17**, but we will also expect to receive the blessings and the inheritance that have been made available to us, **Ephesians 1:3**, understanding that God is our rightful Father.

Action to be taken:

Knowing that God is your Father

- You must be born-again to truly realize your true identity in Christ and to be able to receive the full inheritance that is rightfully ours in Christ Jesus.
- Praise Him because He is Father to all those who acknowledge His Son and He has provided for all believers His Spirit to live within us. And scripture says, "If God is for us who can be against us?" **Romans 8:31**.

Realizing that God is a good God



Knowing that God is good is foundational and essential to receiving anything from God. For no one expects to receive good gifts from someone they perceive to be less than good. This also holds true for our thoughts about God. I started writing this healing journey shortly after I realized that God was good. It was a gradual learning process for me taking over fifty years and realizing this became the turning point to truly believing that my healing would come. It is one thing to say that God is good (most Christians know that this is proper church etiquette), but believing and knowing this in your heart is a very different thing. This new foundational knowledge made such an impact on me that I knew my healing was just around the corner and that I needed to share my journey with others.

We can have great knowledge of the Word, knowing that sickness is not of God and realizing that healing is of God. And without knowing that God is good, you will stay stuck and you will be wondering why God does not heal you. From an early age, I attended church and was told that “God was good,” but the questions that I had about my condition and infirmity were never addressed. It was simply understood that you were not to question this, you are just to, “bear your own cross” and realize that God is good. And to darken my understanding even more, the doctrine of the traditional church I went to was that God makes all things happen or at the least approves of all things that do happen. This is a terrible doctrine and has caused many people to view God in a negative light. If we base our decision on our feelings, it is little wonder why we see God this way.

If you blame God or accredit God with your infirmity, I assure you that you do not believe that God is good, this holds true in my experience. For the first twenty years, I believed that God caused or at least allowed my disability. For the next thirty years, I believed all the false worldly teachings that nothing happens that God did not make happen, approve or allow. After I completed three years of Bible college and had been praying with people on their prayer-line, my view of God slowly began to change. I was not even trying to adjust my viewpoint, for like all of us, I thought there was nothing wrong with my view of God. However, since I have started viewing God, not as my foe but rather as being for me, I have experienced more supernatural blessings than in the first fifty years of my life. If you attribute God with causing or allowing your sickness, you do not see God as the good God that He actually is. For the question still remains, why did God do this to me or let this happen to me? And the resentment grows as you see all of your friends well. And we continue not seeing Him as a good Father, who wants the best for His children. And by holding on to this belief, you are actually stopping yourself from receiving.

In the parable of the servants left with their master’s money, the servants were told to do business until the master returned. The servants who did business and made a profit, were rewarded with a “well done.” However, the servant who did nothing with the master’s money, gave the reason in Matthew’s account, that he knew the master was a hard man. Luke’s account says that the servant feared the master. In both versions, this servant was judged harshly, according to his own perception, of how he believed the master to be, for the master said, “I will judge you out of your own mouth,” [Luke 19:22](#). This parable is in both [Matthew 25:14-30](#) and [Luke 19:12-27](#).

Our first thought when looking at this parable is usually that this servant did nothing with the money or talent that was given to him. Instead of looking at the action done, we should focus on the attitude of the servant, i.e., “I knew you were a hard man” and “I feared you”. For our thoughts always foretell what we are willing to do in a certain situation. When we see God as a good Father, we will act differently and thus we will be able to receive His blessings, goodness and mercy.

How we perceive and judge a situation is a reflection on us, for our judgment always returns to us. Jesus said, “For with whatever judgment you judge, you shall be judged,” [Matthew 7:2](#). Likewise, He said, “Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you shall be forgiven,” [Luke 6:37](#). Nether scripture speaks of the action or the sin being done, but rather about the returned effect on the person doing the judging. For years, I thought of God as impersonal and uncompassionate and that is exactly what I reaped. Not believing that, “God is a good God,” will keep us from receiving. For we have judged Him to be less than good and that is what we shall reap, (less than good).

We must understand that God is a good God, because His Word says He is, not because of our circumstances or emotions. If we are trying to conclude that God is good by our circumstances, we will always be wavering back and forth. This world can be a cold and harsh place and none of us leave this world unscathed. If we base God’s goodness on our worldly circumstances, we will be up one day, perhaps neutral or unmoved most days and down on certain days.

I have seen several situations in which people were on an emotional high, perhaps they were entering into marriage, or found their dream job, etc., and suddenly, their praise to God entered into a higher level. Then, when they came off of their emotional high, even though they still read the

Realizing that God is a good God

Word and praised God, their level of praise returned to where it once was or perhaps even a bit lower. We must not perceive God's goodness by our emotional highs and lows, for "God is the same yesterday, today and forever," **Hebrews 13:8**. Hence God is good all the time. We need to praise Him because His Word is true and His Word tells us that He is a good God. "God is love," **1st John 4:8**. The attributes of love are, "Love suffers long, is kind; and does not envy, is not vain or puffed up. Does not behave itself indecently, seeks not her own, is not easily provoked, thinks no evil. Rejoices not in iniquity, but rejoices in the truth. Bears all things, believes all things, hopes all things, endures all things. Love never fails," **1st Corinthians 13:4-8**. Since love thinks no evil, there can be no evil in love. If we meditate on this truth, we will realize that God is always good.

We must believe by faith and not by human logic. Believing that God raised Jesus from the dead takes a step of faith. Likewise, we must believe that God is good from a foundation of faith. The world only believes in their physical senses, thus they reap only known physical things. We cannot realize God's love through our physical senses. Believing that God is good cannot come from our intellect alone it must also come from our heart by faith.

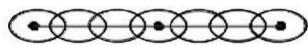
God is good, is a truth rather than just a fact. The difference between a fact and a truth is that a fact over time will change, but a truth is eternal. Two plus two is four, is a true statement and will be true tomorrow and always. Mike, the postman, delivered my mail today, that is a fact, but over time, Mike will not be delivering my mail. A fact may be true for a given time, days, years, or even entire generations, but it is not an eternal truth. Our eternal truth is God's Word, Jesus Christ, God veiled in the flesh, and the Word says that God is good. If we believe His Word to be true, we must believe all of it to be true, we cannot pick and choose what we want to believe and discard, ignore or justify the rest.

Action to be taken:

Realizing that God is a good God

- Examine your belief, do you believe God is good?
- Meditate on the goodness of God and on things that are uplifting and edifying, **Philippians 4:8**.
- Count your many blessings.
- In this section, praise God because He is good, He has good thoughts towards you, **Jeremiah 29:11** and mercy and goodness shall follow you all the days of your life, **Psalm 23:6**.

Knowing God's love for you



For God so loved the world, that He gave His only-begotten Son, that whosoever believes in Him should not perish, but have everlasting life, [John 3:16](#).

God commended His love toward us, in that, while we were yet sinners, Christ died for us, [Romans 5:8](#).

We love Him, because He first loved us, [1st John 4:19](#).

And hope does not make *us* ashamed, because the love of God has been poured out in our hearts through *the* Holy Spirit given to us, [Romans 5:5](#).

Just knowing that God is good and understanding His love for you can be enough to find your healing. When I was going through the brunt of my physical condition, I did not believe either of these truths. I viewed God as a harsh God and I stubbornly held on to that belief for many years. However, the moment that I began to realize that God is good, a calmness and peace came to me along with signs and encouragement for my full healing.

Before we can love God or others, we first must know His love towards us and operate in that love. For everything works by love, "faith works by love," [Galatians 5:6](#). Love is the foundational building block for everything. God not only loves His people, but God is the essence of love. We could say that God is a pure Spirit of love, as seen in these two scriptures:

God is a Spirit: and they that worship Him must worship *Him* in spirit and in truth, [John 4:24](#).

He that loves not knows not God; for God is love, [1st John 4:8](#).

It is absolutely necessary to start your journey with a clear understanding of God's love for you. For any gift received from God has an underlying foundation of love and must be received in love. Most of us would agree that God's gifts come packaged in love; however, we must also receive them in love. This is usually what hinders us from receiving, even though we desire the gift. We must be able to receive it in love. This also holds true for the gift of divine healing and health. If you harbor bitterness, resentment (emotional hurts of any kind), regardless of how you justify them. Those feelings will hinder your gift of healing and perhaps prevent you from ever receiving them. If you do not build upon a foundation of love, you are hindering yourself before you even begin.

Know that God's love for you is not just a corporate thing, such as, I love this body of people. God does love the church as a body, but His love also extends to each of us individually. He desires to have a personal relationship with each one of us. For God paid the ultimate price. He sacrificed His only Son so that we could be redeemed and He gave us His Holy Spirit to live within us, [Galatians 4:6](#). He gave us the written Word telling us how He feels about us and that He has good thoughts and plans for us, [Jeremiah 29:11](#). And it is now up to us how we are going to respond to Him. Will we accept and receive all that He has done for us or reject His gifts? Before you continue your healing journey, it is essential that you accept God's gift of love.

Most people acknowledge God's power more than they do His great love for His people, the scriptures refers to both of these attributes. It is easier for us to acknowledge a power that may have a tangible outcome, rather than to acknowledge a love that we do not always feel or experience. However, knowing His love for us is a foundational step we must take in order to progress in the Lord. For if we are bitter, focusing on past hurts or wrongs, we will not receive God's love to its fullest and thus we will also not be able to receive His gifts. For His gifts must be received in a spirit of love. For it is impossible to be angry, fearful, bitter, selfish, (put whatever dark emotion that applies) and operate in love.

Knowing God's love may not come to you initially through a feeling. We first need to establish this truth through what His Word says. If we are determined to confirm God's love to us through a feeling, an emotion or circumstances, we may never realize God's love towards us. It must be a personal decision, based on viewing the scriptures as the truth. Once we have a revelation of the scriptures, we will realize that God operates through the principles of love. He sees us through eyes of love and that is also how He wants us to operate and see Him.

Once we know that we are loved, praise will come naturally; it will no longer be a forced practice. You will want to praise Him, there will not even be the question, if you should or what others might think about you. For you will only be aware of the depth of gratitude that you have for the Lord. One person, after having come off of many years of street drugs, asked me, "Why God would love me?" We usually view the other person as being cleaner, but all of us have fallen far short of what a true son or a daughter of God should be, "for all have sinned and come short of the glory of God, being justified freely by His grace through the redemption that is in Christ Jesus," [Romans 3:23-24](#). I told this person that all of us could ask ourselves this same question, the truth is that God chose to love

Knowing God's love for you

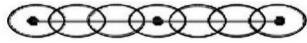
us; it is nothing that we have done. Our good works will not make Him love us more, nor will our bad works make Him love us less. God loves us because we are His own creation, made in His image, [Genesis 1:26](#), able to receive His Spirit, [Galatians 4:6](#), and bought with a price, (the blood of His only-begotten Son), [1st Corinthians 6:20](#). Scripture tells us that Jesus endured the cross for the joy set before Him, [Hebrews 12:2](#), and not out of obligation. For God could see the potential within us, even though at times, we cannot. Scripture tells us that we are of much more value to God than many sparrows, [Matthew 10:31](#) and [Luke 12:7](#). My advice here is not to over analyze this question, just graciously accept and acknowledge that God loves you. His love goes far beyond what we could ever comprehend with our earthly mind, His love is amazing!

Action to be taken:

Knowing God's love for you

- Realize that God loves you as an individual and not just as a member of the church body.
- In this section, praise God because He loves you, it's not based on your good works, nor will it be nullified through bad works. For scripture says, "He loved us while we were yet sinners," [Romans 5:8](#), and we can love Him because He first loved us, [1st John 4:19](#).

Knowing that God wants you well



God has provided healing for us through Christ's crucifixion. It is one of the gifts that He has chosen to give mankind and that is one of the reasons that He wants us well. He wants all of His children (sons and daughters) to be able to receive and walk in every gift that He has made available to us through His Son Jesus Christ. In His earthly ministry, Jesus healed many people and healing is still available to us today through the redemptive work of Christ. As you read through this journey, it will become self-evident that God wants you well and healing can be yours because Jesus provided it for us and God loves us and wants us to walk in the fulness that His Son provided for us.

Many people willingly embrace their sickness or infirmity as God's plan for their lives. Sickness is not God's plan for your life! Scripture tells us that, "The thief does not come except to steal and to kill and to destroy. I have come so that they might have life, and that they might have *it* more abundantly," [John 10:10](#). The devil comes only to steal, kill and destroy, but Christ came to give life and to give life more abundantly. Sickness is not from God, just as health and life are not from the devil, it is actually that simple. I don't think anyone would accredit the devil with giving God's people health and life, why then do we then accredit God with bringing or allowing sickness, disease to come upon His own people? When we do this, either we are ignorant of God's Word and His goodness or we are questioning and slandering His character.

Jesus, God manifested in the flesh, during His earthly ministry never put sickness on anyone. He never told anyone that it was not in God's timing for them to become well and He never refused to heal anyone. Jesus always healed and was always willing to heal. When the leper came to Jesus asking if He would heal him, Jesus replied, "I will," [Matthew 8:3](#) and [Mark 1:41](#). The only time in the gospels where it tells us that Jesus could not do many mighty works is in [Matthew 13:54-58](#) and [Mark 6:1-6](#), when He was in His home town of Nazareth. Because the people doubted that Jesus could do anything for them and most likely, they did not even bother to come out to Him.

I have listed here several scriptures that speak of healing and living the abundant life. Jesus equated this with doing good and not evil. You will not find death in any of the scriptures, nor will you find any reference to sickness of any type.

Who His own self bare our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes you were healed, [1st Peter 2:24](#).

But if the Spirit of Him that raised up Jesus from the dead dwells in you, He that raised up Christ from the dead shall also quicken your mortal bodies by His Spirit that dwells in you, [Romans 8:11](#).

How God anointed Jesus of Nazareth with the Holy Ghost and with power: Who went about doing good, and healing all who were oppressed of the devil; for God was with Him, [Acts 10:38](#).

Bless the LORD, O my soul, and forget not all His benefits: Who forgives all thine iniquities; Who heals all thy diseases, [Psalm 103:2-3](#).

Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers, [3rd John 1:2](#).

He sent His Word, and healed them, and delivered them from their destructions. Oh that *men* would praise the LORD for His goodness, and for His wonderful works to the children of men! [Psalm 107:20-21](#).

... for I *am* the LORD that healeth thee, [Exodus 15:26](#).

Most people know [John 3:16](#); "For God so loved the world, that He gave His only-begotten Son, that whosoever believes in Him should not perish, but have everlasting life." And they consider it to be solely a salvation verse, but let's read the two verses before it and we will see that it also refers to healing.

¹⁴ But even as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, ¹⁵ so that whosoever believes in Him should not perish, but have everlasting life.

¹⁶ For God so loved the world that He gave His only-begotten Son, that whosoever believes in Him should not perish, but have everlasting life. ¹⁷ For God did not send His Son into the world to condemn the world, but so that the world might be saved through Him, [John 3:14-17](#).

The account of the serpent in the wilderness is that the Israelites had gotten into complaining and God sent fiery serpents to bite and kill the people. However, Moses interceded to God and he was told to lift up a bronze serpent on a pole and that when the people looked at it, they would be healed. You can read about this in [Numbers 21:5-9](#).

John 3:16-17, is the New Testament fulfillment of **Numbers 21:8**. Whoever believes on, looks on Him (*Christ*), shall not perish, but have everlasting life. The church has minimized the term “everlasting life” to mean merely living forever. All of us will live forever, some of us to everlasting life and others to eternal damnation; “those who have done good to the resurrection of life, and those who have done evil to the resurrection of damnation,” **John 5:29**. The definition of everlasting life is this; “And this is life eternal, that they might know You, the only true God, and Jesus Christ whom You have sent,” **John 17:3**. Everlasting life is knowing God, His Word, His Son and His Spirit, that we might also gain the inheritance that we have in Christ (life and life more abundant). And life more abundant includes health and healing. Even earthly logic tells us that sickness is not having life more abundantly. Some people will then make the argument that we all have to die of something. And it is true that we will all die, “for it is appointed unto men once to die, but after this the judgment,” **Hebrews 9:27**. So we shall all pass from this physical life, but we do not need to be taken because of sickness or disease. We can live a healthy, productive and triumphant life up until the very end.

We also see in the Old Testament that life and health are blessings and death and sickness are curses, **Deuteronomy chapter 28**. Now, in the New Testament, we are no longer under the curse, for Jesus has taken that from us, **Galatians 3:13**. We are now under “grace.” Life and health are still blessings and we can consider death and sickness to be non-blessings. Man can come up with many clever reasonings to justify his sickness. I have put down a few of the more common justifications, ones that I have also used over the years, with a very small critique next to each. However, I will not spend time debating these arguments. For God's power is within His Word and not in man's vain philosophies that make the Word of God of no effect, **Colossians 2:8**.

God is teaching me something through this. (Sickness is not from God; it is from the devil. God's preferred way of teaching is through His Word, **2nd Timothy 3:16-17**. However, your sickness could be leading you to know God's Word and the power within His Word. And in that respect, He is trying to teach you something).

God made me like this and if it's OK with Him, it's OK with me. (I tried believing this lie for years, and you can even attempt to justify this through, **Exodus 4:11**. But, why would a all powerful and loving God, who could make perfection, choose to make less than what He was able to make and then say, “I am OK with it”?)

Well, the important thing is your spirit, (implying that physical healing doesn't matter). (You tell that to someone hurting and in chronic pain. If the physical body is hurting, the spirit and the soul are also grieving. God is love and true love would not leave someone suffering and say, “well, it really does not matter”).

He told me that His grace was sufficient for me, (as I bear my sickness). (His grace covers believers and unbelievers alike. However, this does not apply to sickness, it applies to “persecution for righteousness sake,” **2nd Timothy 3:12**. I address this later, in this section. But, if you want to believe this applies to your sickness, you have the right to do so. For as a man thinks in his heart, so is he, **Proverbs 23:7**).

The justifications that we come up with can be endless. We do this mainly to make ourselves feel better about our inability to receive healing from God's Word, that we or others need and place all the responsibility for our healing on God.

Many bible scholars, when trying to disprove physical healing, say that it only refers to spiritual healing. This may be the focus of certain scriptures, for we are a three-part being, (body, soul and spirit). "And the very God of peace sanctify you wholly; and *I pray God* your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ," **1st Thessalonians 5:23**. But the question then becomes, where does one part leave off and another starts? Where do we draw the line of what is spirit, what is soul and what is body? For the body is complex and one part affects another. I believe that if the physical body, or soul, is hurting, the spirit would be grieved. We cannot completely separate or isolate one part from another. And if we are being led by the spirit within us that is complete and whole, our physical body will eventually follow and become completely healed and whole.

God's Spirit wants you to be well. He actually wants us to allow Him to do His job. According to **Romans 8:11**, the Spirit within us will quicken our mortal body. We are the ones that usually inhibit God's Spirit from moving in our lives, either through disbelief, unbelief or believing wrong and worldly teachings. See, the Holy Spirit will not force His will upon us, and He wishes us to be healed and to enjoy the fullness that God has provided for us, but we need to get to the right place in our mind through proper beliefs and right actions.

God has given us a choice. In **Deuteronomy 30:15**, He said, "I have set before thee this day life and good, and death and evil," And God told the Israelites to, "Choose life, that both, they and their seed might live," **Deuteronomy 30:19**. Since God is "the same yesterday, today and forever," **Hebrews 13:8**, it stands to reason that God also wants us to choose life and what is good and not to accept our sickness that is slowly destroying our body, leading to death.

Paul's thorn in the flesh, spoken of in **2nd Corinthians 12:7-9**, is often cited as proof that Paul had an illness or a disease, perhaps a puffy eye and God expected Paul just to bear it. People have told me, "Well if Paul had his thorn, I can also bear my thorn." Paul's thorn in the flesh was not sickness – it was persecution. Paul later wrote; "and all who desire to live godly in Christ Jesus will be persecuted," **2nd Timothy 3:12**. Let's take a closer look at Paul's thorn in the flesh.

⁷ And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. ⁸ For this thing I besought the Lord thrice, that it might depart from me. ⁹ And He said unto me, My grace is sufficient for thee: for My strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me, **2nd Corinthians 12:7-9**.

1. Paul's thorn in the flesh, was not from God; it was a "messenger of Satan to buffet him, lest he should be exalted above measure." So it was clearly something not to be embraced.
2. Paul's thorn in the flesh, does not apply to you unless you have an abundance of revelations. Being mature in Christ, having written or spoken great teachings such as the apostle Paul did.
3. Paul's thorn in the flesh, was persecution, for Paul later wrote, "Yea, and all that will live godly in Christ Jesus shall suffer persecution," **2nd Timothy 3:12**. Here is a brief list of the apostle Paul's trials and persecutions, **2nd Corinthians 11:23**:

Five times received 39 stripes, three times beaten with rods, once stoned, three time suffered shipwreck, wearied through journeying and of robbers often, in prisons often, in hunger and thirst, cold and nakedness and responsible for the daily care of all the churches. You can see a [more detailed list here](#).

An example of persecution is, when Paul preached in Iconium and when he became aware that the Jews wished to stone him, he fled to Lystra and Derbe, cities of Lycaonia. The Jews from Iconium and Antioch formed a posse and came to where he was, they stirred up the people and stoned him. When your enemies follow you around just to do you harm, that is real persecution! You can read about this in [Acts 14:1-20](#).

4. "thorn in the flesh," was used in the Old Testament three times meaning, "people" (your enemies), will become thorns in your sides or thorns in your eyes, if you do not overtake them and drive them out of the land, [Numbers 33:55](#), [Joshua 23:13](#) and [Judges 2:3](#).
5. Also, the apostle Paul said to the church at Corinth that he labored more than they all, [1st Corinthians 15:10](#). It would have been very difficult for Paul to truthfully make that statement if he was dealing with a physical infirmity.

It is God's will to heal, just as "God is not willing that any should perish, but that all should come to repentance," [2nd Peter 3:9](#). Just as we had to decide to come to Christ, to live for Him and serve Him, we also have to decide to stand firm on His Word for our healing. Although we have an adversary in this world, he cannot stop us. All he can do is hinder us and delay us. If our adversary could have kept us from our salvation, he would have done just that and our adversary cannot keep us from our healing either, once we realize that it is ours.

It took me years to realize that God truly wants His people well. As I went through many stages of belief, my underlining view of God was always that He was uncompassionate and uncaring. I now realize the Bible to be true rather than going by my feelings. For scripture says that, God is Love, [1st John 4:19](#), and it would be a contradiction for Love to put a sickness on you. But you may be thinking that God's ways are much higher than our ways and He may be using this sickness (evil) to achieve good. In this physical life, we go through many trials, tribulations and even evil things and hopefully, we learn and grow from them. But God is love, and [1st Corinthians 13:5](#), says; "love thinks no evil." Therefore, how can God use evil for good, if He thinks no evil?

[Salvation, is the Greek word "sozo,".Strong's NT:4982](#)

Definition: to save, that is to, deliver or protect (literally or figuratively): – heal, preserve, save (self), do well, be (make) whole. - - - Strong's Dictionary.

The word, "sozo" has been interpreted as;

Save, Saved, healed or made whole. Click on the above link to see the individual scriptures.

Jesus used physical healing to call people to Him, to give them an opportunity to believe on Him as their Messiah. In His earthly ministry, Jesus was either healing or teaching the people. If Jesus used healings, miracles, signs and wonders to draw people to Him, how much more should we also be using healing miracles to bring people to Christ.

God provides healing for us in many different ways. There are over 40 unique healings recorded in the gospels and over 10 healings in the book of Acts and they were all done in different and unique ways. You can find a table listing of all the healings [on the ministry website](#). Jesus never put sickness on anyone. He never told anyone that it was not God's plan for them to be healed, that it was not God's timing for their healing, or that they needed to suffer just a bit longer to build up their character. So if you tried one certain way to get healed and it has not yet worked for you, do not give up! Rather keep on pursuing every means possible until you are successful.

Action to be taken:

Knowing that God wants you well

- You must be totally convinced that God wants you well, that healing has provided for us and it's a gift that all of us can acquire.
- Review the [healings in God's Word](#), over 40 unique healings in the gospels and over 10 in Acts.
- In this section, praise God because He wants you well and God is able and willing to do so. For scripture tells us that, If we have God's Spirit that raised up Jesus from the dead dwells in us, God shall quicken your mortal bodies by his Spirit that dwells in you, **Romans 8:11**.

Having a strong desire to get well



Most of us want to be healed, but how strong is your desire and quest to get well or have you grown complacent or content with your sickness, disability or limitation? Even though healing is part of the inheritance that Christ has obtained for us. If we are willing to live as we are, not having much of a fight within us, our adversary will be more than happy to comply with our wishes. We must remain steadfast and push into God's Word, knowing the truth and settling for nothing less than what is rightfully ours.

When you have lived with a sickness or infirmity for several years, it becomes almost natural to claim the disability as part of your makeup, much like a personal trademark. Perhaps you even see yourself in your dreams with your limiting condition, everyone knows you by this mark and to some degree you are accepted within your circle of friends. However, when you take ownership of the condition and call it yours, your desire to be healed is lessened. For you have fully accepted the limitation into your life. Perhaps your limitation has taken you out of certain aspects of the world and you question if you even want to enter back into those areas or responsibilities. Believing it is easier to live with your disability rather than to take on the unknown, for people might then expect something from you if you were able-bodied. Perhaps when you are hurting or unable to do certain tasks, you get special attention and that might stop if you were healed. Several disabled people today in America are collecting disability checks. Although, this can be viewed as a benefit, it can also quickly become a hindrance to ever achieving your healing, since you are in essence being paid for being and remaining sick.

In most developed countries, there are several alternative ways of meeting needs and over time, they have become acceptable by the general society. For example, people who wear glasses today are rarely made light of and called "four-eyes" anymore, because wearing glasses has become socially acceptable. Several other aids have also slowly become accepted in society. We have motorized wheelchairs and to improve on the name, we now call them "scooters." So people, even though they have a disabling condition, a condition that is bringing death upon them, can still get around, buy food, shop, etc. and meet their daily needs. In a less developed country, these aids are not always available and the same condition might be much more critical. For example, if a person cannot walk or get around too well, even getting food and water can be a dilemma. There the people call upon Jesus Christ and the God of the Bible to meet their healing or daily needs and He does.

But in most so-called developed countries, first we reach for our cell phone, we get on our "scooter," and then we wonder why God doesn't heal us? We have learned to settle for second best! Developed countries may have much in the way of physical goods, services and products, but as material wealth increases, people generally stop relying on God to supply their needs. No matter what your material wealth is, we need to realize our dependency on God. Material wealth can be a great blessing, but if it causes us to lose sight of our dependency in Christ and what He has called us to do, the blessing becomes a hindrance. We must not only realize who we are in Christ, that we are made in God's image and likeness, [Genesis 1:27](#), sealed with the promise of His Holy Spirit, [Ephesians 1:13](#). However, we also need to realize that we can do nothing of ourself, for if Jesus told us that He could do nothing of Himself, how much more should that apply to us? "The Son can do nothing of Himself, but what He sees the Father do:" [John 5:19](#).

All of us are capable of fighting the good fight of faith. I want to emphasize this before anyone concludes that there is just no hope for them, that it is just too hard. God's Word allows all of us equal opportunity. The only thing that will disqualify us from receiving from the Word is the way we think. Our past actions or current situation does not disqualify us from receiving from the Word. The number of years you have lived with a certain condition does not disqualify you. Perhaps you feel that you have caused or contributed to your sickness through years of abusing your body with drugs, alcohol, etc. and you are using the worldly logic that, "I made my own bed and now I must lie in it." This thinking will stop your divine healing. Our reasoning for our certain condition may be factual and according to earthly logic, we may deserve what we have sown. However, Christ has paid the price for all men and we should strive to receive everything that He has provided for us.

Healing may not come to you without a battle, not a physical effort, but rather a spiritual battle. Scripture says, "We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places," [Ephesians 6:12](#). To achieve our healing, we not only need to know that His Word is true and His promises apply to us today, but that God is willing and wants us healed.

Your healing journey will be a test of personal perseverance. Testing your faith of how convicted you are that God's Word is true and will heal you. In the healing account of the Syro-Phoenician woman's daughter, in [Matthew 15:21-28](#) and [Mark 7:24-30](#). The mother followed after Jesus and she did not quit her pursuit, even when directly told by Jesus that it was not right to feed the dogs before meeting the needs of the children of Israel. Even when she could have easily taken offense, the

woman continued her pursuit and was afterward told by Jesus that she had "great faith," due to her great perseverance along with her strong conviction that Jesus (God in the flesh) was her answer. And the result of her pursuit and wiliness to humble herself was that her daughter was healed that very day. All of us need to have this same degree of perseverance when it comes to standing on the Word and seeking our healing.

Complacency is a very major hindrance to receiving healing. Due to my condition, I had poor coordination and that gave me an easy out to leave the heavy lifting and the hard labor to those who were more able-bodied than I was. Before any healing progress could be made, I had to decide that a change was needed. Actually, I rather enjoyed having the excuse and a way out of doing hard labor. Even though being healed and whole is far better than being sick, when our limited condition is all that we know, it is easiest to stay in one's comfort zone. Change, whether good or bad, always carries an unknown and that can be rather intimidating. Becoming discontented and no longer satisfied to let the infirmity direct my life, actually took a period of time, for all of us become accustomed and use to working with what we have. Partially, due to ignorance and not knowing what we could have or not wanting to step out of our comfort zone.

For over fifty years, I learned to manage and make the best of my disability and as long as I was making progress, although ever so small, I was content. For I was being guided by the ways of the world, reinforced by doctors, friends and family. Listening to this physical world will always tell us how to comply and conform to and make the best of our limited condition. And the only way to overcome this is to renew our mind to the truth of God's Word, **Romans 12:2**.

Not only do we need to become discontent with allowing our condition to direct our lives, but we also need to change our thinking. After having lived with a limiting condition for a number of years it becomes your norm, it governs how you see yourself and how you see the world around you. When you let this happen you are being conformed to the world around you. We must control our thoughts for they direct our mind into what we believe to be our reality, we can either make God's Word and His promises our reality or we can make this world and all of its facts and statics our reality, the choice is ours.

When I first heard that God wants you well, I did not apply it to myself, nor did I believe it, my reasoning was;

1. I did not see myself sick or disabled and did not even think this applied to me. Pride is a major factor in most everything and as I told myself, I was not disabled, I was just clumsy and slow of speech.
2. My disability became a self-defense mechanism, covering up the real needs, allowing me not to deal with certain situations. Thus, it was easier to stay in the relative comfort zone that I had.

It took me about seven years of being exposed to the Word of God, before something rose up in me and I realized that healing could be mine. In the past, I had overcome several obstacles through will power and hard physical work, but now I was fifty-five years old and wondered if I had the energy to overcome yet even more. I knew the battle was still on and one thing that was engrained in me from an early age was perseverance. I now understood that the victory had to be accomplished in the spiritual realm rather than through the physical realm. Fighting a spiritual battle was a whole new concept to me and even now continues to be, but just knowing that physical effort was not going to be leading the way was a great comfort to me.

Having a strong desire to get well

Persevering in God's Word may not always seem to bring forth tangible results. However, as we renew our mind and become steadfast in the Word, God's truth will make you free. "And ye shall know the truth, and the truth shall make you free," **John 8:32**. Knowing the truth of God's Word does not just set you free if you choose to be set free, it makes you free. As it also says in Deuteronomy chapter 28, the blessings will come upon you and overtake you. Persevering in the Word as you wait on your healing to manifest may seem at times to be an uphill battle, but rest assured the victory is yours. Do not get discouraged, do not give up, rest in Him, **Hebrews 4:11** and experience His perfect peace. Be still, knowing that He is God, **Psalms 46:10**, being confident that He is doing a good work in your life, **Philippians 1:6**.

Our resolve needs to become greater than the devil's. For we are children of God, made in His image and likeness, **Genesis 1:26-27**, and the devil is not. We are the rightful heirs of Christ's inheritance and the devil has no legal right to keep us from receiving what is rightfully ours. Scripture tells us to, "Be ye angry, and sin not: let not the sun go down upon your wrath, neither give place to the devil," **Ephesians 4:26-27**. This verse is often misinterpreted as meaning, "don't go to bed angry," whereby this is good advice, it is not what the scripture means. It means, we are always to remain angry at the works of the devil. The only way you can be angry and sin not, is to be angry at what is not of God and that is the devil and his works. We need to realize that sickness is from the enemy and not accept ownership of the sickness or disability that the devil has put on us. Jesus equated doing good with saving life and evil with destroying life, **Mark 3:4**. And we need to adopt the attitude of how dare the devil put sickness on me, for I am a child of the living God and he is not and I have God's Spirit living in me and he does not.

Desire, hope and having a vision of your hope are powerful tools. Having a desire will give you a hope and having a vision of your hope will enable your faith to work. All of us need to have a vision of our hope. Set your hopes high, for "Where there is no vision, the people perish," **Proverbs 29:18**. Some people set their hopes so low according to the world's standards that if they do receive anything, it is only what the world can provide for them. Scripture says that, "Hope deferred makes the heart sick," **Proverbs 13:12**. One possible meaning of the word "deferred" according to Strong's Concordance, is "removed," or that having no hope makes the heart sick. When an infirmity comes upon you at an early age, it can be a challenge to come up with a positive vision and a hope. For you most likely don't even recall or perhaps never had a memory to recall that can be your vision. If that's the case, first cultivate your desire, make it your hope and if need be borrow a vision and make it yours.

We must have a vision of that hope. For just as the physical body uses eyes for its earthly vision, the soul uses imagination and hope as its vision and the spirit uses faith as its vision. Scripture says, "For we walk by faith, not by sight," **2nd Corinthians 5:7**. Practice walking by that new vision. Here someone will say, "Why that is silly; I can't just dream myself healed." I ask you, why not? You may view this as being silly and completely illogical, but think of your new positive vision as having the opposite effects of a nightmare. Just as our carnal mind has at times produced dark thoughts and scary dreams and they can even cause us to involuntarily jump or twitch. Tell your mind that you are in control, meditate on your new positive vision and run it through your mind over and over. Meditate on, "Whatsoever things are true, honest, just, pure, lovely, *and* of good report; if *there be* any virtue, and if *there be* any praise, think on these things," **Philippians 4:8**. If you diligently do this, you are well on your way to healing and wholeness.

If the fight is not currently in you yet, perhaps it has been dormant for years, fret not, it is never too late to receive your healing. God is there for us no matter what state our body and soul may be in. Build up your hope for your healing, because you must have a hope. **Hebrews 11:1**, says, "Now faith is

the substance of things hoped for, the evidence of things not seen.” Therefore, when hope is absent, faith has nothing to take hold of.

Even in the healing of [the man at the pool of Bethesda](#), [John 5:2-9](#), the man did have a hope of someday receiving his healing, even though his focus was completely misplaced. For when Jesus asked him, “Do you want to get well?”, the sick man did not directly answer His question. Instead he spoke of an illusive dream or rare phenomenon such as, “I have no man, when the water is troubled, to put me into the pool,” [John 5:7](#). However, this does tell of having a desire of someday receiving healing. When the man spoke this, Jesus had the perfect out. He could have merely given the man His sympathy and walked away. But Jesus, out of mercy and compassion, reached out to the man with His Words and healed him. We are healed, not because we are deserving, but we are healed because God is good and Jesus paid the price for us not only to be saved, delivered and forgiven, but also to be physically healed.

However, at other times, Jesus did seek out certain attributes in others to play a part in their healing, such as their personal faith, revelation knowledge, authority or perseverance. If you have gotten yourself out of the race, it's time to get back in. Scripture tells us, “For a just *man* falls seven times, and rises up again: but the wicked shall fall into mischief,” [Proverbs 24:16](#). The only way we can lose this race is if we refuse to get back up and likewise; the only way we can forfeit our healing is if we refuse to stand for it.

Action to be taken:

Having a strong desire to get well

- Work up your desire for that abundant life whether it be healing, health, wholeness, prosperity, etc. and make it your hope and vision that will enable your faith to bring it forth.
- Believe and stand on God's Word and you cannot fail. Become the man or woman of God that He destined you to be.
- Ask the Lord for a vision of your desire, for the Lord will give him his hearts desire and will not withhold his request, [Psalm 21:2](#).
- In this section, praise the Lord because He will give us our hearts desire, God is not a man that He should lie and all of His promises are yes and amen unto the glory of God by us, [2nd Corinthians 1:20](#).

Leaving your past hurts in the past



¹³ Brethren, I count not myself to have apprehended: but *this* one thing / *do*, forgetting those things which are behind, and reaching forth unto those things which are before, ¹⁴ I press toward the mark for the prize of the high calling of God in Christ Jesus, [Philippians 3:13-14](#).

This scripture may not appear to be directly addressing leaving past hurts behind, rather it speaks about forgetting those things in the past and reaching for the higher things that are in Christ Jesus. If we realize that the only things worth taking with us is understanding God's Word and operating within it, we will then realize that most, if not all, earthly things produce bad baggage. If we are desiring to go forward, we must leave our past behind, for our past will keep us trapped, either by memories or by past regrets. Whether your past holds pleasant experiences or hurtful experiences, makes little difference. We must let go of our past, for our past will keep us from moving forward.

If you have pleasant memories and experiences from your past, this is something to praise the Lord about, but you also need to leave your past behind and move on to new and greater things. If we dwell on living on memories, sooner or later we will start to have regrets or remorse either as to why they had to end, why we cannot seem to repeat them or why we did not embellish them more.

Perhaps your past was hurtful and you know that you need to leave it behind, but you just don't know how to do that, for you feel as if you are in a rut. Maybe you point to deficiencies you have developed from your past and you know that you should be more than you are, but you just don't know how to get there. It really does not matter what those issues are, as long as you have the desire to be free of them. After any needed repentance is made, call on God's Holy Spirit within you and He will help you overcome whatever the issues might be. Helping you to realize His peace within you, so that you can become the person you were created to be, for His thoughts and plans for you are for good and not for evil, [Jeremiah 29:11](#).

Let God's Holy Spirit be your counselor to lift you to a higher level, rather than paying some psychologist to practice on you. We do not need to dig back and work through past issues, when we were, say, three or four years old, as worldly psychologists teach us and practice. Do not fall into this trap; it can become an endless cycle. For there will always be one more hoop to jump through, one more memory to get beyond, one more deliverance to go through, etc. And this technique of examining your past will in fact give you further reason to acknowledge and justify your hurts. Rather call on the Holy Spirit. He is the true counselor, a much wiser counselor and He has your best interests at heart. If the Holy Spirit does take you back to a past experience, it will be for your benefit, to realize when the "lie" became real and to render it harmless, rather than to analyze it and work through the memory. For God's Holy Spirit will, "instruct thee and teach thee in the way which thou shalt go: I will guide thee with Mine eye," [Psalm 32:8](#).

Carrying false expectations of what we believe the world expects us to comply with and conform to can also be an issue. This is because our focus is on fitting into the world's mold and pleasing man rather than living for God. Scripture tells us, "Be not conformed to this world: but be ye transformed by the renewing of your mind, that you may prove what *is* that good, and acceptable, and perfect, will of God," [Romans 12:2](#). If we offer no resistance to the ways of the world, we will naturally be conformed to the ways of the world. The only way we will ever make this decision and leave this world behind is by realizing who we are in Christ and placing a greater value on God's kingdom than on what this physical world can offer us.

If we are consumed with our past, either pleasant memories or hurtful experiences, we will not be able to receive the fullness of God's love, as seen in [Romans 8:38-39](#).

³⁸ For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, ³⁹ Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord, [Romans 8:38-39](#).

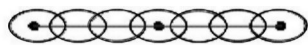
In the above scripture, there is no mention of the past, "nor things present, nor things to come." Dwelling on your past, will not only keep you bound and stuck, it will also keep you from realizing the love that God has for you. If we are consumed with our past, we will not be able to be filled with God's love to its fullest, for our thoughts and reasoning will take precedence over acknowledging God's love for us. If we wish to press towards the mark for the prize of the high calling, we must leave our past behind and look towards future things of this life and our eternal future.

Action to be taken:

Leaving your past hurts in the past

- Leave your past in the past, whether pleasant memories or past hurts and disappointments, don't allow them to direct your future.
- Call upon the Holy Spirit, He is the best Counselor. He will show you how to move beyond your past.
- Learn how to enter into the finished work and the rest of Jesus Christ, [Hebrews 4:11](#), realize it is all about Him and press on to the higher calling in Christ Jesus, [Philippians 3:14](#).
- In this section, praise the Lord because His Word is true and He has good thoughts for your life, [Jeremiah 29:11](#).

Will you receive God's forgiveness?



We need to realize that we need God's forgiveness. Most of us are so utterly consumed with the world's system that it becomes our basis for deciding whether we need forgiveness or not. For example, one may think, "I am a moral person," rather than realizing how far we have come short, "For all have sinned, and come short of the glory of God"; [Romans 3:23](#). Before we can receive God's forgiveness, we must realize the need for it. Otherwise when the Word comes to us and says, that we need to be forgiven, our self-righteousness and pride will rise up and we will take it as an insult, thinking, "How dare God's Word accuse me of being less than upright and moral." We see this proud, self-righteous attitude in the [parable of the Publican and the Pharisee](#).

You might be wondering, why is forgiveness such a big deal? For according to the world's standards, I have not done terrible things and I surely don't see how it applies to receiving healing. Being able to receive forgiveness from God is a big deal, and it is a prerequisite to walking in the Light as He is in the light. We must be able to receive His gifts in love and if we are prideful or harboring hurts, we will not be able to fully walk in love. Man's prideful earthly nature is to compare himself with the world's standards and not really feel that he needs forgiveness, which is why most of us would like to just ignore this section. I have put certain scriptures below showing that God is willing to forgive and all we need to do is to realize that we need to be forgiven.

¹⁶ This *is* the covenant that I will make with them after those days, saith the Lord, I will put My laws into their hearts, and in their minds will I write them; ¹⁷ And their sins and iniquities will I remember no more, [Hebrews 10:16-17](#).

Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven: [Luke 6 37](#).

Saying, Blessed *are* they whose iniquities are forgiven, and whose sins are covered, [Romans 4:7](#).

And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him, [James 5:15](#).

Receiving God's forgiveness is a heart issue that touches every aspect of our life, even the most mundane parts. If we do not realize a need to be forgiven, we will also view ourselves as coming short of receiving God's grace and His further gifts. For forgiveness as a prerequisite before we become a whole person in Christ. At times God needs to heal our emotions and beliefs within us before our physical body can be healed on the outside. We see this addressed in both healings below.

In the healing of [the man at the pool of Bethesda](#), the man was first graciously healed by Jesus and later told, "not to sin anymore, lest a worse thing come upon you," [John 5:14](#). We do not know what the man's sin was, scripture does not tell us. However, we do know that his inward condition was able to cause him to lose his healing and to take on an even worse condition. So Jesus was instructing him to address these inner concerns, before the unbelief of the world, his thoughts or his actions could steal his healing.

In the healing of [the paralytic, lowered through the roof](#), Jesus said to the paralytic, "Your sins are forgiven you." In this healing, the man's sins (his inward condition) was dealt with first. Either his sins caused or contributed to the problem or they were preventing him from achieving complete healing and wholeness. Then Jesus healed him physically.

In both healings, the inner condition was dealt with, together with the physical healing that was received. Man's sins or his thought life at times first needs to be addressed before physical healing can occur.

We usually think of a sin as an overt outward action; however, our actions merely follow our thoughts. Whatever our action may be from being violent, getting angry, being obnoxious or crude, to hovering in a corner with low or no esteem, our thoughts always lead the way. "For as a man thinks in his heart, so is he," [Proverbs 23:7](#). The Lord is much more concerned about our thoughts than our actions, for our actions will eventually follow our thoughts. Therefore, if we perceive ourselves to be less or more than what a son or a daughter of God should be, that also qualifies as a sin. If we perceive God to be anything other than the loving Father He is, we have missed the mark. Being unthankful is a sin. Holding onto fears, insecurities and wrong thoughts are also sins. Viewing ourselves as unworthy and less than capable, is saying that what God has given us is less than what the job requires. Having an evil heart of unbelief is counted as a sin, [Hebrews 3:12](#). I am sure you get the picture; our actions come out of our thoughts and our thoughts are where sins are conceived and birthed.

Do not let your human pride minimize or justify your reason to be forgiven. An example of this can be seen in the account of [Jesus at the home of Simon the Pharisee](#), you can read this in [Luke 7:36-50](#). Jesus equated those who are forgiven much with they who love much and likewise, he said that those who are forgiven little love little, [Luke 7:47](#). Do not minimize the need for forgiveness, as it is one of the foundational building blocks of the kingdom of God.

Our inner thoughts and attitudes may need to change before our outer body can be healed and whole. Healing the physical body is relatively easy, in fact it can even seem to be automatic, once we renew our mind. Because our body is controlled by our mind and our mind is either influenced by the world's system or by our spirit. The choice is actually ours, whose system are we going to operate under, the world's system with all of its facts and statistics or the powerful Word of God? Whatever system we operate under is also what we shall reap. If we focus on the world, we will reap what the world can provide for us (sickness and death). If our focus is on the Kingdom of God, we will eventually reap what God's Word can provide. "For to be carnally minded *is* death; but to be spiritually minded *is* life and peace," [Romans 8:6](#).

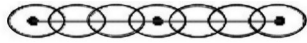
In order for us to become free and achieve our potential in Christ, we need to put off our insecurities, realizing that all of our insecurities have been caused by man and not by God. This alone should be reason enough to let go of our insecurities and adopt the truth of God's Word. I have included a few scriptures that all talk about valuing God Word and His opinion above man's. "The LORD *is* on my side; I will not fear: what can man do unto me?" [Psalm 118:6](#). "The fear of man brings a snare: but whoso puts his trust in the LORD shall be safe," [Proverbs 29:25](#). "So that we may boldly say, The Lord *is* my helper, and I will not fear what man shall do unto me," [Hebrews 13:6](#). If we make the Word of God our core philosophy, it will become natural to put off our insecurities and see ourselves as having worth and value.

Action to be taken:

Will you receive God's forgiveness?

- Realize that all of us need God's forgiveness, for we have all come short of the glory of God, [Romans 3:23](#). Believing that we don't need God's forgiveness will hinder us from receiving His gifts. We are forgiven not because of our efforts, but because we are His children.
- Realize that you are valuable to God, "ye are of more value than many sparrows," [Luke 12:7](#).
- In this section, praise the Lord because you have been completely forgiven, of your past, present and even future sins, [Colossians 2:13](#).

You are worthy of God's healing



We are worthy not because of our actions, our actions have come far short. We are worthy simply because we are sons and daughters of God and God has chosen to make us worthy.

If you do not see yourself as worthy, stop right here. After all, why would you even expect God's Word to heal you, if you believe that you are not worthy of God's gifts? We are worthy of Christ's complete inheritance, not because of the good that we have done, nor do our bad works disqualify us. Even our knowledge of the Bible or our work in the ministry does not further qualify us in God's eyes. I have put a few scriptures below that tell us who we are and that we are worthy.

But ye *are* a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should show forth the praises of Him who has called you out of darkness into His marvelous light, [1st Peter 2:9](#).

Who has saved us, and called *us* with a holy calling, not according to our works, but according to His own purpose and grace, which was given us in Christ Jesus before the world began, [2nd Timothy 1:9](#).

But they which shall be accounted worthy to obtain that world, and the resurrection from the dead, [Luke 20:35](#).

That ye may be counted worthy of the Kingdom of God, for which ye also suffer, [2nd Thessalonians 1:5](#).

Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of Man, [Luke 21:36](#).

I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, [Ephesians 4:1](#).

Either you believe you are worthy or you don't, there is no in-between. It is the same with salvation. Either a person believes they are saved or they do not. This also applies to being, redeemed, forgiven, made righteous, sanctified, etc. When I first became serious about my walk with the Lord, I went around telling people I was 70% saved, then 80%, it increased about ten percent each year, until it got to 100%. The unfortunate part was that the fellow Christians I told it to did not correct me, that either you are saved or you're not. It is also that way when we realize that we are worthy to receive the full inheritance of Christ. Our inheritance is not doled out to us in portions. It may seem that way because of the limitations that we place upon ourselves, but once we remove our self-imposed limitations, we will be able to receive all of Christ's inheritance. Nothing will be held back from a rightful son or daughter of the Most High God.

Realize that it is because of Christ and ONLY because of Christ that we have been given this gift. None of us are able to earn or deserves to be in right relationship with God, if it were not for what God's own Son did for us. Each of us must personally receive the gift that God's Son provided for us when He went to the cross. Being dependent on a gift goes directly against man's pride. But we must accept His salvation as a gift, there is no other way. If we attempt to earn it, it is no longer a gift and we invalidate His gift. "For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God: Not of works, lest any man should boast," [Ephesians 2:8-9](#). We have been made worthy by grace through faith and it is not of ourselves, but is the gift of God.

One way to see ourselves as being worthy is to embrace a few foundational scriptures that show us who we are and who we were meant to be in Christ Jesus, rather than believing the lies the world has placed upon us. It is really up to us. What are going to believe, what the world tells us or what God's Word says? We are made in the image and the likeness of God, [Genesis 1:26](#). As a born-again believer, we are sealed with the promise of His Spirit, [Ephesians 1:13](#), and we are bought with a price, [1st Corinthians 6:20](#). We are ambassadors for Christ, [2nd Corinthians 5:20](#). Every aspect of our body and being is of God, and what we really need to do is to renew our mind to that truth, [Romans 12:2](#). Knowing that we are worthy to receive from Christ will open up the door for us to receive. So before you go on with this journey, realize that you are worthy. As in the [parable of the prodigal son](#) when the son returned to his father, he was welcomed back not because of what he had done, (his deeds were defiantly unworthy), but he was welcomed back because of who he was, he was his father's son. We also are worthy of the Father's riches, not because of our works and accomplishments, nor are we rejected because of our failings, but we are accepted because of who we are.

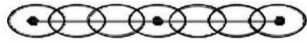
⁵ Having predestinated us unto the adoption of children by Jesus Christ to Himself, according to the good pleasure of His will, ⁶ To the praise of the glory of His grace, wherein He has made us accepted in the beloved, [Ephesians 1:5-6](#).

Action to be taken:

You are worthy of God's healing

- View yourself as a son or a daughter of the Most High God, **1st John 3:1-2**. Realizing that He has made you worthy, (it is not of yourself lest any man should boast), **Ephesians 2:9**.
- Meditate on the truth that God, through His grace, has called us into a holy calling, **2nd Timothy 1:9**.
- In this section, praise God because, He has made us worthy through the blood of Christ.

Letting God's Word become real



So then faith *comes* by hearing, and hearing by the Word of God, **Romans 10:17**.

Yea, let God be true, but every man a liar; **Romans 3:4**.

Before we can believe in anything we must first know what we are believing in. This may seem pretty obvious, but there are many people that claim to be believers in Christ, yet they have little or no knowledge of what His Word really says. It is our job to desire to learn God's Word and seek out the truth, God is not going to do this for us because He has given man freewill to choose what he believes. We must get to know God's Word, for faith comes by hearing, there is no way around this.

What we fail to comprehend is that we must believe from our heart and not our head. We do not need to convince our head, we need to believe from our heart. We might have intellectual questions and even doubts about certain scriptures, but Jesus never told us to believe in our mind, He told us to believe in our heart. So if you are a believer, start reading the Word, listening to the Word even speaking the Word back to yourself, until it gets down into your heart. Our natural mind will never be able to reason how the Word works, because the Word is spiritual, **1st Corinthians 2:14**. Our mind is what reasons and our heart is what believes. However if our mind labels the Word as untrue, it will keep the Word from getting into our heart. Therefore we need to instruct our intellect to let the truth of God's Word get through the filter of our mind into our heart.

God's Word remains true, regardless of what we think about it. We do not need to adjust it to fit into our human reasoning. Generally, man puts forth huge efforts to understand God's Word through his logical mind, but we will never fully gain hold of the Word solely through his intellect. The Word was written to our Spirit and not to our intellect; therefore, we need the Holy Spirit to teach it to us. One of the functions of the Holy Spirit is to teach us all things and to bring back to our remembrance all things, **John 14:26**, **Luke 12:12**. Most, if not all, of the revelation that I have received has come from the Holy Spirit teaching me. Even though I have an analytical mind, having been trained and worked in the technology field for over twenty-six years. It still amazes me when from revelation knowledge I realize a simple truth and my logical mind wonders why I had not seen this before. The reason is that the Word has to be revealed to us, rather than derived through a logical thought process.

Know that the Word of God that we have was meant to be understood. At times, we tend to spiritualize the Word. However, Jesus said, "If I have told you earthly things, and ye believe not, how shall ye believe, if I tell you *of* heavenly things?" **John 3:12**. Jesus (God in the flesh) told us earthly things. He was not presenting to us spiritual concepts that we just could not yet comprehend. However, we must diligently seek out and study the hidden truths within His Word, seeking the spirit of wisdom and revelation in the knowledge of Him, **Ephesians 1:17**. Therefore, believe the Word and do not over spiritualize it, for Jesus told us of earthly things that apply to us today in this physical world. Before we get into speaking over our bodies and various other things, we need to believe that God's Word applies to us today in the physical world that we live in. Several people justify scriptures such as, **1st Peter 2:24**, "by His stripes we were healed," and they consider this only to apply to spiritual truths. I say again that Jesus told us of earthly things. Speaking a scripture over yourself that you have totally spiritualized and have no earthly expectations of will do you no good at all. In fact it will even further weaken your faith. For when you speak the Word expecting nothing, you will also reap nothing and your hope in the Word to work for you in this lifetime will become further weakened.

All of us learn from birth the realities of this physical world and how they interact with our body and our mind. But we are not just a physical body, we are "body, soul and spirit." We live in a physical body, we possess a soul (mind, will and emotions) and if we are born-again, having the baptism of the Holy Spirit, our spirit has come alive. However, if our body and soul have been trained by the realities of this physical world, our spirit can be completely left out or as scripture says, "quenched," **1st Thessalonians 5:19**. Scripture says that the flesh wars against (is in contradiction with) the spirit, **Galatians 5:17**. In order to walk victoriously in the spirit, we must to renew our minds to the Word of God, **Romans 12:2**. For the Word of God was not written to our carnal natural mind, but, was written to our spirit and God's Word can only be completely comprehended by our spirit. In a nutshell, we need to view the Word of God and the kingdom of God as being much more important to us than the things of this physical world and its system, realizing that God Word and His kingdom can do much more than man's self-made systems can ever do.

We need to settle God's Word in our hearts. Scripture says, "Forever, O LORD, Your word is settled in heaven," **Psalms 119:89**. The angels in heaven are not having silly debates about whether Jesus was born of a virgin? Whether He is God's only-begotten Son or if human life is sacred? etc. Our job is to establish His Word in our hearts and this will require a sacrifice on our part. We must

set aside time studying His Word, praying, meditating and seeking Him. An indicator of our spiritual walk with the Lord can be seen in how much time we spend on things of the Lord. For all of us spend our time on things that we value, therefore the amount of time that you spend on these things, will roughly be your gauge.

First, we all must believe the fundamentals of the Gospel, that God raised Jesus Christ from the dead. This may seem very elementary to some, but whatever gifts, blessings or power we find is based upon the gospel and the testimony of Jesus Christ. We can never leave this foundation behind. The Apostle Paul said to the Corinthian church that he “determined not to know anything among you, save Jesus Christ, and Him crucified,” [1st Corinthians 2:2](#). Paul goes on to say that “if there is no resurrection of the dead, then Christ is not raised and your faith is vain and those who have died have perished. And if our hope is in Christ without believing in His resurrection, we are of all men most miserable,” [1st Corinthians 15:13-19](#). If we do not believe or if we question this foundational truth, we have made our faith void, making the Word of God of no effect to us. Believing that God raised Jesus from the dead is required, not only to receive personal salvation, but it is essential for living the victorious Christian life and experiencing the divine healing power and wholeness of God.

We must believe the Word and Christ resurrected by revelation knowledge. Book knowledge is a good start, but it will not give us a conviction towards the truth of the Word. When Jesus asked His twelve disciples who do men say that I am? They replied, “some say that you are John the Baptist, Elijah or one of the prophets.” Then He asked who they said He was? Simon-Peter said, “You are the Christ, the Son of the living God.” Jesus replied, “Flesh and blood has not revealed this to you, but My Father, which is in heaven, and upon this rock, I will build My church; and the gates of hell shall not prevail against it,” [Matthew 16:16-19](#). In that block of scripture, Jesus was saying that His church, (the body of Christ) is built upon the revelation knowledge of the Word of God.

We all must come to our own personal knowledge of the Gospel. There is no substitute, for it will not come through a pastor, a pope or a priest. To the church at Corinth, Paul writes to worldly Christians and says, “That your faith should not stand in the wisdom of men, but in the power of God,” [1st Corinthians 2:5](#). For they had begun to entertain worldly men and Paul was pointing them back to the fact that, grace, power and the provision of the gospel can only come from understanding and believing the truths of the Word of God. The truth that God raised Jesus from the dead must become our foundational truth. We will never outgrow it, nor will we ever leave this truth behind, no matter how sophisticated we get in the ministry, for this is the foundation of the gospel and everything that is built, must be built on this foundation.

The healing of blind Bartimaeus in [Matthew 20:30](#), [Mark 10:46](#) and [Luke 18:35](#), is a healing that came about because of revelation knowledge. When the blind questioned the crowd as to what was happening, they were told that “Jesus of Nazareth,” (a man named Jesus, from the town of Nazareth) was passing by. And they begin to cry out, saying, “Jesus, Son of David,” this was the name for the Jewish Messiah. No one told them this, nor was the crowd able to silence them. They had revelation knowledge of who Jesus was and their faith came alive and when they were called by Him, they were healed. Not only were they certain of who Jesus was, but they were also certain that He could and would heal them. In both Mark's and Luke's gospels, Jesus said to them, “Your faith has made you whole.”

We need to realize that God's Word (the gospel) has power in it, “For our gospel came not unto you in word only, but also in power, and in the Holy Ghost,” [1st Thessalonians 1:5](#). God's Word is quick, “For the Word of God *is* quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner of the

thoughts and intents of the heart," [Hebrews 4:12](#). Many more scriptures could be placed here that talk of the power in God's Word. There are bible scholars who can tell you everything about certain people of the Bible. Where they walked and what they were like, but they cannot tell you of the power of God that was on that persons life, what their philosophy was, what they meditated on or how they walked in the power of God. The Bible is more than just a novel, a history book, textbook, or even a self-help book. The Word of God is alive. Jesus is the Word made flesh, [John 1:14](#), and the Word is powerful, able to meet all of our needs, both in this physical world and in the life to come.

The amount that you compromise God's Word will get in the way of not only your healing but also your testimony for Christ. Peer pressure is a term we use primarily for young children in school. However, it also applies to adults, the Mom and Dad who want to be accepted within their circle of friends and other parents. And if talking about Jesus, believing in His Word and expecting the Word to work gets in the way and is not accepted in their circle of fellowship, they might just stop talking of their belief in Jesus Christ. Thus compromising their belief and making the Word of God for them, in that area, of no effect. Taking a stand for Jesus does have a cost. It may cost you certain friends, bring rejection and ridicule (these are forms of persecution for the Word's sake), but scripture tells us, "Blessed *are* they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven," [Matthew 5:10](#).

Be patient with yourself, it takes time to become comfortable with a positive Word confession. Over at the ministry when people would ask me how I was, I began telling them. "I was healed, because the Word says so and who am I to disagree with God's Word." For the Word is true and my physical condition is only a temporary fact that must change. My thinking was, what could be safer than a ministry? Even though every word of this confession is true, I did not feel comfortable saying this and eventually stopped. The responses that I received were that some people stopped asking me how I was, others would enter into a dreaded conversation and others would look at me, smile and nod. Believing and applying the Word is usually a growth process. Be patient with your process, keep on feeding on the Word, for man shall not live on (*physical*) bread alone, but on every Word that proceeds from the mouth of God, [Matthew 4:4](#) and know that the kingdom of God is growing within you.

Our Christian walk starts out by saying that we believe that Jesus is the Son of God and that God raised Him from the dead. This is our salvation step. But then we come to many other crossroads of beliefs. For in His earthly ministry, Jesus did and said some amazing things. He healed people, opened blind eyes, made the crippled to walk and even raised the dead. Perhaps we believe these things, for they all show God's goodness. But Jesus also told some of the religious leaders that they were of their father, the devil. He defied every trap that the religious leaders put in front of Him and He said that if we do not partake of His body and blood, we have no part in Him. Do we believe all of what He said and did, or do we believe only certain things and reject or justify the others?

Even after we believe or settle this in our minds, we have yet more decisions to make. Do we believe the facts within the Bible or do we interpret them to fit within the framework of our logical mind? Such as the spoken creation of the world and man being made from the dust of the earth, [Genesis chapter 1](#). Waters that parted, [Exodus chapter 14](#), an ax head that floated when the man of God became aware of the situation, [2nd Kings 6:6](#). Walls of Jericho that crumbled and fell into the ground, [Joshua chapter 6](#). Deliverers such as Samson that did acts of mighty physical strength, [Judges chapters 13-16](#), mouths of lions were stopped, [Daniel chapter 6](#). These are just a few examples, then there are date, ages and other events in God's Word. Do we believe these or do we somehow justify them to line up with our worldly mind-set?

Actually we do not have the right to pick and choose what we want to believe in the Bible (God's Word). Either we need to reject it all or accept it all, there is no in-between. Most of us, if not all of us selectivity choose what we want to believe without even realizing it. We tend to justify it by pointing to different versions or using other arguments such as, the earliest documents don't say this. The arguments will never stop as long as man feels a right and a need to interpret God's Word to line up with his earthly reasonings. Scripture tells us that the Word is settled in heaven, **Psalm 118:89**. This does not mean that the angels up in heaven have complete comprehension of how the Word works, but they have acknowledged the Word as the truth and they know that God's Word works.

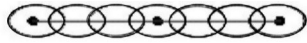
Even in the earthly realm, we do not always understand completely how things work, but that does not stop us from using them. For example we might not completely understand signal modulation or data packaging, but that does not stop us from using a cell phone. We need to apply this level of faith and trust to God's Word. We may have questions about the Word, but we must remain open to how God reveals it to us, rather than being bound by our own opinions. Let the Holy Spirit reveal it to you, that is one of His many jobs. "He shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you," **John 14:26**.

Action to be taken:

Letting God's Word become real

- Go back to the foundation of the gospel (Jesus Christ and Him crucified, that God raised from the dead), do you believe this? Your belief must come by faith, it will not come solely by head knowledge.
- Label God's Word as being true, no matter what your mind may think or reason, "let God be true, but every man a liar;" **Romans 3:4**.
- Realize the Word is living (*Jesus*) and the most powerful thing here on earth and when you speak the Word, expect the Word to work.
- In this section, praise Him because His Word is true and cannot be broken and we have been given the ability to speak His powerful Word that will not return void, **Isaiah 55:11**.

Desiring a closer walk with Him



⁴¹ And Jesus answered and said to her, Martha, Martha, you are anxious and troubled about many things. ⁴² But one thing is needful, and Mary has chosen that good part, which shall not be taken away from her, [Luke 10:41-42](#).

The account of the story of Mary and Martha can be found in [Luke 10:38-42](#). In reply to Martha's complaint of being left alone to do all the serving, Jesus replied that Mary had picked the better part that was needful and that was to sit at His feet and hear His teachings. Today, this would be equivalent to knowing His Word, resting in Him, listening to the guidance of the Holy Spirit and being in relationship with the Godhead.

It is all about Him! You are healed because of His kindness, mercy and goodness, and without Him, you can do nothing, [John 15:5](#). It is not about your healing needs, the entire world has needs. Jesus (God) does not meet a need simply for the sake of meeting our earthly "need or want list," so that we can continue playing world. He meets our needs to give us the opportunity to have a closer relationship with Him (the Father, the Son and the Holy Spirit), it is all about desiring to know Him, seeking a closer relationship with the Godhead and abiding in the Son and letting His Word abide in you.

With a closer walk with Him, your healing will come. Healing has to come for sickness cannot abide where the truth of God's Word abides. We must "Submit to God, resist the devil and he will flee from you," [James 4:7](#). Lots of people try to resist the devil without first having submitted to God, this will not work! "For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strongholds," [2nd Corinthians 10:4](#). If we have not submitted to God, we will not have access to use His spiritual weapons and we will only have use of whatever carnal ones we can muster up on our own and those will be totally ineffective against our spiritual foe. We must function within Him if we wish to win this battle. For it is all about Him. The only part that is about us, is the part of us that is within Him. If we wish to live the victorious Christian life, we must learn to abide in Him. Jesus said, "I am the vine, ye *are* the branches: He that abides in Me, and I in Him, the same brings forth much fruit: for without Me ye can do nothing," [John 15:5](#).

We must desire to make this change, leave the ways of the world behind us and reach out to the life that we can have in Christ. If we wish to remain in our present worldly pattern, this philosophy will keep us stuck. Perhaps some of those earthly habits are responsible for getting you into your current condition and you are wishing for healing so you can stay in the same destructive cycle. Even if you were healed, you mostly likely could not retain or maintain it. For you would once again go down the same earthly path that you did before, a change must be made. The Lord meets our needs to give us an opportunity to come into a closer fellowship with Him, to see if we will be faithful and to give us the opportunity to become an overcomer. So if a closer relationship with Him is not yet your desire, then your best course of action is to pursue natural forms of healing through worldly methods (doctors, prescription drugs, health supplements, self-help programs, etc.) and simply rely on natural healing until you desire to push into the divine healing that God intended for each of us.

God wants to have a personal relationship with each of us, and He has provided His Holy Spirit to live within each of us, how much more personal can you get? However, God will not override our free will, if we choose to reject His Holy Spirit from moving within us, He will let us do so and we can pridefully struggle through this life on our own. It may be a new concept to you to have a personal relationship with a living God and allow His Spirit to help direct your life. I remember being turned off when I was first presented with the concept of having a personal relationship with God, for one of two reasons.

First, my view of God at that time was that He was an impersonal God that caused, or at least allowed, my condition. And now He was looking to have a relationship with me? My response was, "I don't think so." And later my thought became, "Me, obtain a relationship with Almighty God?", it seemed too high and unattainable and I did not view myself as being worthy. Having a relationship with a spiritual God remains new to me every step of the way. It is uncharted waters, not having been there before. But I recommend it to each of you to take the first step, you will not regret it. For the things of the world and what they can give us pale in comparison to the blessings that God has in store for us.

We are privileged that we can have a relationship with the Father God, His Son and the Holy Spirit. Perhaps you are not as excited about this as I am, but let me tell you why I am. Having a relationship with the God of the universe, is something that we cannot buy, nor could we gain it through our own efforts or by begging for it, if He were not willing. And if we are believers, He has freely given us the Holy Spirit (His Spirit) that dwells with us. Whatever state of mind we might be in or our whatever our physical condition is, has no relevance on who we were meant to be in Christ Jesus, for scripture says we are made in His own image and likeness, [Genesis 1:26,27](#), and if we are

believers, we are legitimate children of God. **Hebrews 13:5** says, "He will never leave us or forsake us," and **Jeremiah 29:11** says, "For I know the purposes which I am purposing for you, says Jehovah; purposes of peace and not of evil, to give you a future and a hope."

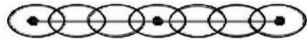
If we truly had a right understanding, knowing that God is a God of Love, how could we refuse such a deal? When we give up, this inferior, temporal world, we are given eternal life. But, those who love their earthly life have unfortunately quenched their desire for this relationship, because the world and other physical things are meeting their current need or at least have covered up the true need. But, if we do enter into this relationship, we will have love, peace and joy, **Galatians 5:22**, and this is only for starters. When you consider that God created the whole universe, I believe there will be adventures, amazement and fulfillment beyond what we can imagine, there will not be one boring moment in heaven. All we need to do is to genuinely say "yes," spend time with Him and He will do the rest.

Action to be taken:

Desiring a closer walk with Him

- Spend time with the Lord, for we spend our time on what is important to us. Our primary focus may be different, (studying the Word, praying, praising and worshiping or doing charity outreaches), but spend time on the things of God.
- Call upon the Holy Spirit, He is the true teacher and He will teach you step by step how to nurture this relationship, **John 14:26**.
- Know that a closer relationship with Him will only happen when we desire to walk in the light as He is in the light, **1st John 1:7**.
- In this section, praise God because He has made us to be partakers with Christ, if we remain confident unto the end, **Hebrews 3:14**.

Having a thankful heart



Having a thankful heart may seem to be rather extreme, if you are sick and hurting. But if your heart is not thankful for everything that God has done for you, given you and made available to you, you will most likely forfeit your gift of healing. After all, why would you even pursue God or any of His gifts if you were not thankful? Not being thankful will leave us cold, unfeeling, uncaring and self-centered and will stop us right where we are. Most of us first need to get past all the wrong teaching the world has taught us, that God causes or approves of all that ever happens to us. God does not cause nor does He even approve of all the bad things that happen to us.

This contrast can be seen so clearly in **John 10:10**, the thief comes but to steal, kill and destroy. Now do you really think that the Lord would approve of the devil doing such to His children? The other half of this scripture says that, I, (*Jesus*) came to give life and to give it more abundantly. God wants you to have life rather than death and that means health rather than sickness. God's Word says that He is continually doing a good work in us until the day of Jesus Christ, **Philippians 1:6**. And we also know that God gives good gifts to His children, **Matthew 7:11**. Sickness is not a good gift, thus God truly wants you well. So allow thankfulness to grow in your heart, as we go through this healing journey, you will begin to see God's inner peace and physical healing start to manifest in your body. So be thankful, for the theme of thankfulness is all through God's Word. For thankfulness is also a precursor to praise.

When we are not thankful, it becomes a slippery slope. Scripture says, "Because that, when they knew God, they glorified *Him* not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened," **Romans 1:21**. Not being thankful darkens our heart and our thoughts and emotions follow. **Romans 1:20-24**, tells us that they were without excuse. Professing themselves to be wise, they became fools, and worshiped idols. This resulted in God giving them over to the uncleanness of their hearts, (actually their own heart's desire) and the downward spiral continued. **2nd Corinthians 10:5**, tells us to take every thought captive and to cast down every thought that exalts itself against the knowledge of God and to bring every thought into obedience to Christ. See, God will not control our thought life, that is our job. We can either choose to exalt God and focus on Him and make Him bigger in our lives, which leads to proper thinking and a thankful heart, or we can let the world fill our mind with improper thoughts, that result in a gradual downward decline. The choice is ours, we can become bitter or better.

Scripture talks much about being thankful. Thankfulness is a command and is God's will for us. We are to be thankful in all things; "In everything give thanks: for this is the will of God in Christ Jesus concerning you," **1st Thessalonians 5:18**. God wants us to be thankful because He knows that as we are thankful we will be able to acquire the gifts that He has for us. Thankfulness is not an option, it is an essential part of the kingdom's operation.

When we are going through an infirmity or a difficult time, it may seem that our current situation is not worthy of attributing thanks to God. However, all of us can rejoice that our names are written in the book of life. When the seventy came back to Jesus and were excited that even the devils were subject to them, you can read about this in **Luke chapter 10**. Jesus said to them, "do not rejoice that the spirits are subject to you, but rather rejoice because your names are written in the book of life," **Luke 10:20**. If they were not to find reason to rejoice in their good efforts and their achievements, we also should not be discouraged and condemned about our failures or physical condition. Rather, regardless of the situation, all believers can rejoice that their names are written in the book of life.

You might be thinking, "that's just great, I am to be thankful that my name is written in the book of life and just disregard my current condition, is that right?" Scripture tells us not to rejoice in external physical things, but to rejoice in all things. This tells us that rejoicing can be something that we can do regardless of our emotions. I am not ignoring the outward condition, rather I am saying that we should not be basing our rejoicing on our emotions. With that foundation made, we can then move on and address our current physical condition. For whatever condition we are in, we can be thankful, knowing not only that God wants us healed and whole, but that His Word is capable of restoring us to health, no matter what our physical condition might be. For our body is fearfully and wonderfully made, **Psalms 139:14**. God has given us every healing provision that we need to achieve total health. And His Word will accomplish what it was sent to do, **Isaiah 55:11**. The catch is that the Word works according to our belief. If we doubt the Word, we will reap our doubts, but if we believe that the Word is true and able to perform the outrageous promises that it tells us, we will reap the promises. Knowing that we can determine the outcome of our situation is yet another reason to be thankful. Do not leave this section without first acquiring a thankful heart, it will prove itself to be an asset many times over.

During the years when I was living with an infirmity and calling it mine, I did not have a thankful heart towards God. In fact I thought that God was either wholly or in part responsible for my

condition. This will stop us from receiving the good gifts that God has for us. If we believe that God gave us a sickness (an evil gift), why would we ask Him for anything further, nor would you feel thankfulness towards that person.

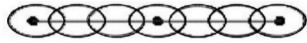
A thankful heart needs to be a prerequisite for every believer in Christ Jesus. And the best way to get there is through praise and worship. **Jude 1:20** tells us to, build yourselves up on your most holy faith, praying in the Holy Ghost. If you currently do not feel thankfulness in your heart, know that it is easier to work up a feeling through an action, than to work up an action through a feeling. I will say it this way. If your goal is to have a thankful heart, It is easier to act thankful even though you may not feel like it and later the feeling will come. Rather than to stay in a dormant (unthankful) state waiting on a feeling of thankfulness to come, so you can then act on your feeling.

Action to be taken:

Having a thankful heart

- A thankful heart comes from knowing that God is your Father and that He is for us and not against us. "What shall we then say to these things? If God *be* for us, who *can be* against us?"; **Romans 8:31**.
- As you read through this journey, reflect on all the ways that God has been good to you, especially when you were at your lowest and less than thankful.
- Be thankful because God has provided everything that we need to be healed and whole within His Word. We just need to search it out and believe it. The Word is settled in heaven, **Psalm 119:89**, we need to settle it in our hearts.
- In this section praise the Lord because He is good, merciful, forgiving and His grace abounds towards us everyday, give Him the sacrifice of praise, **Hebrews 13:15**.

It will be done according to your faith



²⁸ And when He was come into the house, the blind men came to Him: and Jesus said unto them, Believe ye that I am able to do this? They said unto Him, Yea, Lord. ²⁹ Then touched He their eyes, saying, According to your faith be it unto you. ³⁰ And their eyes were opened; . . . [Matthew 9:28-30](#).

All of us need to realize this before we start seeking our healing; otherwise our focus can become scattered. The things of God do not happen by magic, but rather through faith. All the gifts of God require faith to acquire, use and walk in. "(For we walk by faith, not by sight:)", [2nd Corinthians 5:7](#). This is not our personal generated faith but rather the amount of His faith that we choose to operate in. So do not be discouraged, we can all do this, it is not just for the super saints.

When Jesus said, "May it be done according to your faith," this was not meant to become an obstacle. Rather, using our faith will allow us to access our healing and retain our healing. Most of us when we first hear this think that it must be our own personal (generated) faith, but do not fear. Even the disciples were confused about this when they asked Jesus to increase their faith, [Luke 17:5](#). Jesus did not really give them a direct answer. In fact, He implied that they did not need their faith increased. When He said, "If you have faith as a mustard seed, (a tiny bit of faith), you can say . . .", [Matthew 17:20](#) and [Luke 17:6](#). And the wonderful thing is that God has given to each of us the measure of faith, [Romans 12:3](#). Therefore we all have the needed mustard seed of faith to get the job done.

You might then be thinking, if it is dependent on my personal belief in His faith, I may never get there either. However, be of good cheer, Jesus has overcome the world, [John 16:33](#); therefore, we can all get there. If we are relying on what we consider to be our ability, at some point we will fail, but His ability will never fail. When we start trying to help out the cause, that is when things stop working, for it is all about Him. He gave us the gift of faith; Jesus is the author and the finisher of our faith, [Hebrews 12:2](#). Jesus brought faith into motion and He also is the finisher of our faith. He put everything in place for us. We do not need to work up our personal faith apart from Him, we simply need to believe and access His faith.

Before Jesus said to the blind, "According to your faith," He asked them, "Do you believe that I am able to do this?" He did not question them as to their abilities, but rather asked them if they believed in His ability. We also need to ask ourselves this same question, as it foretells the outcome. All we need to do is acknowledge and rest in the finished work of Jesus. It is simple, we are the ones who make it difficult. Our walk with Christ was not meant to be hard, if we simply enter into His rest, [Hebrews 4:11](#).

Believe in the works that Jesus did and realize that when we abide in Him, the Spirit of God within us will access His faith. I like to think of our faith as, "our belief in Jesus' ability to get the job done." It really comes down to whether we believe in the amassing miracles that Jesus did in His earthly ministry, that the blind see, the lame walk, the lepers are cleansed, the deaf hear and the dead are raised? [Luke 7:22](#). Believing in these things will increase the amount of faith that we operate in.

Faith is a fruit of the spirit, [Galatians 5:22](#), all of us can produce faith if we abide in the Vine. The branch simply supports the fruit, it is the root that nourishes and produces the fruit. When we realize that we do not have to work up our faith, but rather believe in what Jesus has accomplished, our faith will become a natural outpouring of our walk with Christ.

"Without faith it is impossible to please *Him*." [Hebrews 11:6](#). I have heard this verse spoken as, "without faith it's impossible to please God." The word "Him" is in italics, which means that the translators added the word. When we get to the place where we are working to please God, that implies that we can also displease God and this leads us into a works mentality. God is pleased with us right now, regardless of what we can acquire or achieve in this life, simply because we are His creation. However, without faith we will not be able to receive the blessing that God has provided for us and we (ourselves) will not be well pleased. The Young's Literal Translation translates the verse as, "and apart from faith it is impossible to please well." As long as we are believers in Jesus Christ, no matter what our condition may be, rich, poor, sick or healed, God is pleased with us, because we believe on His Son Jesus Christ and are made in His image and likeness. Faith is for our benefit, so that we can believe and receive the good gifts that God has for us. Faith should be thought of as a way to acquire God's many gifts, rather than as a measuring stick to see if we please Him.

Now the just shall live by faith: but if *any man* draw back, My soul shall have no pleasure in him, [Hebrews 10:38](#).

God does take pleasure in those who can access His gifts by faith. It may seem that I am splitting word definitions ("pleased vs. pleasure") and that it is nothing more than semantics. But, pleased, has a direct opposite antonym of displease, whereby the antonym of pleasure is pain. God is pleased

with all believers simply because they believe on His Son Jesus Christ, [John 6:28-29](#), that brings us into the family of God. But God takes pleasure when we can access His gifts through faith. Faith is how we access the gifts of God and it's God's good pleasure that we are able to receive them, [Luke 12:32](#).

Faith is based on knowledge, for it is impossible to have faith in something that you do not know or agree with. If you do not know that it's God's will to heal, it would be ridiculous to believe that by chance your doubt might cause you to get healed. At times people will pray a prayer of petition ending with the phrase, "if it be Your will." This shows a lack of knowledge of the person who is praying, for we are to know His will, [Colossians 1:9](#). Before you actively pursue your healing, you must settle in your mind that it is God's will to heal. Otherwise, you will always gravitate back towards your original doubt.

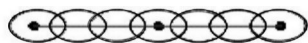
If you wish to retain your healing, it must be by your faith alone. Having the anointed and gifted man of God pray with you is great and certain people do have special giftings for the edification of the church. However, at the end of the day when that man is no longer with you, if you wish to keep your healing, it must be by your faith alone. People have said to me, "Well if Jesus had healed me, I would be permanently healed, because, He is Jesus." Today we can have God's Spirit dwelling within us, thus we have the equivalent, or even better, than Jesus in the flesh. For during Jesus' earthly ministry, the person of Jesus was not continually able to be with you, but God's Holy Spirit is with you always. Perhaps at a healing service, someone else's prayers can be an aid to bring your healing into manifestation, but if your faith cannot sustain it, you will soon lose it. It is much like jump-starting a car. If your battery cannot retain the charge, the jump it receives will provide only a short-lived, temporary recovery.

Action to be taken:

It will be done according to your faith

- Learn, speak and confess God's Word over yourself, for, "Faith comes by hearing and hearing by the Word of God," [Romans 10:17](#).
- Stand on the truth of God's Word. Your faith that keeps your healing, not someone else's faith.
- Praise God because, He gave everyone an amount of faith, [Romans 12:3](#).
- Praise God because, the faith of Jesus will never fail and is more than enough to heal you.

A living God and His living Word



I am the God of Abraham, and the God of Isaac, and the God of Jacob. God is not the God of the dead, but of the living, [Matthew 22:32](#).

In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God, [John 1:1-2](#).

And the Word was made flesh, and dwelt among us, (and we beheld His glory, the glory as of the only begotten of the Father,) full of grace and truth, [John 1:14](#).

For the Word of God *is* quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner of the thoughts and intents of the heart, [Hebrews 4:12](#).

Allowing God's Word become real to you is entirely up to you. Whereby, God's Word does not change, it remains the same, yesterday, today and forever, [Hebrews 13:8](#). However, our perspective, the way we see and value the Word, can change. The way that we approach God's Word reveals much about how we also value the Word. If we chose to spend our time debating and arguing certain points within the Word. Even though our argument may be correct and true. We have approached the Word as a concept that we need to either prove or defend and we have made God's Word, little more than a storybook or textbook to us.

To be able to see God's Word as a living, you really need to realize that the Word can meet your present day need. For scripture tells us, "for Thou has magnified Thy Word above all Thy name." [Psalm 138:2](#). This means that the ability of the Word to work, (change lives, heal, etc.) is to be exulted and valued as much or more than all of His names. If we don't believe that God's Word is able to meet our present day need, it will be very difficult, if not impossible for us to see His Word as living and relevant to our current day life.

We have a living God and a living Word. Whereby we may not be able to fully understand the concept of a living Word, we must accept it as a truth. Our worldly logic tends to think of known things, such as the printed word or electronic media, which are both finite, static and most of all dead. God's Word on, the other hand, is alive and it is dynamic. It is not limited in what it can do, but rather is "able to do exceeding abundantly above all that we ask or think, according to the power that works in us," [Ephesians 3:20](#).

Often we bring God's Word down to our level of comprehension, rather we need to come up to His level of wisdom and understanding. For scripture tells us, "For the wisdom of this world is foolishness with God," [1st Corinthians 3:19](#). God gave us a mind and an intellect so that we could navigate through this physical world, but the Bible was not written to our mind; it was written to our heart and our spirit. We will never fully comprehend God's Word through the use of our intellect. In order to walk in the wisdom of God's Word, we need to quiet ourselves from the cares of this world and to get alone with His Holy Spirit. And the Holy Spirit will lead and guide us into all truth, [John 16:13](#).

God's mode of operation is through His Word, Jesus the Word made flesh, [John 1:14](#). Usually when we think about Jesus, we think about one of His human traits or certain attributes. We also need to think about Jesus as the living Word and focus on the power of the Word, for a dead word will not bring forth life and life more abundant. God's Word came down to us in the physical body of Jesus. The Word did not just transform into flesh, but God wrapped a physical body around His living Word. The Word has not changed; it remains the same. Jesus is fully man and fully God. As Isaiah's prophecy says, "a Child is born and a Son is given . . ." [Isaiah 9:6](#). The Child was born of a woman and the Son was given to us by God. The Son could not have been born, for God's Word was already living.

Death and life *are* in the power of the tongue: and they that love it shall eat the fruit thereof, [Proverbs 18:21](#).

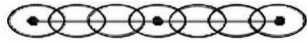
We have the amazing ability to speak this living Word. This is a spiritual gift that can be used to direct things in the physical realm. For we were made in the image of God, [Genesis 1:27](#), as believers we are sealed with the Spirit of promise, [Ephesians 1:13](#), and can also be filled with His Spirit. And as ambassadors for Christ, [1st Corinthians 5:20](#), the words that we speak represent God's kingdom within us. Our words do matter, for if our words had no effect, scripture would not warn us by telling us that death and life *are* in the power of the tongue. Furthermore, Jesus spoke and said, "I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment," [Matthew 12:39](#). The words that we speak always come back to us, regardless of whether we speak life or death.

Action to be taken:

A living God and His living Word

- Know that the Word (*Jesus*) is living and even the words that we speak bring forth either life or death, **Proverbs 18:21**. Therefore, speak life and not death.
- Speak the living Word, expect the Word to work, for God's Word does not return void, **Isaiah 55:11**.
- In this section, praise God because His Word is alive and living, able to meet our every need. “Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that works in us”, **Ephesians 3:20**.

Do not disqualify My people



I write this to let you know that as God's creation, all of us have an equal opportunity to be healed and whole through God's Word. There have been many books and chapters written on “why we are not healed” and they usually focus around one's unbelief. Early in the faith movement, most people with a long-term infirmity were made to feel that if they only had enough faith they could be healed, I know I was. All of us have an amount of faith, scripture says, “For I say, through the grace given unto me, to every man that is among you, not to think *of himself* more highly than he ought to think; but to think soberly, according as God has dealt to every man the measure of faith,” **Romans 12:3**. A good way to remember this scripture and to think about faith, is to know that we all have an amount of faith and using it is as easy as 1–2-3, **Romans 12:3**.

I have written this healing journey to be proactive and not to take the passive view of, “well if God wants me to be healed, then I will be healed.” God is willing! The man with leprosy said to Jesus, “If you are willing, you can make me clean” and Jesus replied; “I am willing, be clean,” **Matthew 8:2**, **Mark 1:40** and **Luke 5:12**. There is no doubt in my mind that God has a personal healing plan for each of us. The question is, will you pursue and do whatever it takes to get the healing He has for you? We have much to do with the fullness and the richness of our relationship with God and that also determines what we receive from God.

The focus of this healing journey is to bring you into reliance on God's Holy Spirit within you, it is not about seeking out the anointed man of God or relying on others to achieve your permanent healing. For everyone is ultimately responsible for carrying their own healing and it must be by their faith alone. When I was on the prayer line, I prayed with a few people who were very receptive and the results were amazing. Physical healings were manifested as we shared scriptures and some were immediately set free of whatever struggle they were dealing with. Sometimes these manifestations even surprised the people asking for prayer. Whereby certain people within the body of Christ can aid in another's healing, everybody will keep their healing according to their own faith.

God can move a mountain in our lives even when we think that mountain is unmovable. There are ministers who take their ministry to the street and pray for whomever walks by and they have seen some amazing miracles. Where the people being prayed for did not even want prayer, but they were rather coerced into it by their friends and yet a great healing miracle took place. Now if your plan is to sit and wait for an event like this to come across your path, it may happen, but then again, it may never happen. Rather, I encourage you to take your healing journey inward and focus on God's Holy Spirit. Once we are able to access healing from our spirit within, that healing will never be taken away from us.

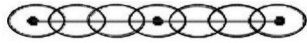
So whatever your condition may be pursue your healing even if you think the condition is hopeless, for with God all things are possible, **Luke 18:27**.

Action to be taken:

Do not disqualify My people

- Know that you have enough faith. We all have a measure of faith, **Romans 12:3**. The question is, do you believe and are you exercising your faith?
- Do not let the world or man get you down. If you are in Christ Jesus, God is pleased with you.
- In this section, praise God because, as believers we can all be sons and daughters of God, **1st John 3:1-2** and your Father knows what things ye have need of, before ye ask Him, **Matthew 6:8**.

Jesus took our infirmities



Who His own self bare our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed, [1st Peter 2:24](#).

At times, we think of Jesus taking stripes and being scourged as a separate occurrence from the salvation that He provided for us on the cross, but it is all one. The verse relates the stripes that Jesus took to the cross, for the tree is symbolic for the cross. The scourging may have been a separate action, as told in [Matthew 27:26](#), [Mark 15:15](#), and [John 19:1](#), but it is associated with the cross. Therefore, our physical healing is in the same package as our salvation and is available to all. Everything was dealt with at the cross and sickness should not be on our body, if for no other reason that sickness is not from God and it should not be on the temple of the Holy Spirit, [1st Corinthians 3:16](#).

This scripture also has what I call prerequisites that we usually just ignore; "that we, being dead to sins, should live unto righteousness." We need to do two things here; we must die to sin and we must choose to live unto righteousness. We must first stop living and operating out of this carnal world and start operating in God's kingdom. This may not seem to us to be closely related to finding one's healing, but it is all within the same verse of scripture. Most all of us want healing, but we don't always want to make a lifestyle change that might be required or perhaps we don't even know that a lifestyle change is required. Whereby healing is a gift, there are principals we need to abide by. It is all about knowing Him and abiding in the light, as He is the Light, [1st John 1:7](#).

Let us also take a look at Old Testament prophecy that addresses healing. This point is further prophesied in both [Isaiah 52:13-14](#), and [Isaiah 53:4-5](#).

¹³ Behold, My servant shall deal wisely, He shall be exalted and lifted up, and shall be very high.¹⁴ Like as many were astonished at Thee (His visage was so marred more than any man, and His form more than the sons of men), [Isaiah 52:13-14](#).

This prophecy is of the crucifixion of God's Servant (Christ) on the cross and says that His appearance and form was marred beyond that of any other man. This implies that Christ literally took and bore our infirmities, crippling conditions and deformities in His own body on the cross. So if Christ took them for us, we don't need to and should not be carrying them ourselves.

⁴ Surely He has borne our griefs, and carried our sorrows: yet we did esteem Him stricken, smitten of God, and afflicted. ⁵ 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 53:4-5](#).

This is a prophecy of all that Christ took on His own body. He took our transgressions (*our sins*), our iniquities (*our sicknesses*) and the chastisement of our peace (*our fears*), were all placed on Him. Everything was put upon Him. Through His death, He has provided a way that all of us can be healed and whole.

Below is the New Testament fulfillment of Isaiah's prophecy.

¹⁶ When the even was come, they brought unto Him many that were possessed with devils: and He cast out the spirits with *His* word, and healed all that were sick: ¹⁷ That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare *our* sicknesses, [Matthew 8:16-17](#).

If we are able to see (*visualize*) our infirmities on Christ, whether it be CP, MS, cancer, diabetes, a deformity or even a common cold, we will realize how much He endured for our sake. And if Christ took our sins and sicknesses for us, why should we feel we need to carry them? I had trouble accepting this because, how could I embrace such a thought, as seeing Jesus carrying my infirmity, after all He is a holy God! This may seem like a reasonable concern, but all of this has been done for us, it cannot be reversed. If we have regrets, our regrets cannot undo it or make it not happen, nor can we take our infirmities off of Christ. It has been done for us and Christ did not first ask us if this was what we wished. If we choose to carry our own infirmity, it does not reduce what Christ went through. Christ was willingly crucified for us, because of the Father's love for us and He brought us back into right relationship with the Father. Healing of our physical bodies, in this current life, just happens to come in the same package as our salvation, forgiveness, sanctification and gift of righteousness. Enjoy what Christ has purchased for you, don't feel any shame or guilt about giving Him your infirmity. He did this out of love and not out of obligation and the Father wants us to be able to access the gift of healing that Christ obtained for us.

Jesus took our infirmities

Action to be taken:

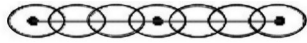
Jesus took our infirmities

- Realize that your sickness and infirmity was placed on Jesus, as He hung on the cross. Ask yourself, “if He took my infirmity, why should I still carry it?”
- Leave your worldly ways behind and walk in the Light, as He is in the light, **1st John 1:7**.
- In this section, praise God because He not only provided a way for us to be restored to the Father, but He also provided healing for our physical body through the stripes of Jesus, **1st Peter 2:24**.

Section Two

*Pursuing every
healing path
possible*

Imagination and hope, primary steps



Now faith is the substance of things hoped for, the evidence of things not seen,
Hebrews 11:1.

You must have a foundation of hope for faith to take hold of and work, for faith is the substance of things hoped for. Without first having a hope, it is impossible to activate your faith. Using the analogy of making a cake, the substance of the cake would be the tangible ingredients, (flour, eggs, sugar, etc.), and would relate to our faith. However, if the cake is not purposed and planned for, if it is not hoped for, no cake would ever be made, even if you had the ingredients, for there would be no reason to make a cake. Therefore, if there is no hope, there would be no reason to have faith in what is not hoped for.

Hope deferred makes the heart sick: but *when* the desire comes, *it is* a tree of life,
Proverbs 13:12.

Hope does not have an expiration date however, it is easy to misconstrue this when we look at the scripture. We look at the word “deferred” and think that if our faith does not quickly produce a tangible substance, we have deferred hope. Here, we have put the outcome that faith can provide for us before we have the required hope. The scripture is actually saying that until we get our hope active, if our hope is delayed in coming our heart will become sick. And it goes on to say that “*when* the desire comes, *it is* a tree of life.” The desire will come, because the scripture says when the desire comes, it does not say if the desire comes. The desire will build our hope and then our faith will be able to move on our hope. Every believer needs hope, it is not an option, nor is it just for kids. Proper biblical hope is a requirement for every believer.

Desire is the key and we need to direct our desire. Too many of us have only small desires and perhaps we are not even aware of the degree to which we do. But our desire becomes our hope and our hope becomes what we are able to have faith for. Within this world, we are constantly being presented with and encouraged to get worldly desires and remedies. Nearly every form of media does this to sell its goods. We must direct our desire, for our desire is what leads our hope and our hope can then cause our faith to work. The only correct way to direct our desire is to desire His kingdom and not this worldly one that we dwell in. This actually comes down to a few simple foundational principles. Seek first His kingdom, **Matthew 6:33**. Do not be conformed to the world but be transformed by the renewing of your mind, **Romans 12:2**, and embrace the mind of Christ, **1st Corinthians 2:16**. When you do these things, your desire will automatically correct itself and direct your hope and your hope will enable your faith to work.

Proper biblical hope is always positive. Only a handful of scriptures refer to hope in a negative or neutral light and they are either talking of the unbeliever, the hypocrite or the unjust. Scripture even tells us that we have a God of hope; “Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost,” **Romans 15:13**. Biblical hope is not the same as a wish list, (a wishing, a hoping and a praying), this makes for a clever jingle, but that’s about all it does. Hope is a valid scriptural attribute for all believers and true hope only applies to those in Christ Jesus. For scriptures say that they who are without Christ (*the covenants of His promises and without God in this world*) have no hope, **Ephesians 2:12**.

If we have a negative outlook, what we are calling hope will still work, but it will work in a detrimental way. Most of us have been told by a doctor or a professional, “the best we can hope for is” This tends to direct most people’s expectation and that contends with their positive hope. And if they are not walking by the spirit, their expectation of what the doctor or the authority figure said will prevail over the truth of God’s Word. And the negative thing that they are expecting to happen, will most likely happen, “for as a man thinks in his heart, so is he,” **Proverbs 23:7**. Thus their negative anticipation and fears will produce a negative result.

I have put down a few scriptures to show you what the Word says about hope, not only the hope that we have in Christ Jesus, but also showing the importance of having a biblical hope;

Who by Him do believe in God, . . . that your faith and hope might be in God, **1st Peter 1:21**.

Thou did make me to hope *when I was* upon my mother’s breasts, **Psalms 22:9**.

The God of hope fill you with joy, peace in believing, that ye may abound in hope,
Romans 15:13.

We are to hope in the Lord, His mercy and His Word, **Psalms 31:24, Psalms 33:18, Psalms 130:5**.

By whom we have access by faith into grace, and rejoice in hope of the glory of God,
Romans 5:2.

Therefore my heart is glad, and my glory rejoices: my flesh also shall rest in hope,
Psalm 16:9.

But I will hope continually, and will yet praise thee more and more, **Psalm 71:14.**

For we are saved by hope: but hope that is seen is not hope, **Romans 8:24.**

*This is written: that he that ploweth should plow in hope, **1st Corinthians 9:10.***

Hope makes us not ashamed; because the love of God is shed abroad in our hearts,
Romans 5:5.

Love hopes all things, **1st Corinthians 13:7.**

For the law made nothing perfect, but the bringing in of a better hope *did*; . . . ,
Hebrews 7:19.

Let thy mercy, O LORD, be upon us, according, (*in proportion*), as we hope in Thee,
Psalm 33:22.

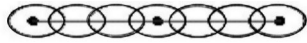
The foundation of our hope is throughout in the entire Bible. Not only does Hebrews 7-8 tell us of having a better hope and better promises, through what Christ has done for us. Also as God's workmanship we are made in the image and likeness of God, **Genesis 1:26-27.** We are actually made in the same physical image that His Son was made in and all believers can have the Spirit of God dwelling inside of them. And we are bought with a price, **1st Corinthians 6:20.** God loves us and values us, He paid the ultimate price of His only-begotten Son. All of this is followed by numerous other promises as the foundation of our hope. Our future is bright and likewise, we should expect this current life to also be very bright, for we are sons and daughters of the Most High God.

Action to be taken:

Imagination and hope, primary steps

- Realize that deferred hope or having no hope makes the heart grow sick, **Proverbs 13:12.**
- Know that every believer has a measure of faith, **Romans 12:3**, and faith will work where hope is active.
- Ask the Lord for a vision of your hope, for without vision My people perish, **Proverbs 29:18.**
- Work up within yourself that hope and your faith will then act upon that hope, **Hebrews 11:1.**
- In this section, praise God because through the blood of Christ, we have a better hope, by the which we draw nigh unto God, **Hebrews 7:19.**

What scriptures are you standing on?



¹⁶ All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: ¹⁷ That the man of God may be perfect, thoroughly furnished unto all good works, **2nd Timothy 3:16-17**.

God's mode of operation is His Word and that is the way we also need to operate. Scripture says that Jesus Himself is the Word; "The Word was made flesh, and dwelt among us," **John 1:14**. and that "the Word does not return void," **Isaiah 55:11**. To receive anything from God, we must be aware of the promises within His Word, for if His Word has not already provided it for us, our begging and pleading will not achieve it for us. When we first came to Christ, we did so with a knowledge that God saves His people. Perhaps we were pushed to our physical end, but we knew that what we needed was God. Maybe we did not know much if any, scripture, but we knew enough to call out to God and that He would provide a way. Likewise, it is the same way with healing, but now we need to progress in our walk and the knowledge of Him, knowing and expecting, more than we did before.

We must realize that physical healing and wholeness is within God's will and to prove this to ourselves, we need scriptures to stand on. Your personal healing journey will not come without effort, this is not a physical effort, but rather believing and standing on the Word of God. And this will require time spent in His Word, for we cannot stand on what we do not know. Scripture says, "And you shall know the truth, and the truth shall make you free," **John 8:32**. However, it is only the truth that we know that can make us free. So I encourage you to make that commitment and find for yourself scriptures that you can stand on. I paraphrased just a few scriptures here, but I encourage you to look up the verses for yourself. Don't try to ride through your healing journey just on what I have written. Most likely you will need to open your Bible, put forth time and effort reading and studying the Word, verify what is written here and receive your own personal understanding.

Both male and female are made in the image and likeness of God, **Genesis 1:26,27**.

Do you not know that, your body is the temple of the Holy Spirit, **1st Corinthians 6:19**.

You have been bought with a price, therefore glorify God in your body, **1st Corinthians 6:20**.

He sent His Word, and healed them, and delivered *them* from their destructions, **Psalms 107:20**.

You are fearfully and wonderfully made and your soul knows it very well, **Psalms 139:14**.

If the Spirit of God dwells in you, He that raised up Christ from the dead, will quicken your mortal body, by His Spirit that dwells in you, **Romans 8:11**.

The Word of God is quick, sharper than a two-edged sword, dividing between soul and spirit, and joints and marrow, **Hebrews 4:12**.

Who bore our sins in His body on the tree, that we, being dead to sins, should live to righteousness: by Whose stripes we were healed, **1st Peter 2:24**.

He has borne our griefs, sorrows and fears, and with His stripes, we are healed, **Isaiah 53:4,5**.

On the website PowerMinistries.info, I have lists of [scriptures and confessions](#). I encourage you to learn what the Word of God says for yourself. If we wish to get through this life and be triumphant, we will need to become well equipped in the Word of God, for the Word of God is that two-edged sword, **Hebrews 4:12**. But, if we are not familiar with the Word, not knowing how to speak it and do battle with it, we will be left only having our carnal weapons and they will be totally ineffective. God uses His Word as a two-edged sword; "and out of His mouth went a sharp two-edged sword," **Revelation 1:16**. God has given us the ability to speak His Word and, I believe, also the responsibility to speak His Word. When we abide in Him and His Word abides in us, we shall be able to speak His Word and the Word will not return void, but will accomplish what it was sent to do, **Isaiah 55:11**.

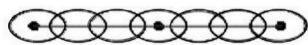
So, stand on the whole truth of the Word and not just certain healing scriptures, for the Lord wishes us to have a knowledge of Him and His Word. "But grow in grace, and *in* the knowledge of our Lord and Savior Jesus Christ. To Him *be* glory both now and forever," **2nd Peter 3:18**. For all scripture is inspired and we should not be content with just learning a partial bit of the Word. When we gravitate towards only certain select scriptures, whatever they may be for, healing, prosperity, etc, we generally do that to seek our worldly need, rather than seeking the Lord. Perhaps this is how most of us start, I know that it was my main focus for getting into the Word. But, in order to stand securely, we must have a well-rounded knowledge of the Word.

Action to be taken:

What scriptures are you standing on?

- Spend time in the Word, learn the scriptures and the promises of God, “and you shall know the truth, and the truth shall make you free,” **John 8:32**. All of His promises will work for you, but it's only the truth that we know, that makes us free.
- In this section, praise God because we have His Word to stand on and His Word never fails. Jesus Christ (the Word), the same yesterday, today and forever, **Hebrews 13:8**.

Speaking life instead of death



Death and life *are* in the power of the tongue: and they that love it shall eat the fruit thereof, [Proverbs 18:21](#).

The confession that we speak governs our life and there is no way around this truth. Jesus said, “if you believe the things you say, it shall come to pass, you shall have whatever you say,” [Mark 11:23](#), [Matthew 21:21](#). Our words are important and they are powerful, for they either bring life or death. Regardless of how clever we are, we will not, we cannot rise above the words that we think and speak. Our words actually bind us to either life or death, just as God spoke this same concept to the Israelites; “I have set before you life and death, blessing and cursing: therefore, choose life, that both thou and thy seed may live,” [Deuteronomy 30:19](#). This primarily concerns our thoughts but our speech always follows our thoughts. Jesus said, “for out of the abundance of the heart the mouth speaks,” [Matthew 12:34](#), [Luke 6:45](#).

Words and the thoughts behind them are powerful. Entire country’s histories have been directed by words and thoughts. Examples in scripture of how Jesus (God in the flesh) uses His Words are; Jesus will literally fight with the Words of His mouth, “and out of His mouth went a sharp two-edged sword,” [Revelation 1:16](#). The Word of God is that sword, “For the Word of God *is* quick, and powerful, and sharper than any two-edged sword,” [Hebrews 4:12](#). God uses His Words for good and not for evil, to create and to give life and not to destroy or tear down. I have put just a few examples here.

God's Words, created the earth and all that's in it, [Genesis 1:3-28](#).

Many prophecies were spoken through the prophets about His Son, [Isaiah 9:6](#), etc.

God's many covenants were given to men and He will not relent on them, [Acts 3:25](#), etc.

God blessed man and He won't let people curse men, [Numbers chapters 22 & 23](#).

God's Words are Spirit and they are life, [John 6:63](#).

God has blessed man and will never curse him. God's Words and promises will not, cannot, be reversed. At creation, when God made man in His own image and likeness, God blessed man, [Genesis 1:27,28](#). In the garden, after the fall of man when God judged man, He said, “Because you have listened to the voice of your wife and have eaten of the tree, of which I commanded you, saying, You shall not eat *of it!* The ground *is* cursed for your sake. In sorrow shall you eat of it all the days of your life,” [Genesis 3:17](#). God cursed the earth and not man. Later when Cain killed Abel, God's judgment on him was; “And now cursed art thou from the ground, which has opened its mouth to receive thy brother's blood from thy hand,” [Genesis 4:11](#). God does not and will not curse His people, nor does He want other people to curse them, because God knows the power of the spoken word.

And God will not allow others to curse His chosen people. In the account of Balaam, the false prophet, Balaam was hired by Balak, the king of Moab, to curse the Israelites. After much time, Balaam eventually came to Balak and as they both overlooked the tents of the Israelites. Balak (the king) requested Balaam to curse the Israelites and each time Balaam blessed them. Three times from a different location, the king told Balaam to curse them and each time Balaam blessed them. Scripture records that the false prophet Balaam said, “How shall I curse, whom God has not cursed? or how shall I defy, *whom* the LORD has not defied?” [Numbers 23:8](#). You can read a this account in [Numbers chapters 22-24](#).

Man, on the other hand, tends to be quite careless with his words, thinking that words don't matter much. There is a saying, most of us have heard as kids; “sticks and stones can break my bones, but words will never hurt me.” This is absolutely untrue. I have talked to people who recall words in their past that have deeply wounded them and many years later, those words are still hindering their lives. Our Words are powerful! Words can shape people's future, they can build people up or tear people down. Scripture tells us, “But the tongue can no man tame; it is an unruly evil, full of deadly poison,” [James 3:8](#). Only God through His Holy Spirit can tame our tongue. All of us on occasion have probably said things we wish we had never said and we cannot take our words back. Once words are spoken, they cannot be unspoken, at best, all we can do is apologize. Thus, we need to watch what we say, for scripture tells us, “I say unto you, That every idle word that men shall speak, they shall give an account thereof in the day of judgment,” [Matthew 12:36](#). We tend to believe that there are positive words, negative words and a whole bunch of idle words. Even if this is true, scripture says we shall give an account for every idle word. In reality, either we are speaking life or death. Therefore, make a habit of speaking life and encouragement to others and over yourself as well.

We need to realize that our words will come back to us and affect us either for good or for harm. We often speak negative words over ourselves without realizing the damage that we are doing. I have heard people gladly talk about their many diseases, sounding almost prideful, believers, implying that they are carrying a bigger or a heavier cross for Christ and also nonbelievers implying that they are able to carry a heavier burden than most people, (This is not only prideful, but it is just plain wrong)! And at the same time they are glorifying the works of the devil (sickness). When you magnify your sickness, to some degree it becomes a self-fulfilling prophecy. I realize that sickness is a fact in this fallen world and, to some degree, we need to acknowledge that fact, but it is only a temporal fact, not an eternal truth. And before you willingly speak death out of your mouth, keep in mind that scripture says, "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof," **Proverbs 18:21**.

Actually, we have not been called to speak our words or to do our will, we have been called to do the Father's will. Just as Jesus also said, "I can of Mine own self do nothing: as I hear, I judge: and My judgment is just; because I seek not Mine own will, but the will of the Father which has sent Me," **John 5:30**. We have been called to speak and to come into agreement with God's Words. For we are rightful heirs of Christ and we are ambassadors for Christ, **2nd Corinthians 5:20**. We are to be spokesmen for Christ and represent God's kingdom through our words and our lifestyle.

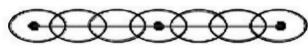
I emphasize that the words that we speak always come back to us and there is no way around this. What we sow is what we reap, this is a universal and a kingdom principle. Scripture has many verses about this principle. Even in this world, people tend to treat you in much the same way that you treat them. Therefore, look at the positive and speak words of life just makes good sense. So I encourage you always to speak words of life and not death, even in what could be negative situations.

Action to be taken:

Speaking life instead of death

- Guard your tongue, **James 1:26**. Rather than trying to improve your language through your own good efforts, come into a closer relationship with the Lord. All you need is the desire and the willingness and His Holy Spirit that dwells in you will tame your tongue.
- In this section, praise the Lord because you have the mind of Christ, **1st Corinthians 2:16**. And the mind of Christ has only positive thoughts, such as love, peace and joy.

Speaking God's Word over your body



²³ For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. ²⁴ Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*, **Mark 11:23-24**.

Speaking the Word (God's truth) is something all of us need to do. Entire ministries have been founded on speaking to your mountain and believing in your heart that what was spoken shall come to pass. The verse **Mark 11:23-24**, is in every Bible version and the verse is as valid as any other verse. So whether you have doubts or you think that speaking over your body is just plain silly, do it anyway. Put God's Word to the test and speak it over your body as the Bible says that we can do.

And they overcame him, (*the accuser of the brethren*) by the blood of the Lamb, and by the word of their testimony; **Revelation 12:11**.

This is also the way we overcome anything from the enemy, by the blood of the Lamb and the word of our testimony. Sickness is from the enemy or this fallen world, it is not from God and we need to overcome it. During Jesus' earthly ministry He did nothing in secret, **John 18:20** and likewise we should not keep our testimony in secret. If we are convinced that God's Word can heal and does heal, tell others about it, do not be ashamed of the Gospel, **Romans 1:16**. Yes, you might get a strange remark from friends and even fellow Christians but this will be the ultimate test of your personal belief. Are you believing what the gospel says? Are you calling things forth that are not as though they were, **Romans 4:17**, or are you going to conform to the ways of the world around you?

The world tends to put more faith in what is seen and tangible, such as doctors and various medical cures, than in God's Word that we cannot see. Most people are more compliant to follow a doctor's orders than they are at speaking God's Word on regular prescribed intervals. I have written two points comparing and showing the contrast between medical interventions and using and relying on God's Word. I think these points speak for themselves as to which healing method we need to pursue.

- Whereby medical technology has been improving, and this is a good thing, however this also tells us that there is room for or need of improvement; whereas the Word of God needs no improvement, it is complete and perfect.
- Every medical procedure has a risk factor (will it help or will it harm), whereas receiving from God's Word will take an effort of faith on our part, but the Word will never do you harm.

Believe God's Word and keep on speaking it. The Bible tells us that we need to be proficient with using the Word and to always have an answer in season and out of season, **2nd Timothy 4:2**. However, speaking the Word, whether it be to others or to ourselves, will be of little effect if we do not believe it ourselves. Whereas the scripture cannot be broken and the Word will always accomplish what it was sent to do, **Isaiah 55:11**, if we have no personal belief or expectation that the word will work for us, we will receive back our doubts and unbelief, making the Word of no effect to us in that area of our life.

For the Word of God *is* quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner of the thoughts and intents of the heart, **Hebrews 4:12**.

The Word is that double-edged sword and the Word can divide between joints and marrow; in other words, the Word can work on our physical bodies. Speaking the Word works because we are a three-part being (body, soul and spirit), the physical body, the soul (the mind, will and emotions) and the spirit. The question is, which one of these three will become dominant in your life? You have three options: You can let your physical body dictate, letting your emotions verify your body's ills and completely disregard your spirit. You can be guided through this life by your carnal (worldly) mind, informing your body of what the world says, also ignoring your spirit. Or you can put your spirit first, telling your soul (mind, will and emotions) and your physical body how to act. If we let the spirit within us direct us, the spirit will override and trump the desires of our body and our soul. And when we speak God's Word forth, we will have confidence that our words are coming from our spirit (His Spirit that dwells within us) and not just from our head. Knowing that the Word will not return void, but will accomplish what it was sent to do, **Isaiah 55:11**.

For our bodies are fearfully and wonderfully made, **Psalms 139:14**, and they must obey the spoken Word of God. The apostle Paul calls our bodies, our earthly house of this tabernacle, **2nd Corinthians 5:1**. Just as we would not live in a house with a leaky roof, if we had the resources to

repair it, we should not settle to live in a body in need of repair, for Christ has supplied us with His Holy Spirit to heal us, **Romans 8:11**.

Our body should not be dictating to us; we should be telling it what to do, for our body is actually our servant. God has given us dominion over the things of the earth. "And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the birds of the heavens, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth," **Genesis 1:26**. Man was made from the dust of the earth; "And Jehovah God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul," **Genesis 2:7**. You could say that our physical body is our personal earth, and we should have the greatest degree of dominion over our body, for man was given dominion over the things of the earth. Even if you believe that man lost that dominion at the time of the fall, Christ has restored all of that and more. So speak God's Word over your body and expect the Word to work. However, do not speak the Word in disbelief and doubt, for that will only feed your doubts. If we are merely speaking words from out of our flesh, it will profit us nothing, for flesh cannot cast out flesh, just as Jesus also said to the Pharisees, "how can Satan cast out Satan?," **Mark 3:23**. But, if we truly believe that the words we speak are coming from our spirit that is empowered by God's Spirit, our physical body must conform to the truth of the Word.

Command those aches and pains to go, command that tumor or growth to dry up and be gone, etc.. For we have God's Spirit living within us, the most powerful force on this earth, the Spirit that raised Jesus from the dead. And if the words that we speak are being guided by His Spirit within us, our words will accomplish what they were sent to do, As Psalm 8 points out, man was made to have dominion over the works that God's hands have made. So exercise your dominion over your body through the name of Jesus and expect the spoken Word to work for you, it has to, "let God be true and every man a liar," **Romans 3:4**. Speaking to our bodies and commanding aches and pains to go away, may be a new concept for some of you and may require some retraining. For we have catered to our bodies for years, our bodies have always told us what to do (I am hungry; I am tired; I want this; I feel this way, etc.) and this behavior is only further reinforced by the world. And to reverse this command structure, will require perseverance and persistence, standing solely on His Word. Having full assurance that God's Word is the truth and that the Word will produce what it says it will.

Before I left for Bible school, there was a mole on my chest. It wasn't that big and I did not give it much thought. It was about the size of a pea, black and it had one single hair growing out of it. I can't remember when it first showed up, but it had been on my chest for at least seven years. But now it was on my mind more and more as to how to get rid of it. My first thought was to cut it off. This seemed good to me and being a guy, I thought it was definitely doable. For in the past I had picked or cut other certain small bumps off of my body that were not supposed to be there. Well, when I attempted this, I quickly realize that it was not going to work.

Since it was only an ugly cosmetic mole hidden under a shirt, I decided to do nothing about it. During this time, my walk with the Lord was increasing and I was becoming more attuned to listening to His Spirit. As days passed, the question of how to get rid of it just would not go away. I did not want to do a surgical procedure, after all, the reason for entering into my new phase of life was to pursue God's Word to its fullest. A few days later the thought came to me to speak to the mole and curse it, using the example of Jesus cursing the fig tree, **Matthew 21:19** and **Mark 11:14**. I really do not know why this thought came to me, but the more I thought on this the more I became convinced that it would work. Also around this time, I was also getting much in the way of confirmation from various callers on the prayer line where I worked. It was almost as if God was speaking to me, telling me that I was on the right track.

It is actually pretty easy to curse an ugly black mole, for there is no doubt in your mind that it should not be on your body. So after I was fully convinced (well at least somewhat convinced), I placed my hands on it and cursed the mole. I did this for about a week before I became convinced that it was cursed and would dry up and die. After this, the mole was no longer in my daily thoughts. About two months later, when I remembered to look for it, it was gone! Not even a red mark.

At the time of writing this, the mole has now been gone for about five years. Praise God, His Word works. God's living Word will bring life or death and whichever one that we speak will come to pass. After the mole was gone, I told this account and the scripture that I was standing on to a friend and fellow believer. My friend told me that the instance of cursing the fig tree did not pertain to the way that I used it. Well, all I can say is that it worked for me, for all of us receive from the Word as we believe. "For as a man thinks (*believes*) in his heart, so is he," **Proverbs 23:7**. For the Word to work for us, we must believe that God's Word not only works for Him but can also work for us. We must make the Word our core belief system and personalize the gospel as the Apostle Paul did, as all of us need to have a personal relationship with our Father God. So speak the Word, the power behind God's Word is not limited, His hand is not shortened, **Isaiah 59:1**.

Let me use examples from the Old Testament concerning speaking words, that show us how we are to become solely dependent on speaking God's Word.

In the account of David and Goliath in, **1st Samuel chapter 17**, both David and Goliath spoke words over each other. As David came onto the battlefield, with his sling and stones. Goliath spoke to him and said, "*Am I a dog, that thou comes to me with staves? And the Philistine cursed David by his gods.*," **1st Samuel 17:43**. Then David replied, "Thou comes to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the LORD of Hosts, the God of the armies of Israel, whom thou has defied. This day will the LORD deliver thee into mine hand; and I will smite thee, and take thine head from thee; and I will give the carcasses of the host of the Philistines this day unto the fowls of the air, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel," **Samuel 17:45-46**. Words were exchanged by both David and Goliath and as for David, it was also a way of professing the outcome of the battle.

Even in the natural, the words that we speak can encourage, build up confidence and help direct outcomes. And when the spirit is guiding our words, we should expect the power of our spoken words to accomplish what they were sent to do, **Isaiah 55:11**.

Another example of the importance of relying solely on God's Word can be seen when Moses was to lead the Israelites out of Egypt. God originally transformed his staff and it become the rod of God, **Exodus 4:2-4**. God will lead us in steps that we are at first familiar with, for Moses was familiar with his rod and was most likely very skilled at using it. Moses first used the rod to bring about the ten plagues in Egypt, **Exodus chapters 7-11**. Then he used the rod to part the Red Sea, but only after he cried out to God and God replied to him, "Why are you crying to Me, tell the people to go forth, stretch out the rod and divide the sea," **Exodus 14:15-16**. Perhaps Moses thought that the rod was limited to only what he had seen it do in the past. I believe God wants us to step out and take the challenge, rather than playing it safe. God empowered Moses with a rod and I believe He wanted Moses to test and use his new unexplored authority.

Later in the desert, Moses was told to strike the rock with his staff, **Exodus 17:6**, and water came forth. Approximately, thirteen years later, Moses was told to *speak* to the rock, perhaps out of frustration or habit, he struck the rock (twice), **Numbers 20:8-11**. I believe God was leading Moses in the next step, desiring him to progress in his walk with Him, by simply speaking to the rock. For up

to this point Moses had been using a rod and anything tangible can become separated from us. God wanted Moses to boldly speak the Word and with God's authority behind his words, mountains could literally be moved, [Mark 11:23-24](#), or in this case, water would come forth from a rock.

The outcome of this was that Moses was not allowed to go into the promised land of Canaan, [Numbers 20:12](#). God had given Moses a test in the wilderness to adapt to a new way of operation, by simply speaking to the rock rather than hitting it. For leading the Israelites into and taking the promise land would require much more military effort than using a staff or a physical object could ever accomplish. We must solely rely on God's spoken Word, backed by His power to overcome our obstacles rather than our own tangible methods.

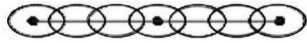
We need to operate on God's plain, rather than operating within our known physical realm. For in the very beginning God created all that we see through His Words, [Genesis chapter 1](#). And the New Testament tells us that, "as he is, so are we in this world," [1st John 4:17](#). Therefore, speak the Word, become proficient at using that double-edged sword, you will not only see those mountains (obstacles) in your life moved but you will realize the creative power behind the spoken Word.

Action to be taken:

Speaking God's Word over your body

- Realize that the scripture tells us to speak to our mountain, [Mark 11:23-24](#). This is not a suggestion, it is a command. It is not contingent on what you see or feel. If all were well there would be no mountain, (obstacle or problem), to speak to.
- Be bold and speak healing over your body. Leave your past ways behind of speaking words of death and agreeing with your sickness or limitations. Reinforce your body with words of peace and health. Whatever you may think about this, speak the Word, it is scriptural!
- In this section, praise God for He has given us the ability to speak His powerful Word and the Word will not return void, [Isaiah 55:11](#).

Are you willing to be carried?



Apart from God, man is prideful by nature. In order to be carried, we need to acknowledge our dependence on the Lord. Within every area of life, we find degrees of pride, even though our desire may be “to do it ourselves.” The truth is, that the only way we can accomplish what the Lord has for us to do, is to realize our dependence on Him. God hates man's human pride for it keeps him from seeking the Lord and operating through His power and ability. Scripture speaks much about pride; Jesus equates man's pride with an evil thought. “Out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man,” [Mark 7:21-23](#). I have put several scriptures on pride below:

Therefore, pride is as a chain about their neck, [Psalm 73:6](#).

Six things Jehovah hates; yea, seven *are* hateful to His soul: a proud look . . . , [Proverbs 6:16-17](#).

The fear of Jehovah is to hate evil: Pride, and arrogance, and the evil way, [Proverbs 8:13](#).

Everyone proud in heart *is* hateful to Jehovah; . . . , [Proverbs 16:5](#).

Pride *goes* before destruction, And a haughty spirit before a fall, [Proverbs 16:18](#).

A man's pride shall bring him low; But a lowly spirit shall obtain honor, [Proverbs 29:23](#).

The pride of thy heart has deceived thee. . . , [Jeremiah 49:16](#).

Pride could be keeping you from your healing. The woman with the issue of blood, [Matthew 9:20](#), [Mark 5:25](#) and [Luke 8:43](#), did not appear to be concerned about what steps she had to take to get healed. For according to the law she was “unclean” and could have been stoned to death for being among the crowd. However, she was determined to accomplish her mission to get to Jesus, no matter what the risks to her might have been. Not only was her faith and persistence working in high gear, she had put away any, or perhaps lost any, self-pride that she may have had and her single focus was on obtaining her healing from Jesus.

Pride is entirely worldly and completely carnal. Scripture tells that, “For all that is in the world is, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world,” [1st John 2:16](#). Pride will keep us isolated and living in our own deceptions and what do we really have to be proud about anyway? Pride, falls into one of three general categories, pride in material possessions, pride in the status we have achieved, or self-pride within, also known as one's ego.

1. Pride in material possessions is very superficial, for our material possessions will with us today and gone tomorrow and they will be gone no matter how tightly we hold on to them. We cannot take them with us, for they are not eternal. All we can do is enjoy them for a season in this temporal world.
2. When we take pride in the status that we have achieved, it is because we are not giving God the credit for our talents, but rather we are patting ourselves on the back. This kind of pride about our temporary worldly achievements actually brings with it a fear of someday losing it, and this will even further draw us away from God. As we attempt to meet our needs ourselves, leading also to greater stress and anxiety.
3. Lastly, self-pride or what most people call having an ego, comes from knowing in our subconscious mind that we are made in the image of God, but being deceived into believing that our achievements are solely due to our own great abilities and talents. An acronym for the word “ego” is, “edging God ot,” and that is exactly what having an ego does. Ego, or this kind of pride, is the hardest to overcome. First, you must become broken, realizing that your efforts can no longer fix the problem. Then the real healing can begin.

When I was a teen in school, even though I had poor speech and coordination, I remember being proud. It may seem odd, but I knew I was proud of the limited physical achievements that I made and I figured others could not achieve (if they were in my condition). And since no one could really challenge this assumption, I could remain prideful of my achievements, regardless of how small they were. I did this primarily as a defensive mechanism and it was my way of living in denial, to cover up my real needs, somewhat like saying, “well if you don't need me, I don't need you either.” Pride will generally separate you from the crowd, at least in your own mind and this is not God's way, for He is a relational God. God is looking for family, not for the one soldier who feels that he can fight the entire war by himself. In this world, we tend to equate dependence with weakness and shame, but scripture tells us that we are all members of one body and members one of another, [Romans 12:5](#). And, if you truly think about it, there is really nothing to be prideful about. So put away your pride and stop trying to keep up false appearances, humble yourself and do whatever it takes to obtain your healing.

If you are not living for the Lord, you will either be living for the world or for someone else and pride will naturally play a part of that. The world has several metrics, rich, poor, literate, illiterate, that produce prideful comparisons. However, in God's eyes, we are pretty much the same; God knows what each person is lacking. It really comes down to whether you value keeping up a false appearance or do you value what the Lord can do in and through you? Perhaps your friends, peers or family are not on the same page in the Lord that you are and they might belittle or even reject you when you stand on faith. Do not let that deter you from seeking your healing and asking for it. Put away your foolish pride and go to whatever length or extreme needed to get your healing.

We are to receive the Kingdom of God as little children, [Matthew 18:3](#), [Mark 10:14](#) and [Luke 18:16](#).

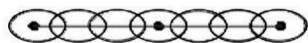
A little child has not yet acquired the worldly pride that comes with becoming an adult and that is why we must receive the kingdom of God as a little child. We are not to become childish, we are to become childlike. While at the same time, remaining mature in Christ, yet realizing our total dependency on Him. For Jesus said, "for without Me you can do nothing," [John 15:5](#).

Action to be taken:

Are you willing to be carried?

- Put away your pride and realize that your false pride, at the most, is only fooling man and not God.
- Seek a closer relationship with the Lord and lean on His Word and the name of Jesus. Do not feel ashamed of this dependence, look up, [John 15:5](#) and [Romans 1:16](#). Only within Him will you find it possible to put away your false pride and self effort.
- In this section, praise God because He is God and you are not. Realizing that there are enough personal struggles, trials, temptations in life and at times we cannot even fix ourselves. However, we have an advocate with the Father, Jesus Christ the righteous, [1st John 2:1](#) and He will carry us, if we but only let Him.

Will you accept His gift of healing?



- ⁸ For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God:
⁹ Not of works, lest any man should boast, [Ephesians 2:8-9](#).

What keeps us from accepting His gift is our foolish pride or our self motivation, which is usually based on pride. If it were not for pride, we would all graciously accept a free gift. Maybe we even subconsciously realize our inward need, but our pride holds us back by telling us things such as, “I can do it myself,” “I don't need your charity,” “I must earn it,” “I must be good enough,” “if it is free, I don't need it,” etc. But whatever our personal excuse is, the result is the same. Man's self-pride keeps us from receiving the gifts that God has for us. That is why God hates man's foolish pride. Your pride, at the most, is only fooling you and perhaps a few other people, but it is not fooling God. He knows exactly what your condition is and He wants to help, if only you will become willing to accept His gift.

Our earthly nature wants to accomplish things and to make a name for ourselves. Jesus went through this very temptation, so this human desire is not foreign to our Lord. He was tempted of Satan to throw Himself off the highest peak of the temple, so that angels would bear Him up so that He could prove His supremacy, [Matthew 4:5-7](#), [Luke 4:9-12](#). And He was also tempted to bow down to Satan, to achieve the glories and powers of all the kingdoms of the world, [Matthew 4:8-10](#), [Luke 4:5-8](#). Likewise, we must also lay down our earthly desires before we can receive from the Lord. For the person working to achieve his own agenda, apart from the Lord will struggle and will never receive the Lord's blessings. Our works will bear fruit only if we stay connected to His desire. Once we have that connection, we will naturally bear fruit as a result of our walk with the Lord. As scripture says, “Abide in Me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in Me,” [John 15:4](#).

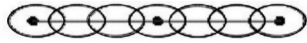
What actually qualifies us for this gift is that we are His children (sons and daughters of God). Our failings, missing the mark, even being a sinner, is not what qualifies us to receive God's gifts. Whereby our shortcomings may qualify us for God's gift of salvation, the further gifting are only for the mature in Christ Jesus. Our sins, just as our good deeds do not qualify us to receive gifts from a holy God. This implies that we are still using a worldly metric to earn God's acceptance and His gifts, it doesn't work that way. Either we must walk in the light of God's kingdom or walk in the darkness of the world; we can't do both. What qualifies us is that we were created, stamped and sealed with the identity of Christ. We can't give our identity away and the devil cannot steal it from us, he can only deceive us into thinking that we are less than what we are. So there is little reason other than laziness that we cannot become that victorious overcomer that we were created to be.

Action to be taken:

Will you accept His gift of healing?

- Put away your foolish pride, humble yourself, realize that you cannot do it yourself and that you need a Savior and a Healer.
- Realize that God's gifts are given freely; we cannot earn them. The only reason that we have access to His gift of healing because we are believers and sons of God.
- Ask and keep on asking, [Matthew 7:7](#). if you are ambivalent about seeking your healing, you will most likely stay in your current condition.
- In this section, praise God because His gifts are not contingent on our good behavior, nor will our shortcomings or our past bad behavior disqualify us from receiving them.

Having the elders pray over you



¹⁴ Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord ¹⁵ And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

¹⁶ Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man avails much, **James 5:14-16**.

This is the only scripture in the Bible that speaks of praying for the sick, for Jesus always spoke of healing the sick. The scripture instructs the sick person to seek out and ask the elders for prayer, it does not instruct the elders to seek out the sick. So be obedient to God's Word and request prayer. It does not matter what your past experiences have been with the elders, perhaps they have been bad experiences. So humble yourself, put away that foolish pride and have the church elders pray over you. They hold an office within the local church and God will honor that office and His Word. Perhaps you feel that their prayers could barely get off the ground and make a difference, but realize that we are healed by the power of God and His Word and not by man. So if those elders are being obedient and are willing to pray with people, you also be obedient. For Samuel, the prophet spoke this, "Behold, to obey *is* better than sacrifice," **1st Samuel 15:22**.

We are all members of one body, **1st Corinthians 12:12**, and members one of another, **Romans 12:5**. And we have the ability, even the instruction to pray for one another, "Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints," **Ephesians 6:18**. So ask the elders to pray with you and do not view this just as a step of obedience. For when the body of Christ comes into unity, God is there in the midst. This even applies when two or three are gathered together in His name, **Matthew 18:20**. For God has given the body of Christ (the church) the ability to care for others, to meet the needs of others, and to provide healing through one another, all in the name of His Son, Jesus Christ.

When I became serious about seeking my healing, I went up to a couple on the prayer team at the church I was going to and asked them if they were considered to be elders. I am not sure if they had ever been asked this question before. However, I was on my quest to pursue every healing possibility and I encourage you to do the same. Perhaps you do not need to be as blunt or foolish as I was in asking them if they were elders. But I encourage you to pursue every healing pathway that you can, be as determined as [the woman with the issue of blood](#) and be as persistent as [the Syro-Phoenician woman](#) was, do whatever it takes!

Action to be taken:

Having the elders pray over you

- Ask for prayer from the elders in your church. Knowing that if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of My Father which is in heaven, **Matthew 18:19**.
- In this section, praise God because He has provided offices within the church, **Ephesians 4:11**. And He has equipped people within the church with certain giftings for the edification of the body, **1st Corinthians 12:28**.

Asking others for a prayer of agreement



Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of My Father which is in heaven, [Matthew 18:19](#).

Whereby, scripture does not command us to ask others for prayer, we would be foolish to pass this up. When I started asking for a prayer of agreement, I went to people who I knew not only believed in healing miracles but had also seen and experienced miraculous healings in their own lives. You might say that, I went to people whose faith and belief in God's Word was stronger than mine was. I was looking to be built up rather than torn down. There are many Christians who if asked will say that they agree with you for your healing, after all, that is the Christian thing to do. They may mean well and perhaps have compassion concerning your problem, but if they have been taught and believe that God only heals through doctors and medical procedures. Their idea of what healing can be achieved and their doubt and unbelief will negate whatever you speak. For the two of you will not be in agreement and their words will actually bring you down.

Choose carefully who you come into agreement with and pray with. For just as you can be built up through a prayer of agreement, you can also be torn down by doubt and unbelief through the same process. I have put examples from the gospels, the first three healings that I put down show us that Jesus distanced Himself from the people who were in unbelief, before doing certain miracles. And the account of Jesus when He was in His own country, shows us that the peoples unbelief and lack of faith in Him kept them from being able to receive from Him. Most likely only a few even came out to hear Him and be healed as scripture says, "And He could do no work of power there, except that He laid His hands on a few sick ones, He healed them.," [Mark 6:5](#).

- Jesus raises Jairus's daughter from the dead, [Matthew 9:18](#), [Mark 5:22](#), [Luke 8:40](#). Jesus first put out all the mourners from the house before raising the little girl.
- Jesus led a blind man out of the town and healed him, [Mark 8:23](#). He led this man out of the unbelieving town of Bethesda, healed him and told him not to go back. Later in scripture Jesus spoke a "woe" over Bethesda, [Matthew 11:21](#) and [Luke 10:13](#).
- Jesus heals an epileptic, [Matthew 17:14](#), [Mark 9:17](#), [Luke 9:37](#). Before the crowd could gather and doubt could manifest, Jesus quickly healed the boy.
- Jesus could not do many mighty works in His own country, [Mark 6:1](#), [Matthew 13:54](#). because of the people's unbelief, most likely not many even came out to Him to be healed.

If Jesus put out or minimized the unbelief before healing miracles were done by faith, we also need to choose carefully that we do not come into agreement with those in unbelief. Doubt can be contagious and it can easily spread and neutralize any faith there may be. As also Jesus told His twelve disciples to beware of the leaven of the Pharisees and of the Sadducees, referring to their doctrine as leaven (yeast that spreads), [Matthew 16:6-11](#), [Mark 8:15](#) and [Luke 12:1](#).

Before attending Bible College, I was told by a fellow believer, not to expect too much from God, so I would not be disappointed if nothing came of it. Unfortunately, this is the mind-set of many Christians. The Word of God will give us whatever we expect from it; "Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*," [Mark 11:24](#). Our own thoughts actually govern our lives. This is told us in [Proverbs 23:7](#), "for as a man thinks in his heart, so is he." Just because we have issues with God's Word, our unbelief does not make the Word untrue. God's Word is true whether we believe it or not; "let God be true, but every man a liar," [Romans 3:4](#). However, whatever part of God's Word that we do not believe, or that we doubt, we make of no effect to us. If we have certain doubts concerning His Word, we will simply reap and receive back our doubts. But if we believe His Word, we will reap and receive our beliefs. My advice is to, dream big, expect awesome things and build up your hopes, for we have a God who is more than able. I believe God is pleased when His children expect big things from Him, You could say that He gets to show His kids what great and marvelous things that He can do.

Action to be taken:

Asking others for a prayer of agreement

- Selectively ask others who have a belief in God's divine healing, for a prayer of agreement.
- Believe that it will be done for you when two or more agree, **Matthew 18:20** and **Mark 11:24**. When we pray the Word, we are speaking His Words and not our words. The power to heal , set free, deliver, etc. comes from His living Word and not from our personal performance.
- Thank God for other like-minded believers who are willing to come into agreement with you in prayer.
- In this section, praise God because He has made the body as one, **1st Corinthians 12:12**. And as members one of another, we can pray and speak Words of life over one another and expect results, knowing the Word does not return void, **Isaiah 55:11**.

Participating in Holy Communion



Partaking of Holy Communion is much more than just a remembrance of Christ's Crucifixion, burial, Resurrection and Ascension. We actually have the privilege of communing with God's Spirit and partaking of Christ's body and blood. No, the physical bread and drink does not literally turn into the body and blood of Christ. The bread and drink remains bread and drink all the way through your digestive system. The spiritual connection here is that, "God is a Spirit: and they that worship Him must worship *Him* in spirit and in truth," [John 4:24](#). If you overlook the spiritual aspect, you are merely doing this in remembrance of Him. Everything in God's kingdom is done by faith, we must also partake of His body and blood by faith.

Even though we partake of Holy Communion through natural means (physical bread and drink), we have the option to access within the spiritual realm and get spiritual results. Just as one might remember how Jesus sacrificed His life for us, we can also partake of His body and blood. However it is up to us to believe this by faith. For, the way in which we perceive the act of taking Holy Communion will determine what we will receive from it.

We have the privilege to partake of God's Holy Communion. Scripture points out that we are seated with Christ in heavenly places, [Ephesians 2:6](#). Either we are in the family of God or we are not. In order to gain an inheritance you must be within the family, otherwise whatever you gain is referred to as a will. All believers have been given the gift of becoming sons and daughters of God, "But as many as received Him, to them gave He power to become the sons of God, *even* to them that believe on His name:," [John 1:12](#). and those who are led by His Spirit are called sons of God, [1st John 3:1](#) and [Romans 8:14](#). Thus, if we wish to receive spiritually, we must realize our true identity in Christ, knowing that we are fully entitled to receive.

Jesus said, "Except ye eat the flesh of the Son of Man, and drink His blood, ye have no life in you, Whoso eats My flesh, and drinks My blood, has eternal life; and I will raise him up at the last day," [John 6:53-54](#). He gave this teaching [starting at John 6:27](#), and after the teaching, many of His followers said, this is a hard saying, who can comprehend it, [John 6:60](#), and many of them walked no more with Him, [John 6:66](#). It might be difficult for us to comprehend being able to partake in a relationship with the Godhead, but if we minimize this, we are also minimizing and limiting what God can do through us.

When most churches serve Communion, they acknowledge it only as a remembrance. We are not just remembering a past event. God does not live in the past or the future; He lives in the present. In the spirit, we can partake with Jesus Christ, our Father and His Holy Spirit. We may be remembering His Crucifixion, burial, Resurrection and Ascension, but we are also communing with a living Word and we must do that by faith.

When we view Holy Communion as only a remembrance, we are comprehending it only from our carnal / intellectual mind. However, we are also a spirit, [1st Thessalonians 5:23](#), and our spirit man can actually partake of the body and the blood of Christ. Most of us are not that well connected with the spirit within us and for that reason, it is usually more comfortable for us to simply acknowledge Holy Communion merely as a remembrance, that we can logically reason and figure out.

Some of the benefits of partaking in Holy Communion:

- It will further enables us to receive the fullness of our salvation (sozo) and our complete inheritance.
- We can walk in authority as a son or daughter of God, walking in righteousness (right standing with God).
- We are protected from the enemy through the blood of Christ, having spiritual weapons.

Why is Communion sometimes called, "the meal that heals"?

1. The healing of the Syro-Phoenician woman's daughter, in [Matthew 15:21-28](#) and [Mark 7:24-30](#). Jesus told the woman that it was not right to give the children's bread to the dogs. Jesus referred to healing as the children's bread.
2. Jesus said, "I am the bread of life," [John 6:48](#). He also said, "I am the living bread which came down from heaven: if any man eats of this bread, he shall live forever: and the bread that I will give is My flesh, which I will give for the life of the world," [John 6:51](#). Jesus then said unto them, "Verily, verily, I say unto you, Except ye eat the flesh of the Son of Man, and drink His blood, ye have no life in you," [John 6:53](#).

Why is it important or needful to take Holy Communion?

1. Jesus gave His 12 disciples an example and a command; He took bread, blessed it, broke it and said: "Take eat, this is My body," [Matthew 26:26](#), [Mark 14:22](#), [Luke 22:19](#). (Luke's gospel says, "do this in remembrance of Me," Matthew's and Mark's gospel does not).
2. Scriptural examples in the book of Acts, how they continued steadfastly in fellowship, and in breaking of bread, and in prayers, [Acts 2:42](#). Continuing daily with one accord in the temple, and breaking bread from house to house, eating their meat, [Acts 2:46](#). Upon the first *day* of the week, when the disciples came together to break bread, [Acts 20:7](#).
3. Paul's teaching: ". . . do this, in remembrance of Me," [1st Corinthians 11:24-30](#).
4. And by the breaking of bread, their eyes were open and they knew Him, [Luke 24:30-31](#).

Two distinct elements, the bread and the wine.

Within Holy Communion allows us to partake of both the blood of Christ and the body of Christ, both provide for us distinctive blessings. This is what some of the older hymns refer to as the double blessing. I will first talk about the wine, because most of us are more familiar with the wine, even though it is proper to partake of the bread first.

The wine (the blood of Christ), "in whom we have redemption through His blood, the remission of sins," [Colossians 1:14](#). Within the blood of Christ, we find forgiveness, deliverance, righteousness, redemption and eternal life. This applies primarily to our spirit, because God is a Spirit, "God is a Spirit: and they who worship Him must worship in spirit and in truth," [John 4:24](#). When we take Communion, sing songs such as, "there is power in the blood," well there should also be a song saying, there is healing through the bread.

The bread (the body of Christ), "my brothers, you also have become dead to the law by the body of Christ," [Romans 7:4](#). Within the body of Christ we find the complete nature of Christ (physical health, the mind of Christ and His character). Correctly discerning the bread (the body of Christ) will not only provide healing for our physical body, but will also help us to show forth the fruit of our Christian walk.

Holy Communion is at times refer to as the breaking of bread: "And as they did eat, Jesus took bread, and blessed, and brake *it*, and gave to them, and said, Take, eat: this is My body," [Mark 14:22](#). The body of Jesus was broken in every way so that ours might be made whole and sanctified: "By this will we are sanctified through the offering of the body of Jesus Christ once for all," [Hebrews 10:10](#).

What does it mean to eat and drink unworthily?

²⁷Wherefore, whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. ²⁸But let a man examine himself, and so let him eat of *that* bread, and drink of *that* cup. ²⁹For he that eats and drinks unworthily, eats and drinks damnation to himself, not discerning the Lord's body. ³⁰For this cause many *are* weak and sickly among you, and many sleep. ³¹For if we would judge ourselves, we should not be judged. ³²But when we are judged, we are chastened of the Lord, that we should not be condemned with the world, [1st Corinthians 11:27-32](#).

Participating in Holy Communion

Scripture does not say the man or woman is unworthy; it is speaking of drinking or eating unworthily. Christ has made all believers worthy. Verse 26 tells us to “examine ourself,” if we do not fully understand all of what Holy Communion is and the potential of it, we are actually partaking of it in an unworthy manner. God's Holy Communion (common union with the Godhead), has unlimited potential. For we are made in God's image and likeness, **Genesis 1:26**, and we have been given His Holy Spirit to dwell within us. We have been given all the required essentials to properly and completely partake of God's Holy Communion and when we minimize it, we not only forfeit the benefit of it, but we also view the union that God wants to have with us as something less than what a living member of the body of Christ should. Thinking that either we personally fall short of deserving all of God's riches, believing ourselves to be unworthy or less than adequate to operate in the fullness of God's power or viewing holy communion as a common thing or nothing more than a remembrance. God has given us the ability to enter into full and complete relationship with His Spirit and His Son Jesus Christ, when we minimize this we are eating and drinking in an unworthy manner.

When we eat and drink in an unworthy manner, scripture says, “For this cause many *are* weak and sickly among you, and many sleep,” **1st Corinthians 11:30**. This is the only place in God's Word where it gives a reason why Christians are weak, sick and die (a physical death). Scripture warns us about this only in regard to the Lord's body, “For he who eats and drinks unworthily eats and drinks condemnation to himself, not discerning the Lord's body”, **1st Corinthians 11:29**. It does not say, not discerning the Lord's blood, for physical healing is in the Lord's body, as scripture tells us, “by His stripes (*to His physical body*) we are healed,” **1st Peter 2:24**.

What does it mean to eat and drink damnation to oneself?

Christ took the curse for us, “Christ redeemed us from the curse of the Law, being made a curse for us, . . .,” **Galatians 3:13**. We are not under a curse, nor is partaking in God's Holy Communion going to put us under one. God cursed the earth: “to Adam, He said, Because you have listened to the voice of your wife and have eaten of the tree, of which I commanded you, saying, You shall not eat *of* it! The ground *is* cursed for your sake. In pain shall you eat of it all the days of your life,” **Genesis 3:17**. If we choose to minimize Holy Communion, rather than actively partaking of spiritual food that brings us everlasting life and can bring us physical healing. We are merely partaking of physical food (natural bread and wine) from the earth, that has been cursed. We seldom ever think of eating of our favorite meal as eating damnation to ourselves, but that is exactly what we are doing. If the food whether plant or animal, has grown or been fed by an earth that has been cursed, what it produces cannot help but also be cursed and it will eventually produce death.

Many people have concerns and questions about “eating damnation to yourself,” so let's look at the word “damnation” used in scripture. It is used 11 times in the New Testament and does not appear in the Old Testament. Whereby the word damnation can be used in a spiritual context such as: the damnation of hell, **Matthew 23:33**, eternal damnation, **Mark 3:29** and the resurrection of damnation, **John 5:29**. The word is also used to describe situations within this natural world. Examples are: whosoever shall resist the power, (authorities of this world), shall receive to themselves damnation, **Romans 13:2**. Concerning the younger widows, they will marry; Having damnation, because they have cast off their first faith, **1st Timothy 5:11-12** and, through covetousness they have been made merchandise of (consumed with the cares of the world) whose damnation slumbereth not, **2nd Peter 2:3**. The word damnation is used in scripture to describe either a “spiritual judgment” or “an earthly action.” In this case, it is not talking of a spiritual judgment but rather of an earthly action.

Holy Communion brings life and health, not death!

It stands to reason that if we eat and drink in a worthy manner, applying the spiritual aspect of partaking of the Lord's body and blood, we would not reap weakness, sickness and death. Applying the scripture, "the thief comes only to kill, steal and destroy, but I have come that they may have life a life more abundantly," [John 10:10](#). We see two extremes life abundantly vs. destruction. So if we receive the full benefit of Holy Communion, it will provide us with life and life more abundant.

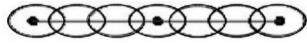
We can partake of Holy Communion by ourselves. We do not need to be in a church setting, nor do we even need to be with a group of believers, it can be just you and God. Scripture tells us, "But ye *are* a chosen generation, a royal priesthood, a holy nation, a peculiar people;" [1st Peter 2:9](#). Worthy to partake of and even able of administrating Holy Communion to others.

Action to be taken:

Participating in Holy Communion

- It may seem a bit awkward, at first, partaking in Holy Communion by yourself, but God wants a personal relationship with us and one way to commune with the Godhead is by partaking in Holy Communion.
- We can partake as often as we like. You can partake in a group setting or by yourself, daily or it can even be done multiple times per day, as often as one might take an earthly medication, you can think of it as taking the "Gos-pill."
- In this section, praise God because as believers we can partake of the body of Christ (the children's healing bread).

Praise and worship, powerful tools



The scriptures below equate praise with being our strength. This is seen through two scriptures:

Out of the mouth of babes and sucklings has Thou ordained strength because of thine enemies, that Thou might still the enemy and the avenger, [Psalm 8:2](#).

And Jesus said to them, Yea; have you never read, Out of the mouth of babes and sucklings, Thou has perfected praise, [Matthew 21:16](#).

When Jesus spoke what is recorded in [Matthew 21:16](#), He used the word “praise” in place of “strength,” equating and comparing the two words (*praise and strength*).

Praise to the Lord builds ourselves up. “But you, beloved, building yourselves up in your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God,” [Jude 1:20](#). This scripture actually refers to praying *and praising* in the Holy Spirit (in tongues). But whether you praise in tongues or in your native language, entering into praise and worship will naturally build yourself up. When we praise and worship the Lord, who is greater than we are and is able to meet our needs, we take our eyes off of our problems and we naturally begin to feel better. We cannot be filled with praise that results in joy and peace and at the same time be consumed with fear and worry.

Praise ministers to God, “But Thou *art* holy, *O Thou* that inhabits the praises of Israel,” [Psalm 22:3](#). Giving praise to the Lord is also a command. The first and greatest commandment states; “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind,” [Matthew 22:37](#). If we love the Lord out of a pure heart, we will naturally want to praise Him. “Praise the Lord, all the nations, and praise Him, all the peoples,” [Romans 15:11](#). Whenever scripture talks about how the believer is to respond to a given situation, it is always in prayer and with thanksgiving. “Therefore, let us offer the sacrifice of praise to God continually; that is, the fruit of *our* lips giving thanks to His name,” [Hebrews 13:15](#). God wants His people to praise Him, not because He is an egocentric God, but because He knows that we will find our blessing within Him through our praise and worship.

Praising the Lord makes the devil flee. The last thing the devil wants us to do is to praise the Lord Jesus Christ and Father God. The devil knows the importance of praise and worship. In the three temptations of Christ, one of the temptations was that the devil showed Jesus all the kingdoms of the world and their glory and said to Him, “All these things will I give you, if you will fall down and worship me,” [Matthew 4:9](#). The devil knew that whomever you worship becomes your Lord and Master. The devil was actually trying to reverse the roles. Jesus then said to him, “Go, Satan! For it is written, ‘You shall worship *the* Lord your God, and Him only you shall serve’,” [Matthew 4:10](#).

Many people have written quotes about the importance of praise and worship, below are just a few:

“It is only when men begin to worship that they begin to grow.” — **Calvin Coolidge**

“We increase whatever we praise. The whole creation responds to praise.” — **Charles Fillmore**

“Praise unleashes the healing *power* of God.” — **Don Gossett**.

“God can change the darkest night into golden dawn if we'll just praise Him.” — **Don Gossett**.

“Praising God is the Key to Victory!” — **Kenneth E. Hagin**

“Worship changes the worshiper into the image of the One worshiped” — **Jack Hayford**

“It is in the process of being worshiped that God communicates His presence to men.” — **C.S. Lewis**

“Worship is a verb.” — **Robert E. Webber**

“Praise is God's sunlight in the heart. It destroys sin germs. It ripens the fruits of the Spirit. It is the oil of gladness that lubricates life's activities.” — **Smith Wigglesworth**

“The sweetest of all sounds is praise.” — **Xenophon**

Most everything we need can be found through praise and worship and the truth of God's Word will make us free, [John 8:32](#). However, it is only the truth of God's Word that we know and retain that will make us free, otherwise the devil will steal our blessing from us. If we praise and worship God, knowing the truth of His Word and expecting His Word to work in our life, the Word will work for us. “For if an earthly father would provide for his own, how much more shall your Father which is in heaven give good things to them that ask Him,” [Matthew 7:11](#). But if we sincerely praise the Lord without having a proper knowledge of God's Word and we expect nothing, our adversary will keep

our blessing from us in those certain areas. It is not that the Word did not work, the Word always works. But if we have no knowledge, no expectation of the Word working in that area of our life, we will get exactly what we expect; hence the Word actually delivered for us what we were expecting (nothing).

Learning to praise and worship the Lord will trump all the external things that we can do, such as using our said authority, studying the Word, teaching and preaching the Word. If these things remain merely outward actions and they do not come out of our heart, they are but a religious exercise. It is all about a relationship with Him and praise and worship is the best way to enter in. Jesus said, "I am the vine, you *are* the branches: He that abides in Me, and I in him, the same brings forth much fruit: for without Me, you can do nothing," [John 15:5](#). Also [1st John 4:19](#) gives us a reason to praise the Lord, it says, "We love Him, because He first loved us." Once we understand God's love for us, we will not only love God and others, but our praise will come naturally and so will our victory.

As we grow in the Lord, the way we think and our thoughts gradually change, at least mine did. The Bible school that I went to set aside two hours a week for praise and worship. In my first year, I thought this was a huge waste of time and just an excuse for the school not to teach. After I had been there three years, I could see the value in setting the time aside for praise and worship and it even became one of the highlights of my day.

Sometime after my schooling, I made the decision to take the initiative to praise the Lord, on a one-on-one basis, rather than just being led into it in corporate praise and worship. I began my time of praise out of a logical plan to progress to a deeper level of the things of God. For I had been through Bible school and my assessment of myself was that I was saved and in a holding pattern. My thinking was that whatever it would take for me to make the things of God work in my life, that is what I would do. I was not doing this out of a heart of gratitude; this was just my intellectual (logical) plan to progress to a higher level. I began doing this two or three years before I came to an understanding that God is a good God. Many of us start out in various ways and that is fine, as long as you don't stay where you are and you keep moving forward.

When I began my new plan, I can honestly say that I did not want to do it. Not wanting to praise the Lord is not that uncommon, in fact, for the carnal person, it is actually the norm, for the flesh and the spirit have two separate agendas. "For the flesh lusts against the Spirit, and the Spirit against the flesh. And these are contrary to one another; lest whatever you may will, these things you do," [Galatians 5:17](#). The flesh does not understand the things of the spirit and only wants to do fleshly (worldly) things. So the only way you will get your flesh to truly praise and worship the Lord is to have your soul (your mind, will and emotions) override your flesh and give place to your spirit. I had little idea of how to do this, so I decided the easiest way was to sing hymns or praise songs. Since I could not find any praise or gratitude in my own heart, I figured I would sing someone else's words of praise, this way I could also partially appease my mind by memorizing songs. In those early days, I needed to take a stop watch with me and set a predetermined minimum length of time that I had to do this. Today, I continue the habit, but I do not use a stop watch and I enjoy my time of praise and worship. I encourage everyone to make a daily habit of praising and worshipping the Lord. It will change your life for the better and you will soon experience true peace and joy.

To get us started in this new habit, I have put together a list of reasons that all of us can use for praising God when we don't feel like it, let's be honest, we have all felt this way at times.

- **We praise Him because, our names are written in the book of life.** When Jesus sent out seventy disciples, they returned and were all excited about being able to heal the sick and cast out

demons. However, Jesus said to them, “rather rejoice, because your names are written in heaven,” [Luke 10:20](#).

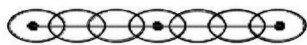
- **We praise Him because, He goes with us through our troubles.** If we believe every Word of scripture to be inspired, even when we are in the mist of our troubles, He goes through our hardships with us: “I will never leave thee or forsake thee,” [Hebrews 13:5](#).
- **We praise Him because, His Word is our unchangeable truth and cannot be broken.** Rather than embrace this world's ever-changing ways, we have promises in the Word that we can rely on. “Jesus Christ the same yesterday, and today, and forever,” [Hebrews 13:8](#). The power of the Word remains the same always.
- **We praise Him because, God is for us and not against us,** [Romans 8:31](#). If Almighty God was against you, I assure you, it would be far worse than having the things of this world come against you.
- **We praise Him because, the peace that He gives us is “perfect peace.** “Peace I leave with you, My peace I give unto you: not as the world gives. Let not your heart be troubled, neither let it be afraid,” [John 14:27](#).
- **We praise Him because, we can rest in Him.** The world will never give us rest, but Jesus invites us to rest in His finished work: “Let us labor therefore to enter into that rest,” [Hebrews 4:11](#).
- **We praise Him because, He has good thoughts towards us.** “For I know the thoughts that I think toward you, says the LORD, thoughts of peace, and not of evil, to give you an expected end,” [Jeremiah 29:11](#).
- **Last of all, we can praise Him because, this life is temporal.** Everything in it, our situations, trials and temptations are all but for a time and a season, [Ecclesiastes 3:1](#).

Action to be taken:

Praise and worship, powerful tools

- Make a daily habit of praising the Lord and do not bring your requests to Him, “for your Father knows what things ye have need of, before ye ask Him,” [Matthew 6:8](#). Give Him the sacrifice of praise, [Hebrews 13:15](#).
- In this section, praise Him because of who He is. He is God and He is good, [Mark 10:18](#) and He is for you and not against you, [Romans 8:31](#).

Healed by the Spirit of God within us



And because ye are sons, God has sent forth the Spirit of his Son into your hearts, crying, Abba, Father, [Galatians 4:6](#).

But if the Spirit of Him that raised up Jesus from the dead dwell in you, He that raised up Christ from the dead shall also quicken your mortal bodies by His Spirit that dwells in you, [Romans 8:11](#).

These scriptures claim that if we are sons of God, we have His Holy Spirit living within us and that Spirit is capable of quickening (making alive) our mortal bodies. However, if we deny His Spirit or don't allow His Spirit to move through us, the spirit cannot heal us. Many churches today are hesitant and reluctant to talk of God's Holy Spirit and some even reject or deny God's Spirit. Why would any true believer in God and His Son Jesus Christ reject or deny God's Spirit, thinking that having God's Spirit dwelling inside of them was not necessary? Every born-again believer needs God's Spirit actively living inside of them and moving in their life. Without acknowledging God's Holy Spirit within you, and allowing Him to move in your life, it is no wonder why so many people feel powerless and are lacking their healing, wholeness, peace and joy in Christ Jesus.

In order for the Spirit to move within you, You must be baptized in the Holy Spirit. Many people are confused about the baptism of the Holy Spirit, wondering what it is and why they need it? And some figure that everyone got it with their salvation. Upon salvation, every believer was sealed with the promise of the Holy Spirit, "in whom also after that ye believed, ye were sealed with that holy Spirit of promise," [Ephesians 1:13](#). However, there is a big difference between being sealed with a promise and being filled and walking in the power of the Holy Spirit. Some people reject receiving God's Holy Spirit because they have been told that it only applies to speaking in tongues and they are not seeking that gift. Speaking in tongues is just one of the gifts of the Spirit, but do not think of speaking in tongues as the main or only purpose of the Holy Spirit, for there is so much more. One of the primary purposes of the Holy Spirit is shown to us in [Romans 5:5](#):

And hope does not make *us* ashamed, because the love of God has been poured out in our hearts through *the* Holy Spirit given to us, [Romans 5:5](#).

The Spirit within us (God's Spirit) will show us the love that God has for us and this alone is a huge reason why all believers need the baptism of the Holy Spirit. The Spirit is also our Teacher, Counselor, Comforter, Helper and Healer, etc. And the Holy Spirit also enables us to do the work of the Father.

The baptism of the Holy Spirit is like the activation of the Spirit within us. Saying yes to God and allowing His Spirit to actively move in your life. God has given man a free will and if our will refuses to let God's Spirit move within our life, God will honor that request. Every believer needs to operate and walk in the power of God's Holy Spirit, if for no other reason than to navigate through this physical world. If we truly believe in God the Father and the work of His Son Jesus, why would anyone turn down the gift of God's Holy Spirit? If Jesus said during His ministry that He could do nothing of His own, [John 5:30](#), and that He only did the will of the Father, [John 6:38](#). How much more should we be following the leading of God's own Spirit? "

But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto Me both in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth," [Acts 1:8](#). Every believer can live a victorious Christian life and can be filled with the Holy Spirit, all we need to do is ask for it and by faith believe that we have received, just as we also received our salvation.

¹¹ For what father of you, *if* the son asks *for* bread, will he give him a stone? Or if *he asks* for a fish, will he give him a snake for a fish? ¹² Or if he shall ask for an egg, will he give him a scorpion? ¹³ if you then, being evil, know how to give good gifts to your children, how much more shall *your* heavenly Father give *the* Holy Spirit to those who ask Him? [Luke 11:11-13](#).

Several people are confused as to whether they have the Holy Spirit, because they don't speak in tongues. Speaking in tongues is a gift of the Spirit and is one of the evidences of the baptism of the Spirit, but it is not the proof of the Spirit. Whereby I do encourage the gift of tongues; I want only to emphasize the baptism of the Holy Spirit. When people are confused about whether they have the Spirit, I ask them if they believe that God's Spirit lives within them? Almost always they say, "oh yes." Then I tell them that they have the baptism of the Holy Spirit. The baptism of the Holy Spirit is simply giving God permission to actively move within you through His Spirit, that He sealed you with at the time of salvation, [Ephesians 1:13](#).

Healed by the Spirit of God within us

Having God's Spirit should not be considered to be an option. Scripture plainly tells us;

But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of His, **Romans 8:9**.

The book of Romans goes on to tell us:

For as many as are led by the Spirit of God, they are the sons of God, **Romans 8:14**.

I believe all believers desire to walk as a son or a daughter of God and not just be a child of God; therefore, according to scripture we need to be led by the Spirit. This can only happen if we are baptized in the Holy Spirit, acknowledging God's Spirit living within us and are willing to be led not by our earthly or fleshly desires but by His Spirit.

God's Holy Spirit is referred to in scripture as the Counselor, **Isaiah 9:6**, the Comforter, **John 14:26**, another Helper, **John 14:16**. He will teach us all things, **1st John 2:27**, He is called the Spirit of truth, **John 15:26**, the Spirit of God, **1st Corinthians 3:16**, the Spirit of Holiness, **Romans 1:4**, the Spirit of Life, **Revelation 11:11**, the Spirit of Grace, **Zechariah 12:10**.

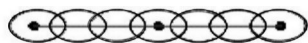
If you are seeking divine healing, it is not going to happen without God's Spirit. Natural healing can happen with proper care of the body over a period of time, for the body is fearfully and wonderfully made, **Psalms 139:14**. However, divine healing and wholeness will only happen by God's Word and the way God has made for all people is through His Holy Spirit within us. The Holy Spirit (God's Spirit) is our Helper here on earth, for the Father and Jesus are seated in heaven. God is not going to wave a magic wand over us to provide our healing, what He did was to send His Son to provide salvation for us. And after His Son was glorified (crucified), Jesus sent and gave the Holy Spirit to us as a helper, **John 20:22**. God's Spirit is the way He has provided for us to do the works of the Father and to gain our personal healing and wholeness. If we reject the gift of His Spirit, we are also rejecting His divine intervention in our lives.

Action to be taken:

Healed by the Spirit of God within us

- If you are not baptized in the Holy Spirit, ask the Father, **Luke 11:11-13**, and believe by faith that you have received, for the Father delivers what His Word promises.
- In this section, praise God because He has given us His Holy Spirit and His Holy Spirit that dwells within us will quicken our mortal body, **Romans 8:11**.

Walking in authority as a son of God



Whereby the Bible does not spell out in detail what authorities we have, other than telling us that we do have certain authorities. I believe that the authority we walk in has been left up to us and is directly proportional to the degree that we press into God's Word. Here, I will let the scriptures speak for themselves, commenting briefly on some of them, while others are self-explanatory.

The heaven, *even* the heavens, *are* the LORD'S: but the earth has He given to the children of men, [Psalm 115:16](#).

When Jesus had ended these sayings, the people were astonished at His doctrine: For He taught them as *one* having authority, and not as the scribes, [Matthew 7:28-29](#).

And they were all amazed, and spake among themselves, saying, What a word *is* this! for with authority and power He commands the unclean spirits, and they come out, [Luke 4:36](#).

Jesus spoke, taught and cast out devils with authority; this is recorded in [Matthew 7:29](#), [Mark 1:22](#) and [Luke 4:36](#). We have been adopted and are sons of God it should come naturally for us to pattern our life after our Father in heaven. Scripture tells us to be bold: "the righteous are as bold as a lion," [Proverbs 28:1](#). Righteousness is a gift, [Romans 5:17](#). Thus, every believer can be bold in Christ Jesus.

But when the multitudes saw it, they were afraid, and glorified God, who had given such authority unto men, [Matthew 9:8](#) (ASV).

The above scripture is when, Jesus [healed the paralytic](#), forgave his sins and then healed him physically. The people glorified God, realizing that God had given such authority to men. The (KJV) says, "such power to men."

Then He called His twelve disciples together, and gave them power and authority over all devils, and to cure diseases, [Luke 9:1](#).

Jesus gave His disciples power and authority to heal and preach the Word. Since all believers who are following Christ are called disciples. This power and authority is available to all that continue in His Word, [John 8:31](#). We simply need to realize we have authority and be willing to exercise it.

For the Son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch, [Mark 13:34](#).

This short parable above, spoken by Jesus has an earthly parallel to man, that the servants were given authority. Below is a similar parable and it deals with the judgments given to the servants after the master had given them certain responsibilities.

And he said unto him, Well, thou good servant: because thou hast been faithful in a very little, have thou authority over ten cities, [Luke 19:17](#).

This is the parable of the [Servants Entrusted with the Master's Money](#). The two servants who had done well with their master's money were told "well done" and given certain authority. The servant who had done nothing with what he was given was treated harshly, according to his own spoken words and thoughts.

Now then we are ambassadors for Christ, . . . [2nd Corinthians 5:20](#).

As ambassadors for Christ, we need to represent the kingdom of God. Knowing that the kingdom of God is not in word but in power, [1st Corinthians 4:20](#).

For God has not given us the spirit of fear; but of power, and of love, and of a sound mind, [2nd Timothy 1:7](#).

The word "fear" in this scripture is Strong's NT:1167, and this comes from the root word NT:1160 meaning "timidity." We are sons of God and we are not to be fearful or timid. We are to step out in boldness, speak the powerful Word of God and know that the Word will work.

The power of the Word can also be seen when [Jesus cursed the fig tree](#) and the fig tree withered and died, [Matthew 21:19](#), [Mark 11:14](#). When Jesus spoke to the fig tree, He spoke with authority and the Word He spoke accomplished what it was sent to do, [Isaiah 55:11](#). The words that we speak can also do likewise, if we are speaking with authority from His Spirit that is within us.

Walking in authority as a son of God

For though I should boast somewhat more of our authority, which the Lord has given us for edification, and not for your destruction, **2nd Corinthians 10:8**.

While the apostle Paul does not list our certain authorities, he does acknowledge that we do have certain authorities.

When the Lord **appointed and sent out the seventy**, **Luke 10:1-20**, Jesus told them to heal the sick and to say that the kingdom of God has come near unto you, **Luke 10:9**. When the seventy returned, they said, "Lord, even the demons are subject to us through Your name," **Luke 10:17**. They stepped out seeing if they could command out demons and they discovered that they could do so. Perhaps they were aware of the twelve disciples being sent out earlier and were given authority over devils and to cure diseases, **Luke 9:1**. Yet, these seventy were not told before hand that they had this authority, but they stepped out and returned victorious. We also need to be bold in Christ, step out and test the authority that we have in Christ. When we do that, we will be surprised of what we can do, for the name of Jesus is above every name, **Philippians 2:9**.

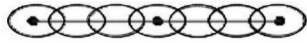
If we choose not to test what authority we have in Christ Jesus, I assure you that our adversary the devil will never inform us of our certain authorities, for his objective is to keep all Christians weak, sickly and powerless. Nor is the world going to tell you about the power that a son or daughter of God has within Christ Jesus, because the world does not know God, **John 1:10**. That is why you must take your own incentive and boldly speak the Word, expecting the Word to produce what it was sent to do, **Isaiah 55:11**.

Action to be taken:

Walking in authority as a son of God

- Be bold within Christ, step out and start speaking the Word and expecting results from the Word. Command those aches and pains to go, etc., for God's Word is alive and is the most powerful force on this earth. For His Word is above all Thy name, **Psalms 138:2**.
- In this section, praise God that we can speak His Word and as believers His Spirit within us will enforce His Word.

Having the Lord rebuke the devourer



And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; . . . , says the LORD of hosts, **Malachi 3:11**.

¹⁴ And this is the confidence that we have in Him, that, if we ask any thing according to His will, He hears us: ¹⁵ And if we know that He hear us, whatsoever we ask, we know that we have the petitions that we desired of Him, **1st John 5:14-15**.

And in that day ye shall ask Me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in My name, He will give *it* you, **John 16:23**.

Calling on the Lord may seem to be in contradiction with speaking the Word in authority, but it is not. A prerequisite to this is having a personal relationship with the Lord, for if you do not have a relationship with Him, it would be like asking a stranger to intercede on your behalf. Jesus told us, "without Me you can do nothing," **John 15:5**. Whether we call out to God in heaven or to His Spirit that lives within us, we will never outgrow our dependency on the Lord. Calling out to the Lord is not the same as pleading with the Lord. Pleading with the Lord implies that you are not sure if He will, wants to, or even if your request is valid. Calling out to the Lord shows that you have the assurance that your cause is just and needs to be addressed on your behalf. Calling on the Lord is also a growth step, as you begin to learn His will, realizing what is a righteous cause and what is not. Further establishing the truth of God's Word in your heart and strengthen your relationship with the Lord.

Our desire should be to be in constant communication with the Lord. Scripture tells us that when two or more are gathered in His name, He is there, **Matthew 18:20**; That when we call out to Him, He will answer us, **Jeremiah 33:3**; That Jesus is our Mediator with the Father, **1st Timothy 2:5**; That whatever we ask the Father in the name of Jesus, that shall He do, **John 16:23**; and the list goes on and on. God is there for us. Scripture says, He will never leave or forsake us, **Hebrews 13:5**. We are not expected to do this on our own, in fact we cannot do this on our own, for without Him we can do nothing, **John 15:5**. So call out to the Lord, He wants us to.

State your case to the Father, much like an attorney would argue a legal case. I tell here of a time when I did just that. Half way through a ten day vacation, two kidney stones were jarred loose and for the rest of the vacation, I remained in much pain. When I returned stateside, I was no longer in pain, but I did make an appointment with my urologist. He took an X-ray and verified the location of the two stones and wondered why I was not doubled over in pain, then he gave me the ultimatum that I needed. He said that if I did not pass the stones in three days, that he would go up me and take them. Now, I knew enough to know what that would involve and I did not want to go that route.

When I returned to my house, my prayer became fervent. "The effectual fervent prayer of a righteous man availeth much," **James 4:16**. In prayer, I pleaded my case before the Father. My main reasoning was that my body is the temple of the Holy Spirit, **1st Corinthians 3:16**, that my body is not my own, it is the Lord's, **1st Corinthians 6:19**. We are but stewards of our bodies. And as a good steward, I knew that this procedure was not about to bring glory to the Lord and could even be damaging to the body. After what seemed like forty-five minutes in prayer and feeling that everything had been spoken, a great calmness came over me. This alone was worth it all, I was no longer in a panic and worried, Even though the outcome was still yet unknown to me, I knew that I had done all that I could and that all would be well. The final outcome was that, fifteen minutes after I was finished pleading my case to the Father, I passed both stones.

When we bring our request to the Father, through our Mediator Jesus Christ. We need to have a good working relationship and know that our request is just. Then we will realize that our heavenly Father will take up our righteous cause on our behalf.

¹ Now I say, *That* the heir, as long as he is a child, differs nothing from a servant, though he be lord of all; ² But is under tutors and governors until the time appointed of the father, **Galatians 4:1-2**.

As long as we remain "children", until we grow and mature in Christ, we need, to a greater extent, to call on our advocate. For, God has given us a Mediator, His Son Jesus Christ. "For *there is* one God, and one Mediator between God and men, the Man Christ Jesus," **1st Timothy 2:5**. We would be foolish not to use the resources that He has given us. And when we call on the Lord, we need to expect an answer: "Call unto Me, and I will answer thee, and shew thee great and mighty things, which thou knows not," **Jeremiah 33:3**. The Lord is the God of the living and not of the dead, **Matthew 22:32, Mark 12:27 and Luke 20:38**. As we grow and mature in Christ, the dependency will still remain, but our focus will simply turn to God's Holy Spirit within us. So whether we call out to God externally or internally, call on Him and expect an answer.

Having the Lord rebuke the devourer

Yet Michael the archangel, when contending with the devil he disputed about the body of Moses, durst not bring against him a railing accusation, but said, The Lord rebuke thee, [Jude 1:9](#).

The enemy can only be rebuked by God's Spirit as we speak the Word in the name of Jesus. If we remain in the flesh and try to take on the enemy (certain powers and principalities) it will not go well for us. We are in a spiritual battle and the only weapons that will be effective are spiritual. Therefore we need to let the Lord help us and let His Spirit empower us. Call upon the Lord, for He loves us so much that the Word says, "And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear," [Isaiah 65:24](#).

Action to be taken:

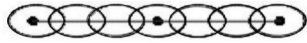
Having the Lord rebuke the devourer

- Form a personal relationship with the Lord and realize that He wants all of His children to mature in their walk with Him and achieve the abundant life.
- Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need, [Hebrews 4:16](#). Do not view your request as an imposition to the Father, He wishes us to be empowered in His name.
- Call upon the Lord to aid you in fighting your personal battles, telling Him to rebuke the devourer on your behalf, [Malachi 3:11](#).
- Know that whatever trials you are facing, "the battle is the Lord's," [1st Samuel 17:47](#) and "for the Lord goes with you to fight for you against your enemies, [Deuteronomy 20:4](#).
- In this section, praise God because we have a Mediator and an Advocate who will fight for our cause, [Hebrews 12:24](#), [1st John 2:1](#), [Romans 8:31](#).

Section Three

*Biblical healing
philosophies*

It's all about what Jesus accomplished



¹⁹ Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God; ²⁰ *And are built upon the foundation of the apostles and prophets, Jesus Christ Himself being the chief corner stone;* ²¹ In whom all the building fitly framed together grows unto an holy temple in the Lord: ²² In whom ye also are build together for an habitation of God through the Spirit, **Ephesians 2:19-22.**

I consider this to be the cornerstone teaching of this manuscript, for it is all about Jesus. The other sections are about various things that we can do speaking, commanding the Word, praying for ourselves or interceding for others, praising and worshiping, even partaking in Holy Communion. All of these things are good and scripture instructs us to do them, but if they remain merely outward actions, they remain no more than religious activities. The only reason those things work is because of Jesus (the Word made flesh). He is our chief cornerstone and all of the other things stand because of Him. Jesus, God's Word, is our foundation, the Spirit, the power, the person, the name that is above all names, **Psalm 138:2.**

When Jesus therefore had received the vinegar, He said, **It is finished:** and He bowed His head, and gave up the ghost, **John 19:30.**

Jesus did it all for us and it is finished. We must realize it is a finished, perfect and complete work. We need to rest in His finished work and not ours. Our works so very often get in our way, because we think that we need to perform or to achieve something. Our works, just as our fruit, come as a result of resting in Him. Even our healing that we are desiring will come to us not by traving and struggling, but through resting in the finished work of Jesus and realizing that all of the promises have been made available to us through His finished work.

Take care that you do not get so busy doing things that you lose sight of your being. Whereby, good works may give us a sense of accomplishment, if we minimize the finished work of Jesus, we are actually putting a limit on what we will allow the power of the gospel to do in our life. This limit comes from us either being far too busy to have a proper relationship with the Lord, or by us simply being over stressed and thinking that we must also make something happen here. However, once we learn how to rest in Him, even our work here on earth will become right and peaceable. All we need to do is to learn to be still and let God be God, **Psalm 46:10.**

The finished work of Jesus not only gives us an eternal life with God in heaven, but it has also provided certain things for us in this present physical life. People may intellectually acknowledge the finished work of Jesus, but if we expect nothing within this lifetime, that is exactly what we are going to receive (nothing). Jesus died for our sins and to bring us into right relationship with the Father, but He also took physical stripes on His body, **1st Peter 2:24**, so that our bodies could be made whole. When we spiritualize the promises, thinking that they only apply to the sweet bye and bye, that is all that we will ever reap from them, for that is all we are expecting to reap.

When Peter saw Jesus walking on the water, he first asked for a Word. When Jesus said to him, "Come," Peter stepped out of the boat, placing his initial focus on Jesus and he began to walk on the water, **Matthew 14:28-31**. Scripture tells us that when Peter saw that the wind was strong, he became afraid and began to sink. The only reason that Peter was able to walk on the water in the first place was that his thoughts were fixed upon Jesus. The raging wind was only an earthly distraction, that took Peter's eyes and thoughts off of Jesus. Regardless of whatever the earthly distraction may be, we need to keep our thoughts and our focus, steadfast and unwavering on Jesus (the Living Word). "Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee*: because he trusts in thee," **Isaiah 26:3.**

Every believer needs to meditate on what the finished work of Jesus accomplished for them and the good news of the gospel. Perhaps the act of meditation can be taught somewhat, but the result of meditating can only be given to us via God's Holy Spirit, do not expect that your intellect will put this mystery together. To start the process of meditation, find a quiet place where you can relax and allow God to work in your life. Our earthly nature is to expect something to happen after a certain time, for we tend to focus much more on "doing" rather than on "being." Don't be taken back if earth-shattering results do not come to you instantly, just know that your time spent in this pursuit will not be in vain. For this is also a proving time as to how serious you are, will you give up after a set time or are you committed for the duration?

As you continue this practice, you will naturally draw closer to the Lord and form a desire for His kingdom. Your physical senses may be telling you that nothing is happening, but realize that you are worshiping God from your spirit and that your five-senses know nothing about this. Meditating on the things of God has to be done by your spirit through His righteousness. Our own self-righteousness cannot do it, for it is a product of our flesh and our intellect and neither of these seek the things of the Spirit. So do not be discouraged if it seems nothing is happening, for scripture says

that our spirit always prospers, "Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prospers," 3rd John 1:2.

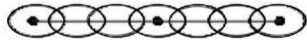
The Holy Spirit must become your Counselor, Comforter and Teacher. Even if man attempts to teach his revelation to others, it is up to the Holy Spirit to convict those truths in the people's minds. Our job is simply to speak the truth of God's Word and let the Holy Spirit convict that truth in their hearts. We cannot do His job and the Holy Spirit won't do our job. For without God's Spirit directing us, everyone will believe according as their own intellect leads them. Therefore, all believers need to ask the Holy Spirit to teach them the Word and to be open to His teaching. We usually approach the Word through our logical mind, but the Bible is not written to our mind; it is written to our heart. The only way that we can grow and mature in God's Word is to allow the true Teacher, our Helper and Counselor, the Holy Spirit, to teach us. Scripture tells us that the Holy Spirit will be our teacher, John 14:26 and that He will instruct us in the way that we shall go, Psalm 32:8.

Action to be taken:

It's all about what Jesus accomplished

- Meditate on the finished work of Jesus and what it accomplished for all of us. The blessing and the inheritance that has been made available to all believers, Ephesians 1:3, for we are now joint heirs with Christ, Romans 8:17.
- In this section, praise God because He provided a way for us. He paid the highest price and gave of His only-begotten Son, For God so loved the world, that He gave His only begotten Son, that whosoever believes in Him should not perish, but have everlasting life, John 3:16.

Making the commitment to succeed



The section on having a strong desire to be well covers the “want to.” But, a desire is not the same as a commitment, willing to do whatever it takes to become healed and whole.

I want to encourage you to make this commitment, for we can all be victorious in this battle. One trick of the enemy is to try to convince us that it is just too hard, that we will never get there and that we should settle for the limited results that the world can provide for us. This is a lie! If we really comprehended how easy it is, we would not even entertain thoughts like this. We are not in a physical battle, but in a battle that requires spiritual endurance. Perhaps the rules of the game have changed and new tactics must be learned, but the playing field is leveled for all of us. We all have an equal opportunity to win our own personal victory. For God has given to each of us the same Word and He is no respecter of persons. If the Word works for one person it will work for the other. It is actually up to us, as to the degree that we push into His Word.

Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you, [1st Peter 4:12](#).

This is a battle! Your victory may come to you instantly and then again the battle may take perseverance and endurance. Keep the end in mind, that we are more than conquerors, [Romans 8:37](#). The victory is ours if we endure until the end.

Jesus talked about counting the cost.

²⁸ which of you, intending to build a tower, does not sit down first *and* count the cost, whether he may have *enough* to finish it; ²⁹ lest perhaps, after he has laid the foundation and is not able to finish, all those seeing begin to mock him, ³⁰ Saying, This man began to build, and was not able to finish. [Luke 14:28-30](#).

The earthly principle that Jesus taught about counting the cost also applies to spiritual things. When you make this commitment, know that you will be going against the world's norm, which the world believes to be logical and reality. For the ways of the world are not God's ways; the world sees by sight, but we are to walk by faith and not by sight, [2nd Corinthians 5:7](#). There might be pressure from family, friends and even fellow believers not to take such a dogmatic stance and they might ridicule your belief. The time you spend in the Word of God may cut into your social life. And know that this is not just a one-time event, abiding in Jesus is a life-style change. At first it may seem to be an uphill battle. Do you have the endurance and persistence that this will require? Are you able to stand and remain steadfast on God's Word until your healing manifests or will you quit standing at a certain point and retreat back into what comforts the world can provide for you? For the world will always accept you back, giving those who are close to you the opportunity to mock you and your faith in the gospel of Christ.

Most everyone wants to be effortlessly healed through the Word of God. Whereby walking in God's divine healing and wholeness will not come through our self-effort, for it is a gift of God. However, we do have a part to play in this. We need to renew our mind to His Word, without wavering. And to do this, we will need to put some effort forth in reading the Word, studying, praying and praising. It is easy to stand on something when we see constant improvement, but when there seems to be no improvement or perhaps a minor setback, are we going to cave in and conclude that God's Word really does not work for us? Our commitment must be steadfast. We must take up the armor of God and stand! “Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand,” [Ephesians 6:13](#). If we draw a line in the sand, placing a condition on just how far we will go to obtain our healing, we will most likely find ourselves beyond that line. If we take this approach, we are setting ourselves up for a fall and are almost certain of failure. Not only does our belief in God's Word need to be steadfast, but our personal commitment must be unshakeable and both will be tested. The devil, our adversary, is not going to leave us unless all of his deceptions have failed and he no longer has any inroads.

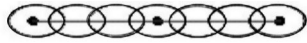
The account of Shadrach, Meshach, and Abednego in the fiery furnace is in [Daniel chapter 3](#). The story, in brief, is that Shadrach, Meshach, and Abednego were found guilty of not bowing down to worship king Nebuchadnezzar's golden statue and they were thrown into a fiery furnace. Their reply to the king was, “If it be *so*, our God whom, we serve is able to deliver us from the burning fiery furnace, and He will deliver *us* out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou has set up,” [Daniel 3:17,18](#). Whereby some may question whether Shadrach, Meshach and Abednego, had complete assurance that they would survive the fiery furnace however, their commitment to God was unwavering. In regard to our healing, we also must remain steadfast no matter what our circumstances may be.

Action to be taken:

Making the commitment to succeed

- Make the commitment that you will succeed, failure is not an option.
- Stand fast on the truth of God's Word, knowing that God's Word will deliver what it promises and that you will be healed.
- We must believe the entire Word of God. Knowing that the Word is settled in heaven, **Psalm 119:89**, our job is to settle God's Word in our hearts.
- In this section, praise God because His Word never changes and it brings forth life more abundantly, **Hebrews 13:8**, **John 10:10**.

It's a spiritual battle, not a physical one



We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*, [Ephesians 6:12](#).

(For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;), [2nd Corinthians 10:4](#).

Because we cannot see a tangible foe, this spiritual battle is ever so easy to ignore and that is just what our enemy wishes us to do. If the enemy can keep us in the dark and keep us believing that there is no such battle, that everything that comes against us is either our fault or due to a natural cause, he has won certain victories. No one fights and takes part in a battle that they do not think exists. But we need to acknowledge this battle, because the Word of God tells us of it. If we are attempting to verify the battle through our physical senses, we will most likely agree with the devil that no battle exists. But the Word tells us about this battle: "Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you," [1st Peter 4:12](#). There are also other scriptures that confirm this battle and why would God have given us armor, if no such battle existed? [Ephesians 6:13-18](#) tells us of our spiritual armor.

v 13 - Therefore, take to yourselves the whole armor of God, that you may be able to withstand in the evil day, and having done all, stand!

v 14 - Having your loins (*your core foundation*), girt about with the truth of *God's Word*,

v 14 - Putting on the breastplate of righteousness, (*protecting your heart to keep it pure*)

v 15 - Having prepared yourself to walk in the peace of the gospel, (*not being moved or shaken by the fiery trials that we go through*);

v 16 - Most important, taking the shield of faith, that you will be able to quench all the fiery darts of the wicked one.

v 17 - Taking up the helmet of salvation, (*to guard your mind and to assure you of your salvation*).

v 17 - And the sword of the Spirit, which is the Word of God, (*to be able to do battle with*):

And

v 18 - Praying, always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.

This spiritual battle is real. Scripture tells us that our weapons are not carnal (*of this world*) but are mighty through God, [2nd Corinthians 10:4](#). And we are given armor (*equipped*) for this warfare.

And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ, [Revelation 12:17](#).

We are told in the book of Revelation that our adversary, the devil, now plans to war against all the believers who keep God's commandments since he can no longer war against God, for he has been defeated by God. Therefore, it is now up to us whether we are going to stand on the Word and resist the devil. For the only way we will win this battle is to, "Submit yourselves therefore to God. Resist the devil, and he will flee from you," [James 4:7](#). Our victory will only come about through Jesus; it will not be by our human efforts.

Everything worth having in this world, requires that you make a commitment and put forth the effort required to achieve it. This principle applies not only to our natural life but also to our spiritual life. When I was younger and dealing with the infirmity, even though I only knew about natural healing, I made great healing progress through natural methods, but all of that took work, real work. When God gave the promise land to the children of Israel, they still had to take the land and that required work. The generation before them, that God had originally given the land to, did not take the land, for reasons of fear and because (*giants were in the land*, [Numbers 13:33](#)). That generation was not committed to do whatever it takes and therefore they did without God's promise. Things worth having always, require having a commitment and a determination.

All of our victories must be won in the spiritual realm and not in the physical realm: "(For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;)," [2nd Corinthians 10:4](#). If our weapons are not carnal, then what we are fighting for must also not be carnal. We must take our focus off of things of the world and of the flesh and begin to focus on things of the Spirit. If we are saved, our enemy will then try to minimize our effectiveness. One way

he does this is by letting us believe in mixing together worldly things with spiritual things. And when we believe that divine healing will come through natural means, we make the Word of no effect. For natural healing is a work, a self-effort, maybe not of ourselves but of the physical body and divine healing comes to us by grace.

We must be aggressive and walk in our authority in order to win this battle; no one has ever won a war by being passive. Scripture tells us to, "submit to God, resist the devil and he will flee from you," **James 4:7**. It does not say to submit to God, then all will be well and the devil will flee. At times, we must actively resist the devil. God has given man a free will and He will not violate our free will. If we are content to live with our sickness, we will. God will not override our will and the devil will be more than happy to see one of God's children living with a sickness. What we need to do is to renew our mind, as it says in **Romans 12:2**. For most of my growing years, I felt that I was behind the 8-ball and that is how most people feel when they have a major infirmity. And it is reinforced by doctors, friends, family and mostly by yourself, by what you see and experience. And the result of this is that we learn to be very passive. Again I say that no one has ever won a war by being passive! We need to actively stand against the devil, for he is the one who brought this infirmity upon us. We need to be aggressive towards the devil, without becoming arrogant in the sight of others, for arrogance is a carnal human trait, not a spiritual one.

Not only do we have to stand on the Word of God, but we need to understand what we are standing on. Otherwise, our adversary, the devil, can persuade us of whatever he wants us to believe about the Word. Scripture tells us always to remain angry at the devil and his works (sickness and strife). However, our adversary, with help from the world, has already convinced most people otherwise. Scripture says, "Be angry, and do not sin. Do not let the sun go down upon your wrath, neither give place to the devil," **Ephesians 4:26-27**. This means that we need to always have a "righteous anger" towards the devil and his works. It does not mean what marriage counselors have told us, that we should not go to bed angry at our spouse. Whereby, this is good advice to resolve your personal differences before drifting off to sleep, this is not what the scripture means.

God did not put a set time limit on our anger directed towards other people. Implying that you can remain angry at your brother for so long, but if it goes beyond a day, it becomes sin. The way you are to be angry and not sin is to be angry at what is not of God. Scripture then says, not to let the sun go down upon your wrath, neither give place to the devil. The subject here is the devil, always to remain angry at the devil and his works (sickness and strife). We may currently be dealing with an infirmity, but we are not to take ownership of it, for it is not from God and it does not belong to us. If we start calling the infirmity our own, it will become very difficult to ever be free of it. Nor should we adopt a defeatist attitude such as, "this is the best I can do". We are sons and daughters of the Most High God. If anyone should adopt a defeatist's attitude, it should be the devil himself, after all, he has been defeated by Jesus Christ.

So how can we be angry and remain angry at the works of the devil (sickness and strife)? First, what we do not want to do is turn our anger inward and become angry at ourselves, this will cause internal strife. I have seen people do this and for a while, I even found myself beginning to do this. Whatever justification you believe you have for this, blaming yourself is harmful and will only lead to further internal strife and destruction. The same scripture that talks about your brother who is made in the similitude (image) of God, **James 3:9**, applies to you too, for you are also made in the image of God. Scripture tells us that we wrestle not against flesh and blood, but against spiritual powers and principalities, **Ephesians 6:12**. At times, we find it easier to overlook our neighbor's overt actions, for we realize that the battle did not originate with them, but we must also apply the same forgiveness to ourselves. Realize that we are not the enemy, rather the devil is the enemy.

It's a spiritual battle, not a physical one

Knowledge is the key, knowing who you are in Christ Jesus and the authority that you have as a son or a daughter of God. Scripture tells us not to be conformed to this world, but to be transformed by the renewing of your mind, **Romans 12:2**. The way we do this is, "by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service," **Romans 12:1**. Before we enter into this battle, we need to have a knowledge of the Word, knowing the truth of the Word, the power of the Word and that we have access to that power. Otherwise, the enemy will not view us as a threat.

Fighting this battle requires using weapons and to be able to use them we must first submit to God, then we can resist the devil and he will flee from us, **James 4:7**. We must be in relationship with Christ for his living Word to work in us, for it is all about relationship rather than formulas. If we go up against the enemy without having a relationship and only head knowledge or formulas, we can yell and scream, quote scripture and stand on our said authority and all that will happen is that we will get frustrated and our voice will become hoarse. A similar situation is told of in **Acts 19:13-16**, of the account of the seven sons of Sceva. The account is that, these seven men (exorcists) took it upon themselves to speak over a man with an evil spirit. However, they did not have a personal relationship for they spoke over the man saying, "We adjure you by Jesus whom Paul preaches." Then the evil spirit replied through the man saying, "Jesus I know and Paul I know; but who are ye?" And the man with the evil spirits overcame them and they fled out of that house wounded and naked.

Dealing with the feeling of helplessness. All of us are raised in this physical world and we learn from an early age that we must do certain things. Some of us even gravitate towards being workaholics, working to produce, for that gives us a degree of fulfillment and self-worth. We have become so accustomed to this physical world, that when all we can do is stand on the Word of God, it may leave us with a feeling of helplessness. These thoughts of helplessness are your emotions lying to you! For, "The Word is alive and sharper than any two-edge sword, . . .," **Hebrews 4:12**. God's Word together with His Spirit living within you is the most powerful thing on this earth. Everything that we see in this physical world was made by the Word of God, **John 1:3**. By faith, we need to stand on God's Word and it is really up to us whether we will let the Word become powerful in our life. God's Word remains powerful regardless of our perception of it, but according to our perception is how it will produce for us, "for as he thinks in his heart, so *is* he," **Proverbs 23:7**. If our focus is merely on this physical world, it is easy for us to believe that what the world can provide is our only hope. When in reality, believing in the world's system should actually give us a sense of hopelessness, for the best the world can provide is but inadequate and temporal. But God's Word brings life eternal and life more abundantly, peace, love, joy, etc..

The battle may take an amount of time, but the victory is ours. We may not have the power within ourselves to fight the devil; scripture only tells us to resist the devil. And through our relationship with God and His Son Christ Jesus, we can then boldly use His name. Actually, we simply need to out-stubborn the devil. Every time that he comes to us, giving us justifications on why the Word won't work for us. We not only need to stand on the truth of the Word, but we also need to counter those words or thoughts. I have put a few scripture addresses down and I encourage you to look them up and stand on them. Some of the scriptures tell us who we are in Christ, some are directly related to healing and others provide us with an overview of how to walk in victory. To endure this battle that we are in, we need a well-balanced knowledge of all the scriptures, not just of certain healing scriptures.

Journey to healing and wholeness

Genesis 1:27-28

Psalms 139:14

Romans 8:11

Hebrews 4:12

John 15:7

2nd Corinthians 10:5

1st Peter 2:24

1st Corinthians 6:19-20

Romans 12:1-2

Ephesians 4:26-27

Isaiah 26:3

Ephesians 6:12

Learning to rest in Him as the battle rages, may seem to be somewhat of a contradiction, but that is what we must do, realizing that the battle is Christ's and that we are totally dependent on Him. The way we enter this rest is to "trust and believe" in Him and His Word more than we do in this world's system. Even the Israelites spoken of in the Old Testament had a problem with resting in Him as the scripture tells us of. "Let us labor therefore to enter into that rest, lest any man fall after the same example of unbelief," [Hebrews 4:11](#). The reason they did not enter into His rest was because of unbelief, even though the Israelites had tangible signs that God was with them (a cloud by day and fire by night and great military battles fought and won). They still refused to enter into His rest. We must be willing to give up what control we think we have, before we can enter into His finished work. And in order to do this we simply need to be still before the Lord and know that He is God, [Psalm 46:10](#).

Resting in Him is also seen when the apostle Paul said, "Not that I speak in respect of want: for I have learned, in whatsoever state I am, to be content," [Philippians 4:11](#). Paul's contentment was not contingent on whether he could achieve certain material things.

Knowing who you are in Christ, is a prerequisite to building up your spiritual authority. If you don't realize that you are a son of God, [1st John 3:1-2](#), you will always question if you have the authority to use the Word. You must first realize that you are in the family of God and then you can build up your spiritual authority. Knowing the truth of God's Word is also essential to realize our true worth. Once we realize this, we will know that we have the spiritual authority and are able to fight this battle. And the tool that we must use is the double-edged sword, [Hebrews 4:12](#), the same sword that Christ will use when He returns, [Revelation 1:16](#). So become proficient at speaking the Word of God, for it is the only way that we are going to win this battle.

Satan and sickness will not necessary leave the first time you speak the name of Jesus. You are going to be tested to see if you really believe what you are standing on. God's Word is forever settled in heaven, [Psalm 119:89](#), and we must settle His Word in our hearts. So continue speaking the Word over your body and do not necessary accredit what seems to be failed attempts at your healing to be your unbelief. This is also part of the devil's plan; he wants you to chalk it up to your unbelief so that you feel condemned, thinking that you just don't measure up. Rather, think of this as stubbornness on the part of the infirmity or the sickness to leave. When cutting down a big tree with an ax, every swing of the ax is needed to take down that large tree. After you get good at swinging that ax and chip are flying. If the enemy does come to you, he is not going to tell you that you are 50% or 60% done. If he tells you anything, he will say, "it is not working, it must be your unbelief." So just keep on speaking the Word, and know that it is doing good. For, Christ has overcome the world, [John 16:33](#), and we have the same exact Spirit that raised Jesus from the dead living in us, [Romans 8:11](#). So don't give up and don't count it as being too hard, we can all do this!

Beware of counterattacks, Satan is going to test you every way possible. Not only will he remain until you believe what you are saying and standing on. But even after the sickness leaves, if he is

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given the opportunity, he will come right back, in an ever greater way. Jesus spoke of an example of a man who swept his house clean of an unclean spirit and left it empty and unguarded, only then to have the same unclean spirit plus seven even more wicked spirits than himself return to dwell there. This parable is recorded in two gospels, [Matthew 12:43-45](#) and [Luke 11:24-26](#). This is not the time to rest and lower your guard for the devil will do his best to test you at that time. This is expressly true for those who get a healing faith boost from someone else. Your faith will be tested to see if you are strong enough to keep your own healing. At this time, you expressly need to know of the authority that you have in Christ Jesus.

Only God's Holy Spirit will tell us of the authority that we have in Christ; the world nor the devil never will. I end this section with an example confession of speaking the Word over your body and using your spiritual authority.

In the name of the Lord Jesus, I exercise the spiritual authority that the Bible says I have over my body. My body, this vessel, is the temple of God's Holy Spirit and belongs to God, [1st Corinthians 6:19-20](#). With authority, I bind all unclean spirits that are coming against my body, [Matthew 16:19](#), and command them to go! [Luke 10:19](#). Jesus has redeemed me from the curse of the law, [Galatians 3:13](#), and I forbid any sickness or disease to reside in my body. Satan, you have no right to trespass on God's property. Sickness, you get out of my body right now! I now speak peace and health over my body, knowing that my body is fearfully and wonderfully made, [Psalm 139:14](#) and that I have dominion over it, [Genesis 1:27](#). I command my body to function in the perfection in which it was originally created to operate in. Knowing that the Holy Spirit within me will quicken my mortal body, [Romans 8:11](#) and will teach me the truth of God's Word, [John 14:26](#). I thank you Father that healing is mine as a son of God, [1st John 3:1-2](#). Amen.

Action to be taken:

It's a spiritual battle, not a physical one

- Learn the truth of God's Word and realize that you have certain authorities, [2nd Corinthians 10:8](#).
- Learn to be silent before the Lord so you can hear His voice and His directions for you. Then boldly speak to the problem or obstacle, [Mark 11:23-24](#), knowing that you are God's spokesman, an ambassador for Christ, [Ephesians 6:20](#), and you have this authority.
- In this section, praise God because He has won the battle and overcome the world, [John 16:33](#). And He has given us all things to become victorious in this life, that we might also become an overcomer.

Not quitting before the war is over



Do not settle for being a wounded warrior, living with what you can make do with. We do not need to settle for second best, for we are sons and daughters of the Most High God. In this life, we will encounter trials and obstacles and we need to completely overcome them, not just partially overcome them. Occasionally, I see people who have experienced part of a divine healing, but they are still living with the remains of their sickness. There are a few reasons for this. Some wear it as a badge of honor, saying, look what I have overcome, assuming that if they fully overcame it, no one might know or realize what they had overcome. Winning a victory within God's kingdom will never go unnoticed. Others might feel it is the best that they can expect. Buying into certain worldly reasonings they are limiting God through their thinking. Partially overcoming is compromising and giving place to the devil. We have a big and mighty God so think big! Believe [1st Peter 2:24](#), says that Jesus bore our sins in His own body on the tree and that by His stripes we are healed. There is no partial healing in that verse; either it is all or nothing.

In my case, my speech improved perhaps 30% or 40% a few months ago. It was noticed by several people and also verified by myself through audio playback. And after living with a speech impediment for over fifty years, any improvement is greatly welcomed. But, I will not stop there and settle for less than what I know Christ has purchased for me. Usually, we hinder our own healing, refusing to get to the place where God wants us to be where we can receive and keep our healing. What might be hindering us could be several things, a lack of maturity, a lack of accepting responsibility, wishing in both cases to stay in what comfort we think we have. If we wish to stay in our known situation, God will allow us to do so. This physical life is a journey and sometimes our steps seem slow and painful, but I believe that God has a plan of wholeness for each of us. It really is about knowing Him and becoming complete in Him, walking with Him and being able to retain all of His many gifts. So as you keep on standing on His Word, know that the Word will work, it's only but a matter of time. It has to work, for it is not our word but His living Word. So keep laboring (be diligent) to enter into His rest, [Hebrews 4:11](#).

At times, you will need to protect and even defend your righteous cause. Otherwise, the world will take it away from you, for the world does not know God and the world's system, never will know God. For according to the world's logic, it makes perfect sense to take away anyone's godly expectations. When I was well into my healing pursuit, I had various people come against me. I share two examples;

One incident took place at a church sponsored "healing room" event. I actually had words spoken over me that, "my condition was my cross to bear and that God's grace was sufficient for me." Not only does this defy the purpose of a "healing room," but it is also just plain wrong. Even though I did not agree with the words spoken over me, I just walked away, but all that night I was busy refuting those words. I later learned that I would have been much better off if I had refuted those words at the time when they were spoken.

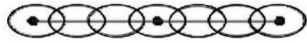
The other happened a month or two later from a church acquaintance, from several years back. Occasionally, we would see each other in a shopping center parking lot. We would greet each other and usually speak of the many blessings in God's Word. However, this time when I meet my friend, perhaps he took note of my uneven walk, but rather than speaking blessings. He began telling me that, "God's grace was sufficient for me and just as the Apostle Paul had his thorn in the flesh, I also had mine to carry." This time I countered his words, telling him that Paul's thorn was persecution rather than sickness. And again he kept on speaking the same words over me, until he could see that I was not about to receive them and he eventually just walked away.

Action to be taken:

Not quitting before the war is over

- Realize that as a child of God, you have been made to be more than a conqueror, [Romans 8:37](#) and you have the drive, determination and ability to achieve the healing that is rightfully yours in Christ Jesus. For we have the promise of life and life more abundantly, [John 10:10](#), God would have been unjust to give us promises in His Word that we just could not obtain, such as [1st Peter 2:24](#), [Romans 8:11](#), etc..
- Know that if you give up seeking your healing before 100% victory is achieved, you are giving place to the devil.
- In this section, praise God because the victory is ours, we simply need to reach out and take it, if God is for you who can be against you, [Romans 8:31](#).

As a man thinks in his heart, so is he



For as he thinks in his heart, so *is* he; eat and drink, he says to you, but his heart *is* not with you, [Proverbs 23:7](#).

When I first heard this scripture, my thought was, why is this verse even in the Bible? Deep down, I did not want to be responsible for my thoughts, much less even acknowledge them. Being in control of your own thought life is the ultimate in responsibility and is what man's free will is all about. Different religions and their various doctrines might allow us to embrace different values and moralities and to be free of others, thus allowing certain acceptable outward actions. However, this scripture tells us of the importance of one's thoughts, this can also be seen in scripture when Jesus said, "But I say unto you, That whosoever looks on a woman to lust after her has committed adultery with her already in his heart," [Matthew 5:28](#). Whereby we live in a world where we need to abide by certain laws and there is nothing wrong with outward laws, otherwise chaos can abound. However, regardless of this, our thoughts are always the governing forces of our actions.

I now see this scripture to be foundational, for I realize that it reveals to us our core philosophy through our conscious thoughts. Thus, our own thoughts and actions become a gauge of our heart's performance. If we are diligent in what the Bible calls examining ourselves, [1st Corinthians 11:28](#), we can roughly determine our heart's condition. By looking at our thought life and actions, for where our thoughts go, the man will eventually go.

The good news is that we are able to control our thought life. Scripture tells us that we can take every thought captive and cast down the thoughts that exalt themselves against the knowledge of Jesus Christ, [2nd Corinthians 10:5](#). Either we need to take our thoughts captive and cast down the dark thoughts or, our thoughts will take us captive and lead us down a path that we do not intend to go down. God would have been unjust to give us such a mandate if we had no power to keep it, but the question is, how do we take our thoughts captive?

All of the kingdom concepts require us in some way to come into agreement or relationship with Christ and His Word. This scripture tells us that we can do that through our thought life, But it also gives us a warning of what not to do in our thoughts and actions, so lets take a closer look for further insight.

The first part of the scripture, "as he thinks in his heart, so *is* he," addresses man's personal philosophy. Whereas the second part of the scripture gives us a contradiction, "eat and drink, he says to you, but his heart *is* not with you." Thus the man is saying one thing, yet he does another. Scripture also complements that by saying, "but let your yes be 'yes' and your no be 'no'," [Matthew 5:37](#). Taken as a whole, the scripture is giving us a picture of a hypocrite putting on a false front, however know that the true you will eventually prevail. We may be able for a time to fool others, but we will not fool ourselves or God.

So then how do we improve our self-image if we cannot just fake it until we make it? What we do not want to do is try to copy someone else. If we attempt this, we will tend to become critical of ourselves when we fall short and perhaps even become resentful of the other person. Scripture says, "they measuring themselves by themselves, and comparing themselves among themselves, are not wise," [2nd Corinthians 10:12](#). To improve our self-image, we need to believe our true identity that the Bible says we have, there is no other way.

A major hindrance to your thought life is the theory of evolution. Most people who have bought into that theory do not even realize the real damage it does. Evolution states that man evolved from an animal (apes or monkeys). And when we believe that this is our origin, we will view our life as not having much more value than that of a monkey or an ape. Scripture says that we are created in the image and likeness of God, [Genesis 1:26](#). We are His offspring, [Acts 17:28](#). We are not a mistake, [Psalm 139:16](#). God has a purpose and a plan for us, [Jeremiah 29:11](#). We are a chosen generation, a royal priesthood, [1st Peter 2:9](#). and "that we are of more value than many sparrows," [Matthew 10:31](#). When we believe that we evolved from a lower life species, we will also look to that species for possible acceptable behavioral patterns. We are not an evolved monkey or ape; We are children, sons and daughters of God. A correct biblical belief must be the first step in improving one's self-image, We are not ancestors of monkeys and apes, we are made in God's own image and likeness, the theory of evolution is just plain wrong.

Positive thinking is a great start; Andrew Carnegie called it "the law of attraction." This principle states that you attract what you focus and think upon. If we view ourselves as being sick or having a limitation, what we are focusing on and what occupies our thoughts will eventually manifest in our lives. We may not be able solely to think ourselves healed and whole, without having further truth and revelation of God's love and promises, but a negative image of ourselves or of God's Word will greatly hinder us and limit our healing.

Renewing our minds to right thinking instead of tolerating wrong thinking that the world has

taught us can be a challenge. It is actually up to us as to how long this process will take. I have talked with people who have come to Bible school and have learned a new truth and immediately put it into practice however, it was not that way with me. For many people adopting a new thought process or a new truth can be a challenge. For these are the thoughts that we have grown up with, we have used them over many years and whether they work for us or not, we have convinced ourselves that this is the way it is and should be. We might feel this way out of pride or perhaps out of tradition. Whatever your reason might be, if what you are doing is not working, change your way of thinking and adopt the truth of God's Word and the ways of God's kingdom.

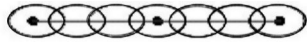
Just because we cannot see a thought, we should not minimize the effort to change our thought process. Changing your thought process actually takes courage. We generally think of physical heroic deeds as courageous, but we don't apply it to our thought process. Our thoughts are our core foundation and what generates our outward actions. Our actions would not change if our thoughts never changed. Changing your thinking, renewing your mind, **Romans 12:2**, may take time. It may be hard to let go of old comfortable and known ways of thinking. But I encourage you to make the change and to grow in the truth of God's Word. Embracing new thoughts and concepts may seem to us to be new uncharted ground, but if we trust the Lord, knowing that He has good thoughts towards us, **Jeremiah 29:11**, adopting His values will be natural for us to do.

Action to be taken:

As a man thinks in his heart, so is he

- Realize that you are of value. You are made in His image and likeness, **Genesis 1:26-27**, and if you have His Spirit living within you, His Spirit will quicken your mortal body and mind, **Romans 8:11**, directing you into your true identity.
- Do you see yourself as sick, poor or of low self-esteem? Change that image of yourself on the inside. You are healed, rich and a man of integrity, for you are a son of the Most High God.
- In this section, praise God because He has given us the power of thought. We can control what we entertain in our minds and the victory is ours if we chose to speak and believe His Word.

Making God's Word your life source



I am the vine, ye *are* the branches: he that abides in Me, and I in him, the same brings forth much fruit: for without Me ye can do nothing, [John 15:5](#).

If ye abide in Me, and My words abide in you, ye shall ask what ye will, and it shall be done unto you, [John 15:7](#).

Fruit trees will bear sweeter fruit after a harsh winter, because the harsh winter forces the tree to deepen its root system and thus the tree taps into a better source of nutrients. This concept also applies to our spiritual life, realizing that Jesus, the Word of God, is our root and when we are established in Him, then we find our true source of nourishment. Jesus said in both [Matthew 4:4](#) and [Luke 4:4](#), that man shall not live by bread alone, but by every Word that proceeds out of the mouth of God. We can choose to simply “get by,” on what this world can provide for us or we can choose to feed our spirit. And when we feed our spirit through the Word of God, we will achieve a richer nourishment and find the life more abundant that Jesus came to give us, [John 10:10](#).

However, we need a reason (a trigger) to tap into that new life source. For our natural tendency is to take the path of least resistance, the easiest way to get the job done. Just as the fruit tree would not have deepened its root system unless it was forced to do so by the harsh environment. Our greatest and deepest times of spiritual growth will often be times when we are tested and pushed to our max. However, if we are content to operate under the world's system, expecting nothing more than what the world can provide, not realizing that we can draw from the true life source. We will receive only what this physical world can offer us, which at best is a limited degree of health that eventually leads to death, thus forfeiting the abundant life that Jesus provided for us.

Trials and tribulations may provide us with the opportunity to make this change, but the change will only happen when we become discontent with this physical world and we are seeking God's kingdom. Unless we are seeking something better than what the world can provide, we will still cling to the limited resources that the world can provide. God's Word must become our life source and the only way to do this is to know and believe His Word. It is that simple and the choice is ours. God put this choice before the Israelites, saying, “I have set before you today life and good, and death and evil”, [Deuteronomy 30:15](#), and He even further told them to choose life. Therefore choose life and expect the promises of His Word and you shall find that abundant life, [John 10:10](#).

All of us go through the natural process first, scripture tells us that the natural life comes before the spiritual life. “Howbeit that *was* not first which is spiritual, but that which is natural; and afterward that which is spiritual,” [1st Corinthians 15:46](#). This physical life will leave its impressions and scars on all of us and none of us are exempt from this process. Being conformed to the world takes little or no effort. But until we realize that this physical world always comes up short and lacking of what we need, we will see no need to need to make a change and push into the light.

It starts with renewing our mind: “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God,” [Romans 12:2](#). This is not an optional scripture that applies only to the most carnal among us or to those directly working in the ministry; it applies to all of us! To understand the spiritual truths of the Bible and become more than just a natural man, we need to renew our mind with the help from the Holy Spirit. Scripture says, “But the natural man receives not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned,” [1st Corinthians 2:14](#).

We need to value the things of God. If we do not see much value in something, learning will become cumbersome and we will begin to resent it. For example, think of your least favorite subject that you took in school, (most likely that subject also became the one you did the worst in, because you did not value that subject). Likewise, we must place value on God's Word. Most people are so caught up in the day-to-day operation of this physical world that they view God's Word as being irrelevant to their everyday life. We need to view God's Word as not only being relevant to this life but also teaching and preparing us for the spiritual life to come. We need to view this physical world as an aid in helping us to understand the higher spiritual truths of God's kingdom.

Within His earthly ministry, Jesus often spoke in parables that compared an earthly fact to a spiritual truth. He did this to call out the people who had a desire to meditate on, search out and understand God's truths. The value that we place on God's kingdom directly relates to the level that we achieve within His kingdom. If we are fully consumed with this physical world and we give little or no thought to God's kingdom, then we will not see much, or any practical use in knowing and understanding God's Word and thus the Word will produce little for us.

We must choose either the kingdom of God or the kingdom of this world, we cannot choose some of both. For Jesus said: “No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon,”

Matthew 6:24. If we seek for our answer through this physical creation, we will receive only what this fallen creation can provide for us. But if we seek for our answer through what Christ has provided for us, we will receive the riches of His inheritance.

As best as we can, we are to know the truth of God's Word: "And ye shall know the truth, and the truth shall make you free," **John 8:32.** It is impossible to operate from a new truth unless you are aware of that truth. We must know His Word, this is not a requirement for just the super saints among us. We do not need to seek advanced degrees and become approved by men, rather God's Holy Spirit will teach us, from the least to the greatest, **Hebrews 8:11.** So whether you are a gifted scholar or learning has always been a challenge for you, we are all on an equal plane when it comes to receiving from the Holy Spirit. What matters most is our desire for God's truth. As David said, "As a deer longs for flowing streams, so my soul longs for you, O God," **Psalms 42:1,** and David was called, "a man after God's own heart." Therefore, if we have a desire and are willing to receive from God's Holy Spirit dwelling within us, God will find a way to impart His truths to us.

As believers we were meant to bear fruit. Earlier, I used an analogy of a fruit tree expanding its root system because of a harsh winter. That fruit tree would not have needed to increase its root system if it had given up on ever producing fruit again and had remained dormant during the winter as other trees do. But the fruit tree knew that its job was to produce fruit and it found a way to get the nutrients that it needed. Christians need to understand that they were meant to produce fruit, and that the world is not going to give them what they need to produce godly fruit. The world has its counterfeits for most of the things of God and will present you with the deception that its fruit is genuine. But growing and maturing godly fruit can only take place when we are connected into the true root of Christ.

Let no one deceive you into believing that worldly counterfeit fruit is actually real godly fruit. I believe this was the main reason why [Jesus cursed the fig tree](#), recorded in both **Matthew 21** and **Mark 11.** Let's look at this in greater detail. Jesus was looking for figs on the tree, for there were leaves on it, (certain fig trees bare fruit before they bare leaves). Scripture records that Jesus answered the fig tree, thus we can figure that the tree was boasting about certain abilities it thought it had. The fig tree had leaves and was boasting that it had fruit, even though it did not. Jesus then cursed the fig tree. Matthew's gospel records His words as, "Let no fruit grow on you forever," **Matthew 21:19,** and Mark's gospel says, "No one shall eat fruit of you forever," **Mark 11:14.** Even though the tree had no tangible fruit on it, Jesus said to it, let no fruit ever grow on you ever again also saying that no one shall ever eat your (*false*) fruit ever again. The tree was deceived thinking that its leaves were real fruit. This can also happen to us if we convince ourselves that what the world supplies us with can produce in us godly fruit. We can only produce godly fruit when we are rooted in Christ Jesus.

²² But the fruit of the Spirit is: love, joy, peace, long-suffering, kindness, goodness, faith,

²³ meekness, self-control; against such things there is no law," **Galatians 5:22-23.**

Fruit is not of our own making. Fruit is nourished by the root and is attributed to the tree, not to the branch itself. The fruit of kindness and goodness are probably the easiest to counterfeit, putting on a false front because we know as good Christians that we are to act this way. When all the while we are gritting our teeth and would like to tell that person off or slap them. Even though our outward action may line up with having the fruit, our inner feeling is not displaying the true fruit. The world cannot give us the right nutrients to produce Godly fruit. For us to bear true fruit we must be in Christ, there is no other way, otherwise we are putting on a false front.

Making God's Word your life source

Living in the truth of God's Word requires more than our carnal mind is capable of. Scripture tells us that "the carnal mind *is* enmity against God, for it is not subject to the Law of God, neither indeed can *it be*," **Romans 8:7**. Since we cannot simply rely on our head knowledge to get us to operate in this new level of God's truth. We must reach beyond what our intellect can give us and switch over to being led by the Spirit. And to do this, we must rely on the Holy Spirit who lives within you, He is the true Teacher and will teach us all things;

But the Comforter, *which is* the Holy Ghost, whom the Father will send in My name, He shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you, **John 14:26**.

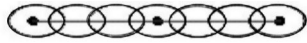
This is yet another reason why all believers need the baptism of the Holy Spirit. For without it, they have only their carnal mind to guide them. So if you desire to understand, operate and walk in God's Word. Ask the Father for the Holy Spirit, **Luke 11:13** and acknowledge Him as your Comforter, Helper, Counselor, Teacher and Healer.

Action to be taken:

Making God's Word your life source

- Be not conformed to this world, but be transformed by the renewing of your mind, **Romans 12:2**.
- Let go of all of your worldly beliefs and wrong thinking that are keeping you limited.
- Repent, turn from the unfulfilling ways of the world and desire to know and value God's Word and His ways.
- In this section, praise Him because as believers, we have a higher truth, an eternal truth and we do not put our hope in this temporal world system.

Living out of the Spirit and not the flesh



⁶ If we say that we have fellowship with Him, and walk in darkness, we lie, and do not the truth: ⁷ But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin, [1st John 1:6-7](#).

The choice is ours, we can either walk after the flesh or after the Spirit. Walking in the Spirit (the light) must become our desire, for it is not going to happen naturally, nor is the world going to direct us into it. Right from birth all of us learn to live and walk after our flesh and this has become completely normal and natural to us. Walking after the Spirit simply means that you keep your eyes upon Jesus, it does not mean that you have obtained perfection in your walk. Not walking in perfection can be a stumbling block for some people, for after they perceive that they have failed, they turn the other way and focus on their badness, for they know they can succeed at that. But know that “all have sinned, and come short of the glory of God,” [Romans 3:23](#). The only perfect person we crucified over two thousand years ago, all the rest of us are “works in progress.” So do not condemn yourself for what you see as your shortfalls, [Romans 8:1](#). And keep your mind stayed upon Jesus, desiring His kingdom (a better kingdom) rather than the lusts of this world.

We cannot fake our spiritual walk. We may know all the right things to do and say and perhaps we can fool others for a time, but if it does not come from the heart, it remains just an outward action. Jesus told a parable of two sons, both were asked to go into the vineyard to work. The first said no, but he later went and the second son said he would go, but he did not. The first son desired not to go, but later (perhaps out of guilt) he went. The second son said that he would go but did not (perhaps he did not have the endurance, was lazy or just said yes to appease). Both sons fell short of what the father asked them to do and Jesus did not commend either son. This parable is about issues of the heart, you can read this parable in [Matthew 21:28-31](#). Living out of our Spirit is not going to come automatically, nor is it going to happen by osmosis (after so many years, so much schooling or church attendance). The only way we will make this change is if we desire to make this change.

We must be in control of our thought life, “for as a man thinks in his heart, so is he,” [Proverbs 23:7](#). Not only do we need to keep our mind free from sinful and perverse thoughts, we also need to keep our mind from drifting from one worldly concern to another. Scripture tells us that we have the mind of Christ, [1st Corinthians 2:16](#), and that we can take every thought captive and cast down the thoughts that exalt themselves against Christ, [2nd Corinthians 10:5](#). All of us can do this; it is not just for the super saints. Jesus kept His mind stayed on the Father, doing only the Father's will and not His own (earthly) will, [John 5:30](#). Likewise, to have a successful spiritual life and to be in control over our thoughts, we also need to be about the Father's business. If we realize that we have the mind of Christ, then we will also realize that those negative, dark or depressing thoughts are NOT ours and we can easily cast them down. But, if we consider those negative thoughts to be ours, it will be very hard, if not impossible, to cast them down.

²Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now works in the children of disobedience:

³Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others, [Ephesians 2:2-3](#).

Do you ever replay past conversations in your mind and speak them out verbally? Rehearsing past conversations is not a good thing; it is actually totally carnal. “Conversations in times past,” is not only talking about a lifestyle, but it can also refer to literal conversations. One reason that we replay conversations in our mind is that we believe it should have turned out differently. This is actually a form of grumbling and we normally replay the conversation until we have worked out our grumbles. The other reason is simply for our own amusement, replaying a pleasant conversation or even a hypothetical one to keep our carnal mind amused. Whatever the reason is, this practice is not good.

If we wish to walk in the Spirit, we must focus on spiritual things rather than on the carnal things of the world. Some people have told me that when they are verbalizing out loud, they are talking to God. This sounds spiritual and may even be true, but if you have God's Spirit within you, then there is no need to go through your physical voice box. And this would also be a one-way verbal conversation, for if God did answer you, it is nearly always internally through His Spirit within you. Unless you are speaking scripture, speaking the Word over yourself, speaking in tongues or praying in your native language. Talking to yourself when no one is around is always for your own amusement and is 100% fleshly and must be stopped, if you wish to walk in the Spirit.

We need to internalize the process. I use the analogy of a child first learning to read. Most of us learn to read by pronouncing each word out loud. And after learning, most of us still keep on silently pronouncing each word to ourselves and for the most part, our reading process stays pretty much the

Living out of the Spirit and not the flesh

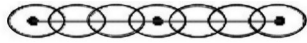
same. However, those who can keep the reading process entirely between their eyes and their mind, are able to greatly increase their reading speed. If we wish to walk after the Spirit, we need to internalize the process. Not only to stop our human babbling, but to also operate on the same level as God's Spirit. For our carnal mind does not and cannot, comprehend spiritual things. For scripture tells us that "the carnal mind *is* enmity against God: for it is not subject to the law of God, neither indeed can be," **Romans 8:7**.

Action to be taken:

Living out of the Spirit and not the flesh

- Decide which kingdom you wish to walk after, the world's kingdom or the kingdom of God. You must focus on one or the other. It cannot be some of both.
- You must have a desire to live out of the Spirit, if the world's system is keeping you satisfied it is also quenching your desire.
- Ask for the baptism of the Holy Spirit, **Luke 11:13**. The only way you can live out of the Spirit is to have the infilling of the Spirit.
- If you verbally talk to yourself when you are alone, rehearsing past conversations, you need to stop that right now, it is completely carnal.
- In this section, praise God because we have His Spirit dwelling within us and we can internally communicate with the Holy Spirit 24/7.

Natural healing vs. divine healing



Natural healing deals with things of this earthly creation or actions that we can perform, whereas divine healing deals with spiritual things of God's kingdom and His Word. The entire medical industry operates in natural healing, except for the few exceptions when doctors, nurses or health care professionals are praying, speaking God's Word over patients and expecting God's Word, rather than man's interventions to bring about healing. Most of us have heard things like, "God gave us doctors" or "God gave us herbs and plants as medicine" and that is His healing path for us now. God did give us ways to obtain natural healing, but those methods will not secure for us God's divine healing, nor will they give us a deeper revelation of God's Word. Praise God that we have ways to achieve natural healing and there is nothing wrong with resorting to it. The purpose of natural healing is to keep us in relatively good health until we can press into our divine healing.

At the most, natural healing will only heal the physical body, it will not heal the soul or the spirit, nor will it give us an eternal victory in Christ. Also, whatever degree of healing you achieved through natural means, you will one day lose. Either through the natural aging process or by physical death itself, for only what is of the spirit will become eternal. Therefore, do not confuse or combine natural healing with divine healing. God has given to all of us a natural body: "It is sown a natural body; it is raised a spiritual body. There is a natural body, and there is a spiritual body," [1st Corinthians 15:44](#). All of us walk in a degree of natural health, but divine healing will only be achieved by speaking, believing and realizing that God's Word alone is all that we need to be healed.

I am not trying to minimize natural healing; God gave us this as a viable way to achieve a degree of healing, but there is a better way, (divine *healing*). I see the purpose of natural healing as being threefold:

1. Very few of us would ever survive childhood if it were not for natural healing. Thank God that scraped knees and broken bones will heal naturally over time and that our immune system will keep us healthy and fight off infections and colds.
2. At times when our faith cannot yet carry us and in emergencies, natural medicine, or a procedure, can possibly supply the answer.
3. Natural healing may provide a boost to help us access our divine healing. Perhaps bringing us into a healthy mind-set, seeing a degree of physical improvement, so we can grow in our faith or belief in Christ Jesus and walk in our divine healing.

All of us function in natural health, for our body is fearfully and wonderfully made, [Psalm 139:14](#). When we abide by certain natural laws and take care of our body, our body will strive to heal itself. Below are points that, that everyone should follow.

1. **Getting enough sleep and maintaining a proper sleep schedule.** In [John 11:12](#), the disciples said to Jesus, "if he sleep, he shall do well". They did not understand that Lazarus was dead, but they realized that sleep is the bodies natural method of healing itself.
2. **Eating right and getting proper nutrition (*the best that you know how to do*).** This is just good common sense, for the body is the temple of the Holy Spirit, [1st Corinthians 6:19](#). And we need to be good stewards of our body, why would we intentionally put garbage into our temple?
3. **Getting adequate exercise (*the best as you are able to do*).** "For bodily exercise profits little: but godliness is profitable unto all things", [1st Timothy 4:8](#). Scripture tells us that physical exercise does profit some.

What keeps us stuck is our own mind, "for as he thinks in his heart, so is he," [Proverbs 23:7](#). If medical facts have been engrained in you and you cannot get beyond this knowledge, then you are actually limiting God. Regarding your thoughts of the only way you believe healing can be accomplished is through the physical realm. God is much greater and can operate far beyond what our worldly beliefs and scientific facts tell us. Scripture, says, "He sent his Word, and healed them, and delivered *them* from their destructions," [Psalm 107:20](#). It does not say, He gave them earthly remedies and cures. We need to realize that God's Word and having a merry heart is our medicine. "A merry heart does good *like* a medicine: but a broken spirit dries the bones," [Proverbs 17:22](#).

Taking supplements, prescriptions or having a procedure done should not be cause to condemn yourself, wondering why God's Word is not working for you. "*there is* therefore now no condemnation to them which are in Christ Jesus," [Romans 8:1](#). All of us need to grow in grace and in the knowledge of God's Word, that His Word alone can heal us. None of us have fully arrived or are able to access all of what God has supplied for us. What I stress here is to step out in faith, learn the Word and test the waters. Do not just settle for what this world can supply for your healing needs. For we are children of the Most High God, we have His Spirit living in us and we have been bought with a price. We are more than just natural beings, for we have God's Spirit in us. Our ultimate goal

Natural healing vs. divine healing

needs to be to progress into God's divine healing through belief in Jesus and His Word alone.

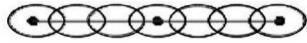
I have been asked several times if taking supplements, drugs or pills limits or hinders one's faith? Again, I use the scripture, "for as he thinks in his heart, so is he," [Proverbs 23:7](#). It is really up to you. The way you think about this will actually determine the answer. If you believe it will hinder your faith, it will. If you are not expecting your total healing to come from a natural substance but rather are looking simply to achieve a certain level of health. And you continue speaking the Word and believing for your divine healing, to come through the Word alone, then it will not hinder your faith. It's a fact today that our food due to how it's grown and how it's processed is lacking much in the way of nutrients and at times it is just smart to eat as healthy as you can or supplement your nutrition. After all, our body is the temple of the Holy Spirit and we need to be the best steward of it as we can be: "What? know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's," [1st Corinthians 6:19-20](#).

Action to be taken:

Natural healing vs. divine healing

- Take care of your body the best you know how to do, however, do not believe that your divine healing will come through natural methods.
- Do not condemn yourself if all you know or have done to date, is natural healing, [Romans 8:1](#). It's never too late to push into God's Word.
- In this section, praise God for natural healing, for the body is fearfully and wonderfully made, [Psalms 139:14](#). God has even supplied man with ways to achieve healing until we can push into our divine healing.

Healing vs. walking in wholeness



But when Jesus heard *it*, He answered him, saying, Fear not: believe only, and she shall be made whole, [Luke 8:50](#).

The distinction between healing and wholeness is that healing can be limited to certain areas of the body, whereby wholeness is completeness (*body, soul and spirit*) and only God's Word can provide wholeness. In the paragraphs below, I look at the word "whole" as seen in scripture as it was translated from the Greek.

First, I look at the word "whole" where it was translated from the Greek word "sozo," Strong's NT:4982. [The word sozo](#) is defined as, "save(d), preserved, healed and (make) whole." In all the healing accounts, either the individuals were told that their faith had made them whole and in the case where the crowds received their healing, it was that by their faith, they reached out and touched Jesus.

The [woman with the issue of blood](#): She was determined to get her healing and put forth an effort to reach out and touch His garment and Jesus said to her, "Daughter, your faith has made you whole."

The [healing of blind Bartimaeus](#): The blind were not willing to let Jesus pass by; they cried out saying, "Son of David," and Jesus told them, "their faith had made them whole."

The healing of the [ten men who were lepers](#): they called out to Jesus and all ten were healed, as they went and the one man who returned to Jesus was told that his faith had made him whole.

When they [reached out and touched Jesus](#): In Mark's gospel it says, as many as but touched the border of His garment were made whole, [Mark 6:53](#).

In the above healings, wholeness came about because they put their faith or belief into action, for they reached out, touched and received from Jesus. Our faith must have action behind it: "Even so faith, if it has not works, is dead, being alone," [James 2:17](#). We need to put action behind our faith, no matter how small it might be.

Next I look at the word "whole" where it was not translated from the Greek word "sozo" and is one of five other Greek words, other versions translated it as being, "healed or made well." I have put the Strong's number that was used for the translated word "whole" in each reference.

Healing of [the man with the withered hand](#): NT:5199 Jesus did this healing in conjunction with questioning the Pharisees if it was right to heal on the Sabbath, the man with the withered hand did not come to Jesus.

When they [reached out and touched Jesus](#): NT:1295 Matthew's gospel translates the word "whole" as NT:1295; Mark's gospel translates it as "sozo." Many people reached out and touched Jesus; faith may or may not have been present.

The [Canaanite's woman's daughter was made whole](#): NT:2390 – Only in Matthew's gospel is the word "whole" used. The Mother's faith was active; we do not know of the daughter's faith.

[Centurion asking Jesus to heal his servant](#): NT:5198 Only in Luke's gospel is the word "whole" used. Here, the centurion's faith was active; we do not know of his servant's faith.

The [man at the pool of Bethesda](#): NT:5199 – The man at the pool was not pursuing healing from Jesus and afterwards Jesus said to him, "Sin no more lest a worse thing come upon you."

In all the healings here, there is no mention of the sick person's faith. Even though the Greek word used is sometimes translated "whole." I do not believe that these healing scriptures can be compared to the four above it where the word "whole" was translated from the Greek word "sozo" where it was recorded that their faith, or action of reaching out and touching Jesus, made them whole. Thus, there is a difference between healing and complete wholeness. Divine healing takes faith and requires one's unbelief to be minimal, but wholeness will be achieved by pursuing a relationship with God the Father, Jesus Christ His Son and God's Spirit within us. As the psalmist said, "As the hart pants after the water brooks, so my soul pants after You, O God," [Psalm 42:1](#). We must desire this relationship, along with having active faith and knowing that it is God's desire to make you well (*spirit, soul and body*).

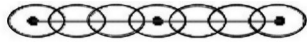
Healing vs. walking in wholeness

Action to be taken:

Healing vs. walking in wholeness

- Seek the Healer (*Father, Son and Holy Spirit*); then seek your desired healing.
- Improve your relationship with the Lord by increasing your praise and worship time and intensity.
- In this section, praise God because He wants to supply us not only with healing but also with wholeness and the abundant life, **John 10:10**, all we need to do is abide in Him.

Healing and wholeness in this lifetime



Physical healing in this world is important. We should not just focus on our healing catching up to us in heaven, that is a given. God has given us the potential of becoming more than a conqueror, but we need to accept the challenge. We are made in the image of God with His Spirit living within us and we do not need to settle for the limited things that the world has to offer us. The definition of an overcomer is someone who gets up one more time than they fall down. "For a just *man* falls seven times, and rises up again: but the wicked shall fall into mischief," [Proverbs 24:16](#). According to Strong's definition, the word "just man" can also be translated "righteous man," as some other versions translate it. Righteousness is a gift to all mature believers, [Romans 5:17](#), thus, we can equate a just man with a believer. Therefore, if we keep on getting up and standing on the Word of God, we will overcome.

We must break the spirit of apathy. Many people have become complacent with just playing world, letting the natural events of the world govern and direct their reality. Sometimes they are not even aware that there is another option, because they are so consumed with the realities of this world. I have heard both nonbelievers and believers alike speak sickness and death out of their mouth. "well, you know this is flu season; I don't want to get any of those gems on me or this always happens to me about this time." According to the world, this negative scripting is normal. Sad to say, most believers have bought into this concept of speaking their ills and fears. This is wrong; it is contrary to what the scriptures teach us and by doing so, you will never find your divine healing. In general, most people are so preoccupied with "speaking what they have" rather than "speaking the things they wish to have." We are to be more than conquerors and overcome this world as Christ also overcame the world, but to do so we must think and speak as He did. I say again that all of us can do this, if we are willing to let God's Word become our core foundation. I have written a few points, why we should all press on to become that overcomer.

1. When you become that overcomer your reward and victory, will be eternal.

We need to rise to the challenge. Scripture tells us that "We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places," [Ephesians 6:12](#). Wrestle implies an action. The world and the powers of this world wish to conform us into the world's mold, but God desires that we be transformed by the renewing of our minds, [Romans 12:2](#). Accepting the challenge will require a sacrifice. The Apostle Paul wrote in scripture, "I die daily," [1st Corinthians 15:31](#). We do have a part to play in our destiny. God has a plan for us and it is a good plan however, we need to accept the challenge and walk it out. I believe that most of us like a challenge, expressly when we know that victory will be ours if we just don't give up and quit.

It should actually be natural for us to become that overcomer. For we are made in God's own image and likeness, [Genesis 1:26-27](#). We were made to overcome, [Romans 8:37](#), and we have God's Holy Spirit dwelling inside of us. And like most fathers, God wants us to be as He is: "Be ye therefore perfect, even as your Father which is in heaven is perfect," [Matthew 5:48](#). When we realize who we are in Christ and become effective at using His Word, overcoming will come naturally to us. Scripture even speaks of the day when the sons of God, (*man*) will come into this understanding, "For the earnest expectation of the creation waits for the manifestation of the sons of God," [Romans 8:19](#).

2. Your witness to others will become stronger.

Once you win a personal victory within Christ, your witness and your testimony will become greater, for your faith in that area will come alive. And when you talk with others concerning the gospel, there will be a new boldness and others will sense not only your sincerity, but the power and authority behind your words. For your words will not just be coming from your mind, but rather from your spirit within you and you will be able to speak with authority. Much like when the people and even the Pharisees said that, Jesus taught them as one who had authority and not as the scribes, [Matthew 7:29](#), [Mark 1:22](#), and you will be able to cast out spirits with authority, [Luke 4:36](#).

3. You will be able to preach an uncompromised, powerful Gospel.

The Gospel, the Word of God, has power in it! What is commonly called the great commission is that we are to, "Preach the gospel to the whole world and those who believe shall be saved and shall have these signs that follow, they shall cast out devils; They shall speak with new tongues; they shall lay hands on the sick and they shall recover," [Mark 16:15-18](#). God is all-powerful and He has given us His Holy Spirit without restriction.

Healing and wholeness in this lifetime

If we stand until we see our victory and let God's power work in our lives, we will be able to minister that same power to others. Applying the biblical principle that every seed produces after its own kind, [Genesis 1:12](#). If you are content with having only academic knowledge about the Word of God, that is all you will be able to give away. But if you are willing to apply yourselves, conform your philosophy to God's Word and win a few personal battles, you will be able to minister on a personal level. For we can only give away what we have.

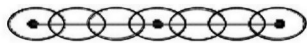
This principle can also be seen when Peter and John ministered to the lame man recorded in Acts. They said, "Silver and gold have I none, but what I have I give you. In the name of Jesus Christ of Nazareth, rise up and walk!" [Acts 3:6](#). God has made a system that we cannot cheat. We cannot bypass parts of it, nor can we fake our way through it, everybody receives from it according to how they apply themselves to God's Word, "For with the same measure that you measure, it shall be measured to you again," [Luke 6:38](#). If you are wishing to minister to others and operate in the gifts of the Spirit, it is not enough to just have book knowledge, you must also win a few personal victories and then you will be able to minister to others on a heart level and see results.

Action to be taken:

Healing and wholeness in this lifetime

- Do not let the world or the devil deceive you; be certain that healing is for you today. If the devil can steal that part of your inheritance, he has won a minor victory at the expense of a child of God.
- Call on the Holy Spirit. Scripture tells us that He will quicken your mortal body, [Romans 8:11](#).
- Win a few personal battles and after you have you will be a much more effective at ministering to others; You will not only expect results, you will also see results.
- In this section, praise God because He has made it possible for us to overcome and when we do, it becomes one of our eternal rewards.

Becoming poor in spirit



Blessed *are* the poor in spirit: for theirs is the kingdom of heaven, **Matthew 5:3**.

Being poor in spirit is having a healthy discontentment with this physical world, realizing that there is a better hope to come. The world might consider this to be depressing news, but this realization is a good thing. When you realize that the things of this world do not fulfill you anymore, know that your healing is very near. For your desire is now aligning with God's and He can now work in your life, for you are now coming into agreement with Him. (Italics added below are mine).

He that finds his life *{within this world}*, shall lose it: *{his true-life}*: and he that loses his *{earthly}* life for My sake shall find it *{his true-life}*, **Matthew 10:39**.

For whosoever will save his *{earthly}* life shall lose it *{his true-life}*: and whosoever will lose his *{earthly}* life for My sake shall find it *{his true-life}*, **Matthew 16:25**.

He that loves his life shall lose it; and he that hates his life in this world shall keep it unto life eternal, **John 12:25**.

In the above scriptures, the word "life" is the Greek word "p̄uchē" Strong's NT:5590. The scripture is not only referring to physical life, but also to a person's psyche (*their thoughts*). Jesus is saying in these verses that if we find our place, our comfort, in this physical life, we will see no need for the spiritual life to come and thus we will lose that life to come. But if we realize that this physical life does not hold for us our comfort, our treasure and our peace, we will then look towards the spiritual life and find our true-life within Him.

When we get to feeling broken and poor in spirit, there are two options: we can get bitter or we can get better. It is not automatic that you will receive from the Word and be used by God just because you feel that you are broken or poor in spirit. If you turn bitter rather than better, why would God choose to work through you? For hurting people hurt other people and God does not want His people intentionality hurting other people (beating others up with His Word or brother condemning brother). We need to retain a positive attitude. Keep standing on the many promises of God and trusting Him, knowing that as we seek Him, we shall be rewarded, **Hebrews 11:6**, resting in Him and having the assurance that God has a good plan for your life, **Jeremiah 29:11**.

Not until our ways fail and we come to the end of ourselves, do we generally relinquish control over to the Lord to work in our lives. What we need to do is to sit back and let God be God. "Be still, and know that I *am* God: I will be exalted among the heathen; I will be exalted in the earth," **Psalms 46:10**. We need to rest in Him, **Hebrews 4:11**. Having the assurance that He is going to get us through this, for we are His people and we are of much more value than many sparrows, **Matthew 10:31**. This is the time when we need to totally lean on and believe in the promises in His Word, standing on our true foundation.

When we feel depressed over feeling broken and poor in spirit, it is because you do not see God's promises as being valid for today. Relying on the world will eventually fail, but God's promises will never fail. It should be natural for us to have more faith in God's promises than in the world's system. But generally, the contrary is true, the answer to this is to renew your mind, **Romans 12:2**. God's promises apply to all of us, so renew your mind to the truth of God's Word.

You may feel that you are stuck in a rut and not know how to get out. This statement implies that you feel you must get yourself out of the rut. God alone is your Savior: "I am the vine, ye *are* the branches: he that abides in Me, and I in him, the same brings forth much fruit: for without Me ye can do nothing," **John 15:5**. Trusting in God and His promises must become our life source, not just as a far-off promise, but rather as a goal to achieve in this lifetime. When we finally realize that our resources are not able to fix the problem, it becomes clear that we simply need to let God be God.

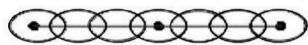
This is a great time to increase your praise and worship, even though at this time, you probably do not feel like praising Him. Praise Him anyway! When we don't feel like it, we give Him the sacrifice of praise, **Hebrews 13:15**. Praise Him no matter what your state of mind might be! Praise and worship creates an atmosphere of glory and God can work mightily in an atmosphere of glory. An example of this in scripture is when Paul and Silas were in prison. At midnight, they began praising the Lord and the Lord moved with a great earthquake that shook the foundations of the prison. You can read about this in **Acts 16:16-40**. Paul and Silas created an atmosphere of glory, allowing the Lord to move in a mighty way. The best way to keep one's attitude up is through praise and worship. Praise will keep your spirits up, praise ministers to the Lord, allowing Him to move mightily in your life and praise makes the devil flee.

Action to be taken:

Becoming poor in spirit

- Do not lose hope. God has a plan for your life and it is good, **Jeremiah 29:11**.
- Rejoice! Because, when we come into agreement with His Word, He will greatly work in us and we shall be greatly blessed.
- Now is a critical time to increase your praise and worship. Push into a closer relationship with the Lord. Rejoice evermore and again, I say rejoice, **Philippians 4:4**.
- In this section, praise God because the battle is His, all we need to do is to abide, trust and rest in Him, **Hebrews 4:11**.

When you have done all, keep standing!



When we have done all that we know how to do and we see no manifestation, there are only two options. Either we stand until we receive our victory, or we give up and justify why we are not healed. First, I wish to present two truths: You are healed in the Spirit, and your sickness or infirmity is only “a fact” that needs to change. If we truly realize this, we know that our healing will come. The Word will work, for it is not man's word; it is God's Word. We have a living Word and God is true to His Word, scripture says, “Let God be true, and every man a liar,” **Romans 3:4**. When we feel that we are at our end, it can be easy to give up and make certain justifications for our lack of healing. But keep on standing and pursuing and we will reap our health in this lifetime. I have written some of the more common excuses that I have heard, with a small comment after them.

I may not be healed physically, but I am healed in the Spirit:

This sounds pretty good and contains a truth, because every believer has access to healing in the spiritual realm. This excuse is usually given out of frustration after all of our own known resources have been exhausted. But we are (*spirit, soul and body*) and for man it is impossible to separate one part from another. If your Spirit was totally in control, your soul and physical body would be healed and whole.

I am waiting on God; it is all in His timing:

This makes God completely responsible for your healing. However, God moves within our timing; He is waiting on us to get to the place (the proper belief) so we can be healed, for He has already moved. He has provided us with everything we need and we can also have His Spirit living within us.

If we give up on our healing and justify it away or settle for whatever limited health we have, we will never achieve our complete healing in this lifetime. We need to realize that we are in a battle and that the enemy goes around like a roaring lion, seeing whom he may devour, **1st Peter 5:8**. The scripture says, “may devour,” it does not say, “all that he chooses to devour”. Our enemy actually needs our cooperation, either through our apathy, ignorance or even cooperation given to him, to do us harm. And if we give him the opportunity, I guarantee you, he will take it. We are in a battle: “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*,” **Ephesians 6:12**. Perhaps we do not clearly see this battle, but we need to have a righteous indignation, an anger against the devil and his works (*sickness and disease*), in order to be that overcomer.

When chopping down a large tree with an ax, every swing of the ax is required to take that big tree down. It is not just the last few chops that brought it down, every bit of effort was needed to bring it down. So don't become discouraged thinking that no progress is being made, Scripture tells us, “Beloved, I wish above all things that thou may prosper and be in health, even as your soul prospers,” **3rd John 1:2**. Our soul is always prospering. We may not be able to tell that according to our natural five-senses, rather God's Word tells us and His Word is true. Therefore, if our soul prospers in the spirit realm without us sensing it, we can also be moving towards our healing without sensing it through our natural senses. So stay in the battle and keep speaking the Word (*the two-edged sword, the Word of God*). Knowing that every Word spoken is producing results, for the Word does not return void, **Isaiah 55:11**. So, stay in the battle and don't lose heart.

In this spiritual war, God has not left us defenseless. Scripture tells us to be strong and put on the armor of God, so we will be able to stand against the wiles of the devil:

¹⁰ Finally, my brethren, be strong in the Lord, and in the power of his might. ¹¹ Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. ¹² For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*. ¹³ Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand, **Ephesians 6:10-13**.

If we have no armor on or we are playing with it and not taking the battle seriously, it is no wonder that we feel like our adversary, the devil, has free reign to beat us whenever he pleases.

¹⁴ having your loins girt about with truth, and having on the breastplate of righteousness; ¹⁵ And your feet shod with the preparation of the gospel of peace; ¹⁶ Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the Word of God:; **Ephesians 6:14-17**.

When you have done all, keep standing!

Cling to God's Words of life. After Jesus gave a hard teaching, several of His followers (perhaps thousands) left and He then asked His twelve disciples if they would like to leave too? The mere fact that Jesus asked His twelve disciples the question, implies that there was a reason for asking it, they were most likely taken back a bit by this new teaching also. However, Simon Peter answered Him, "Lord, to whom shall we go? Thou has the words of eternal life," [John 6:68](#). If we acknowledge Jesus (the Word) as being the truth, there really is no other option, but to keep standing. If you are basing your walk with the Lord on whether you personally agree with everything, at some point in time you will probably disagree on something. Our commitment to the Lord needs to be one hundred percent based on who He is. For it all comes down to, He is God and we are not. And even though we may not fully understand all of His ways, we can fully trust Him, knowing that His plans for us are good, [Jeremiah 29:11](#).

We must lay down our worldly agendas, in order to live out of the spiritual life within Him. This can be a simple thing to do, if we have built up a trust in God, knowing that He has our best planned for us, [Jeremiah 29:11](#), as we rest in Him, [Hebrews 4:11](#). However, if we have not built up a trust in the Lord and we believe that we need to retain certain controls, it will seem like we are surrendering in defeat and we will be in strife throughout the entire journey.

Do not compromise the Word of God! Our enemy and adversary wants you to justify God's Word. The Word remains true, no matter what our opinion of it is and no matter what our circumstance may be. "Let God be true, but every man a liar," [Romans 3:4](#). The Word means what it says and we need to take God's Word literally, expecting the Word to work. Scripture says, "by His stripes we were healed," [1st Peter 2:24](#). It may seem to you that nothing is happening because you do not see anything manifest in the physical when you speak this, but that feeling is a lie! God moves in the spirit realm and when our spirit is filled and guiding our life, our soul and physical body will become healed and whole. The Apostle Paul said, "For now we see through a glass, darkly," [1st Corinthians 13:12](#). We may not have total understanding of this spiritual battle, but we know the outcome of the battle, God has won and we share in His victory.

Our commitment to the Lord and His Word must be one hundred percent. There are several occurrences throughout scripture where people willingly laid down their desires, livelihood, dreams, etc. for the Lord. Abraham was willing to sacrifice his son Isaac, [Genesis 22:1-14](#). The account of Shadrach, Meshach and Abednego and the fiery furnace and their unwavering commitment to God, [Daniel chapter 3](#). Jesus in His earthly ministry laid down His entire will, for He said, "I do not seek My own will, but the will of *the* Father who has sent Me," [John 5:30](#). The Apostle Paul told us that he died daily, [1st Corinthians 15:31](#) and there are many more examples.

Keep your priorities straight, your Spirit is far more important than your physical body. By saying this, I am in no way minimizing or dismissing physical healing. I fully believe that God wishes for all of us to be healed and whole. But what would it profit a man if his physical body were perfectly healed and yet he still remained a wreck, a jerk or immature in his soul? At times, we need to be fully mature and whole before the physical body can be restored. Scripture says, "For what shall it profit a man if he shall gain the whole world and lose his own soul?" [Mark 8:36](#). Sometimes we can get so focused on receiving our physical healing that if we were healed physically but remained immature spiritually. After a minor setback, we would be right back to where we were or perhaps even worse off, for we could not retain our healing.

In my own case, after having an infirmity for more than fifty-five years, the limiting condition becomes part of your life. The way you think and how you see yourself becomes deeply engrained. Most if not all of my recent breakthroughs have been achieved by pushing into the spiritual realm,

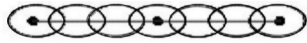
taking a new step into God's kingdom. The most beneficial thing that I have found is learning how to praise the Lord. Praising the Lord is vital to a healthy spirit and also to a healthy and whole body. I encourage everyone reading this to make a daily habit of praising the Lord. For after I had made a habit of praising Him, I started to experience a calmness and a relaxation and I had an assurance that all was well. The battle is primarily in our minds, how we think and also how we view God. Praise ushers in an attitude of thanksgiving. So, praise Him regardless of what you see or feel. Give Him the sacrifice of praise, [Hebrews 13:15](#).

Action to be taken:

When you have done all, keep standing!

- Keep standing on the truth of God's Word, there's only two options, victory or defeat (*choose life*).
- Put on the whole armor of God, [Ephesians 6:14-17](#).
- Speak the Word over your body, speak to your symptoms (speak to the mountain). Jesus gave us this example. Regardless of how you feel about this, do it, it is scriptural, [Mark 11:24-25](#).
- Do not justify God's Word, Know that God's Word is true, regardless of your condition. Your symptoms are just facts that need to be changed.
- Continue praising Him, regardless of your situation. Turn up the intensity of your praise, give Him the sacrifice of praise, [Hebrews 13:15](#).
- Know that we are in a spiritual battle and that God has provided us with the victory, but we need to take it, receive it, and learn how to walk in it.
- Trust Him and rest in Him, lay down your own agendas. For we will only gain our life within Christ after we lose it, [Matthew 10:39](#).
- Do not give place to the devil, [Ephesians 4:26-27](#). We may be enduring for a season with an infirmity or limitation, but don't ever take ownership of it; it does not belong to a son of God.
- Don't blame God, God is good and sickness is not His plan for your life. Jesus came to give life and life more abundantly, [John 10:10](#).
- Don't give up and accept less than what God purchased for you through the cross of Christ!
- In this section, praise God because if you don't give up, you are guaranteed the victory.

OK, I am standing, now what?



If you have made it to here and improvement still seems far off, or you are thinking that maybe someday your healing might come, it is time now to take action. At times, we need to get to the point where we say, "enough is enough." Earlier, in this healing journey, I spoke of a fruit tree that, due to a harsh winter, deepens its root system, so it would have the needed nutrients for its fruit. All of us need certain triggers before we take action. The harsh winter environment, was the trigger for the fruit tree. We also need to have a trigger (*a reason to take action*). We must stay active, divine healing is not going to come to you automatically. As long as you can live with your sickness, you will. We are in a spiritual battle and no one has ever won a war or taken ground by being passive. We need to know that we are rightful heirs of Christ's inheritance. That healing is ours, understanding that we have an enemy who only wishes to steal, kill and destroy. Once we realize this, it will be much easier for us to become aggressive towards the works of the devil (sickness and infirmities).

The thief comes not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly, [John 10:10](#).

Know that the devil is not just trying to annoy us and cause us to go through troubles and tribulations. But, he is out only to (steal, kill and destroy) niceness and fairness are not among his characteristics! If we are going to be an overcomer, we must stop being passive and become aggressive (having a righteous indignation). Knowing who we are in Christ and that we are the ones with the authority. Therefore, don't even allow the devil to have a toehold in your life. Actually, we should not even be listening to his voice, for he is a stranger.

And a stranger will they not follow, but will flee from him: for they know not the voice of strangers, [John 10:5](#).

At times, we need to build up that righteous indignation against the devil, we have to get angry at his unrighteous works. Much like a tea pot or a boiler building up steam, we have to build up a righteous indignation against the enemy. Learning how to take hold of and keep what is rightfully ours in Christ Jesus, for if we remain passive, we will continue to live the way we are.

Those of us who have had a major infirmity for several years, even though we want healing, out of necessity we have learned how to live with our condition. I am not throwing stones here, for I have gone through this myself. And scripture tells us that, "There is no condemnation for those who are in Christ Jesus, who walk after the spirit and not after the flesh," [Romans 8:1](#). Over many years, we have learned to see our infirmity as different from a common cold. In the past, when you had a common cold, you have eventually gotten over the cold, but your infirmity still remains. Ask yourself why this is? For God's healing extends to both, to God there is little difference between healing one or the other, the major difference occurs only in our mind. For we have learned to live with the infirmity and it has become our norm, thus we no longer see it as a foreign invader. Our fight against the cold is actually greater, since it is not our norm. We must get to the point where we say, "Enough is enough."

We must work up that righteous indignation, and the only way to do this is to know your true identity and who you were meant to be in Christ Jesus. For once we fully realize our potential in Christ Jesus and we build up our desire to achieve it, there will be nothing that can hold us back. I have put a brief list of scriptures, that show us our core identity. If we meditate on these truths, we will begin to realize who we are in Christ. We will then boldly rise up and demand what is rightfully ours in Christ Jesus. Because God is not holding it back from us, our adversary through deception is stealing it from us. If he can put doubt in our mind and convince us that we must take our earthly lumps because that is what we sowed and that is what we deserve, he will. That is why it is so important to learn who you are in Christ Jesus;

Both male and female are made in the image and the likeness of God, [Genesis 1:27](#).

We have been given the ability to receive God's Holy Spirit, [1st Corinthians 6:19](#).

We are bought with a price (the precious blood of Jesus), [1st Corinthians 6:20](#).

We are called the sons of God, [1st John 3:1-2](#).

We are ambassadors of Christ, [Ephesians 6:20](#).

And many more scriptures apply

In every way we have been made true sons and daughters of God, [1st John 3:2](#), and the prince of this world has been judged, [John 16:11](#). Now, through the name of Jesus, we are the ones with the authority here on this earth.

One of my triggers was a new year's cold. Colds had come my way before and would last the normal few days, however, this time it was different, it actually became a trigger. As I was fighting the cold, I also began to fight against my complete infirmity. For I realized that there is little

difference in how God views a common cold vs. what we consider to be a major infirmity. The only one who is making this distinction between the two is us. So as I claimed my healing against one, I also claimed my healing against the other.

I cannot stress enough that we need to kindle a righteous anger within us and not tolerate evil (sickness and disease). For as long as we are willing to put up with an infirmity, we will. Having a righteous anger is actually part of knowing good and evil and understanding the fear of the Lord. "The fear of the Lord is to hate evil," **Proverbs 8:13**. As long as we tolerate our sickness or infirmity, we are courting evil and we are not walking in a proper fear of the Lord. And if evil (sickness and disease) goes unchecked, it will eventually overtake us. We need to overcome evil with good, **Romans 12:21**, and the way we overcome is through belief in Jesus and knowing what the Word of God has provided for us. Choosing life or death is up to us. For God has given man a free will, the ability to think and reason for himself. And to a great degree healing is up to us, so choose life!

Faith without works is dead, **James 2:20**. James is talking about the works, the action of faith, rather than the works of the law. If there is no hope or expectation behind your faith, the faith that you say you have is no more than lip service. In the book of James, he refers to Abraham as an example, but keep in mind that without the corresponding thought, there would not have been an action. Now is a good time to work up your belief in what Jesus accomplished for us and corresponding belief in His Word. Once you have done this, hope and and faith will come naturally to you, you will no longer even struggle trying to conjure up a vision.

Action to be taken:

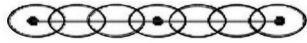
OK, I am standing, now what?

- Work up a righteous indignation (anger) against the works of the devil, **Ephesians 4:26**, and demand your rights.
- You must believe that Jesus took and paid for your healing at the cross, and that we can now share in His finished work and walk in His promises.
- In this section, praise the Lord because you are made in His image, you have His Spirit, you have been bought with a price and you have authority over the enemy and greater is He that is within you than he who is in the world, **1st John 4:4**.

Section Four

*The journey
continues*

Be prepared to go it alone



This will be a test of the commitment and resolve that you have towards God's Word. Learn to rely on Jesus as your source, Knowing that He is our provider (Jehovah-Jireh), He is our healer (Jehovah-Rapha). You can view a list of the [names of God](#) on the ministry website. Other people will let you down, it is simply a matter of when, if for no other reason that they are also limited human beings. but God will never let you down. At times it may just be you and the Holy Spirit and as we learn to rely on Him, we will realize that He is more than enough.

At times, we need to protect our vision and not let others take it away from us, for the world will take away your righteous cause. Earlier in another section, I talked about how well-meaning people will try to impose their understanding upon you and tell you what is the best that can ever be accomplished. These people are not trying to be mean, they may be filled with compassion and they most likely believe what they are saying. But don't let anyone take away your hope in God's promises. [Mark 11:24](#) says, "What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*." This is a promise in God's Word; it is not man's promise. So, if you can believe for total, complete healing, then expect total complete healing. Don't let another tell you what they believe you can or can't have or achieve.

Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: [1st Peter 4:12](#).

Know that trials will come and that we need to be prepared to deal with them. As your spiritual battle progresses, don't think it strange for the enemy to increase his offense. But be of good cheer, Jesus has overcome the world and we can also overcome the world and by doing so we share in His victory, [John 16:33](#).

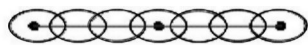
We must seek the kingdom individually, group fellowship will not bring it about, "For, behold, the kingdom of God is within you," [Luke 17:21](#). I am not against fellowship, all believers should be connected within the body of Christ for the Bible tells us, not to forsake the assembling of ourselves together, [Hebrews 10:25](#). However, seeking the kingdom and forming a relationship with Christ will only come through setting time aside to be with Him, just you and Jesus. And when we do seek the kingdom of God and His righteousness; all these things shall be added unto us, [Matthew 6:33](#). When we make His kingdom our first priority, there will be no need to seek yet another kingdom's *system*. Therefore do not view this alone time as having missed the boat, rather know that you are becoming connected in the one true vine, "I am the true vine, and My Father is the husbandman, . . . Abide in Me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine" [John 15:1, 4](#).

Action to be taken:

Be prepared to go it alone

- Learn to be content with just Jesus (*the Word made flesh*). Not everybody is going to rally to your cause. Do not be led by other people; rather be led by God's Holy Spirit.
- At times, you will need to stand and protect your righteous cause. Remain steadfast and do not let others influence your hopes and dreams.
- Spend time alone seeking His kingdom.
- In this section, praise the Lord because His Word is more than enough and with God is for us who can be against us, [Romans 8:31](#).

Allowing God's kingdom to reign within



Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you, [Luke 17:21](#).

But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you, [Matthew 6:33](#)

We must choose a kingdom, this is a foundational decision. It is not as simple as just saying, “I choose God's kingdom.” In order to choose one kingdom over the other and come to a steadfast resolve, we need information about both kingdoms. We must understand both God's Word and His promises and also the physical world that we live in. Hopefully by now you have realized that even the best this world can offer has certain inadequacies and that God's kingdom and His promises can meet and exceed all of our needs. If we have never gone through this comparison process, many of us will still be looking to the world to supply their needs, while minimizing God's kingdom to be little more than just fairytale promises. We must be strongly committed to God's kingdom or we will fall into the other. Scripture says, “For a double minded man *is* unstable in all his ways,” [James 1:8](#). Our resolve must be steadfast and we must remain single focused, that is the only way that the kingdom of God is going to prevail in our lives.

Once we are committed to the kingdom of God, we need to realize that what we are searching for will be found within us. We are not trying to acquire an external gift, rather we need to learn to operate in the gift that is already within us, “For, behold, the kingdom of God is within you,” [Luke 17:21](#). Most of the prior points that I have written are action points that we can do, achieve or participate in. However, to let God's kingdom reign within you is actually much like a growing process. Jesus likened the kingdom of God to seeds that germinates and springs up, while the man sleeps and rise night and day and the seed grows and he knows not how, [Mark 4:26-27](#). We may not know how the seed grows, but we do need to water and nourish the seed. The parable of the sower casting his seed on the four types of ground tells us that the soil that the seed is grown in is our heart. Growing a proper seed will not come automatically; we must water it through our understanding of God's Word. We cannot feed ourselves with all the things of this world and then expect a perfect and strong plant to grow. We need to be proactive and feed ourselves on the Word of God, for Jesus said, “Man shall not live by bread alone, but by every Word that proceeds from the mouth of God,” [Matthew 4:4](#) and [Luke 4:4](#). If you want the kingdom of God to take root and grow, it is up to you. It will take an effort on your part, there is no way around that.

His Word must become more real to us than this physical world's system, if we are looking for God's Word and His promises to work in our life. Not only do we need to believe the promises of the Word but we must also sense a need for them. The desire for God's kingdom can be cultivated through a progression of certain steps. For God's kingdom has a structure to it and we must abide by its operation, rather than hoping to obtain it through our acts of random obedience. The very first thing we must do is to walk in the light, as He is in the light, [1st John 1:7](#). This is also the same as walking in the fear of the Lord, for by the fear of the Lord men depart from evil (the darkness), [Proverbs 16:6](#).

⁶ If we say that we have fellowship with Him, and walk in darkness, we lie, and do not the truth: ⁷ But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ His Son cleanseth us from all sin, [1st John 1:6-7](#).

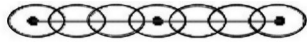
As we begin to walk in the light, we will start growing in the wisdom of that light, for we will then have true fellowship with Him. And the truth of the light will overcome the facts of the darkness. This will only happen when we start to value God's Word above the facts of the world. The world has many facts and statistics and more are being documented, recorded and even altered each day. For example, the medical community has reams of facts as to how the human body operates and from a completely physical natural view, they are correct. We can choose to live by the facts of the world or we can seek a higher truth, the unchangeable Word of God. If we have chosen to walk in the light, we then are not governed by those physical facts, but rather by God's promises. And God's Word says that we are made in the image and likeness of God, [Genesis 1:27](#), that our body is fearfully and wonderfully made, [Psalm 139:14](#) and that the Holy Spirit within us will quicken our mortal body, [Romans 8:11](#). Healing of our physical body can be relatively simple, if we let God's Word reign in our life. I have heard a few testimonies where the person has received their healing after they had received a Word from God and it was simply that, “there is no such thing as _____”, (*fill in whatever infirmity or sickness you have*). This may sound crazy in the natural, but God is a Spirit and He operates in the spiritual realm, thus we also need to believe and operate in the spiritual realm.

Action to be taken:

Allowing God's kingdom to reign within

- God's Word must become our core foundation, rather than the world's system.
- Speak the Word over yourself and start believing that His promises can be achieved in this physical life, not just when we get to heaven.
- In this section, praise Him, with a thankful heart knowing that you are a rightful heir of the kingdom of God.

Divine healing comes by spiritual things



To achieve divine healing from God's Word, we must focus on making a change in the spiritual realm. Everything that we experience in the physical realm relates to something in the spiritual realm, for everything has a spiritual foundation. The area that we may need to change or work on may be different for each of us, but we cannot ignore our spirit. For God is a Spirit and He made us to be as He is. Scripture say we have this treasure (God's Spirit) in earthen vessels, [2nd Corinthians 4:7](#). Thus, we also need to acknowledge our spirit being.

I have summarized several areas below that need to be addressed. These issues have been covered in various sections, but I feel that they are critical to have a healthy walk with the Lord and we should not overlook any of them.

Knowing that we are completely forgiven:

Some people need to know that they have not crossed the line of no return. The only sin that grace does not cover is the sin of rejecting, or not accepting, Jesus Christ. God desires that no one should perish, [2nd Peter 3:9](#). God has given us this life to learn His Word and to grow in the understanding of the Word. As long as we are in this physical life, I believe we will always have the opportunity to repent and get right with God. When people entertain certain doubts, they are actually putting their actions and thoughts above what God's Word says about them, for we are sons and daughters of Christ. We should not be listening to doubts from the enemy and cowering when he speaks. On the contrary, our adversary should be cowering when we speak, for by use of the name of Jesus, we have authority over him.

Realizing your true identity in Christ:

You must leave the past behind you and realize who you are in Christ. We all have past baggage and we need to leave all of those things behind us. If we only fully realized our true identity in Christ Jesus, we would not give place for even a moment to those past mind-sets that kept us limited. For we are heirs with Christ and we have the mind of Christ, [1st Corinthians 2:16](#). It's not about our works, whether good or bad, rather it's all about His finished work.

Humbling yourself and being reconciled:

Perhaps it's a simple case of humbling yourself and asking a certain person for forgiveness and making amends. The one thing that keeps us from doing this is man's foolish pride, put away your pride. This physical life is not only short, but we were never meant to harbor hurts and bear bitterness. Enjoy life and if you can, make the situation right, then you will not only be right with your brother, but you will also get right with God. For our Lord said, if there is aught between you and your brother, go first and be reconciled to him and then come and place your gift on the altar, [Matthew 5:23-24](#). Scripture also tells us that, "If a man says I love God, and hates his brother, he is a liar: for he that loves not his brother whom he has seen, how can he love God whom he has not seen?" [1st John 4:20](#). Holding on to certain grievances is like taking a poison pill and thinking it will hurt the other person. The cost of carrying un-forgiveness and bitterness is far too high. Do all that you can to be free of it.

Becoming set free of deep past hurts / abuse:

Perhaps you have a deep hurt from childhood, an abusive situation that was completely out of your control and you feel justified holding on to all of your un-forgiveness and hurt. Even if you are completely justified in your case, according to man's standards, God's way is to forgive. Scripture gives us many examples, telling us that if we do not forgive, neither will our heavenly Father forgive us, [Mark 11:26](#). This scripture is addressing the degree to which we forgive others and telling us that, as we judge, we shall likewise be judged, [Matthew 7:2](#), and not to condemn and we shall not be condemned, [Luke 6:37](#). So regardless of the cause or the hurt, let go of your grievance, for it is only hindering your walk with the Lord.

Forgiveness is a decision that can require time. The first thing we need to do is to make the decision to let go of what we feel is our "rightful-wrong." Many people, even most believers, will think this can only be done through months or years of counseling to work through the issues. Don't fall into this belief, "For as a man thinks in his heart, so is he," [Proverbs 23:7](#). The Holy Spirit can set you free of this quickly, if we but let Him. The only time that the Holy Spirit may bring your past to remembrance, is to give you an understanding of when and why this thing happened. The way to total freedom is not to analyze the hurts in your past and to work through them with gritted teeth, but to totally leave the past in the past, "For we are now a new person in Christ Jesus, old things have been left behind, all things have become new," [2nd Corinthians 5:17](#). We have also been given the mind of Christ, [1st Corinthians 2:16](#), and why would anyone operating in the mind of Christ choose to hold on to past hurts, failures or bitterness?

The only way we can begin to grow in Christ is to let go of our past. We cannot clean up the old man, we must put off the old man, **2nd Corinthians 5:17**, and put on the new man made in the image of Christ Jesus, **Colossians 3:9**. If we hold on to and harbor these feelings, they will not only keep us trapped in the past, but we will eventually grow bitter. We were meant to be an overcomer and victorious in Christ Jesus and to walk in peace, love and joy. The world's reasoning is to allow your past to form the foundation of your future. However, the Word tells us not to be conformed to this world but to be transformed by the renewing of our minds, **Romans 12:2**. Thus, living and abiding in God's Word is the only way to overcome this.

Let me take forgiveness one step further. Not only do we need to disassociate ourselves from past hurts and forgive the other players involved, we also need to get to the place where we wish the best for those people who hurt us. The only way we can do this is if we are first healed and whole ourselves, for hurting people hurt other people. Actually, when you think of it, a hurting person cannot do anything but hurt other people. For we can only give away what we have. We need to forgive and wish the best (pray) for that other person not only for our sake, but because they are also made in the image of God and God wants the best for all people, **Jeremiah 29:11**. This applies to that person just as it also applies to you. Maybe that person will receive God's grace, maybe they won't, it is not up to you to be their judge! You don't know why that person did what they did, there could be multitudes of reasons and you are not their judge lest you be judged by the same judgment that you judge, **Matthew 7:2**, so forgive one another and move on.

Taking a bold stand for the Word of God:

“For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believes; to the Jew first, and also to the Greek”, **Romans 1:16**, When we fail to take a stand for the gospel, whatever your justification may be. It is that you value the things of this world and the opinions of men more than you do God's kingdom and His Word. All of us need to become bold for Christ. The Apostle Paul still preached the gospel when he was in prison. He said because of my bonds, “some preach Christ out of envy and strife; but some of good will”, **Philippians 1:15**. Not all agreed with him and some even mocked him. There will always be opposition to the gospel and we need to get to the point where that does not faze us. Jesus also gave us a warning: “Whosoever shall be ashamed of Me and of My words, of him shall the Son of man be ashamed, when He shall come in His own glory, and *in his* Father's, and of the holy angels,” **Luke 9:26** and **Mark 8:38**. If you have made the commitment to believe and follow Christ, do not be ashamed of His Word or His ways. If you are going to commit to it, do not do it half-heartedly but, be fully behind it. Stand up and be bold, just as we can come boldly unto the throne of grace, **Hebrews 4:16**.

Get up and do something, take responsibility:

But wilt thou know, O vain man, that faith without works is dead?, **James 2:20**.

You may be reading this and agreeing with most everything I have written, but what are you personally doing about it?

- Are you learning the Word and speaking it over your body?
- Are you praying for others and able to minister to them when they ask?
- Do you spend time praising the Lord?
- Do you spend time meditating on His Word, waiting on the Lord?

Divine healing comes by spiritual things

Do something! So very often we stay stagnant in our comfort zone too scared or too timid to step out. As a boy the physical healing I achieved came to me after hard work and likewise any divine healing has come after I stepped out and pursued new areas that I had not been in before. Whether you can do much or little, put your faith into action and do something. As it says in the book of James, faith without works is dead, **James 2:20**.

When you have had a long-term infirmity / disability it can be a hurdle even to step up and take this challenge. For after years, perhaps even decades, of living within certain limitations, it has become somewhat comfortable to stay in a certain known condition. However, I encourage you to put forth the effort to achieve your healing and wholeness. Learn God's Word and expect His Word to do as it says, for God is not a liar, **Romans 3:4**, what His Word promises is what He will do. We can all do this, for we are made to be more than conquerors, **Romans 8:37**. Once you have won your personal victory through God's Word, it will also give you an eternal reward, for whatever is achieved through God's Word will not go unnoticed.

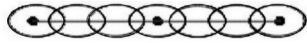
Take the challenge, get out of your comfort zone, step over to the other side and start walking in the light. The battle may not be easy and it may appear to be an uphill fight, but it will be one of the most rewarding victories in your life. I encourage you to take this challenge and calling, for we have been created for this. We were created so that the works of God could be revealed and manifested in us, **John 9:3**. As the apostle Paul said he pursues the prize of the high calling of God in Christ Jesus, **Philippians 3:14**. All of us can do this, for we have been created in His image, **Genesis 1:26**, sealed with the Holy Spirit of promise, **Ephesians 1:13**, and are able to be filled with the Spirit, **Ephesians 5:18**. God has made available to all of us the ability to become victorious. Once you win your own personal battle, you will have an eternal reward, not a temporal reward as the world gives out.

Action to be taken:

Divine healing comes by spiritual things

- Take action, if you are looking for something to change in the physical realm, make a change in the spiritual realm. Increase your time with the Lord, put your faith to work and do something for faith without works is dead, **James 2:20**.
- In this section, continue praising Him, because He has given all of us the ability to win this battle and become victorious in Christ Jesus.

Closing comments



I hope that this healing journey has been beneficial to you, both in your physical and emotional health and also in your spiritual growth. If we stand on the Word of God, we cannot fail. For when we put our focus first on the kingdom of God and His righteousness, [Matthew 6:33](#), we will then have no need to look to another kingdom to supply our needs. Whereby we live in this physical world, we are not of this world. This does not apply to our body, for our physical body resides in this world. This applies to how we think and how we perceive ourselves and respond to situations around us, "For as a man thinks in his heart, so is he," [Proverbs 23:7](#). Our thoughts always lead our actions and they also direct and determine what we can receive from God.

Keep the Word of God and His kingdom close to your heart and meditate on it day and night, for the Word is life to those that find it and health to all their flesh, [Proverbs 4:22](#). We are told in verse 22, that we must first find it (*the Word*). Be bold, take God's Word at face value and do not run it through a worldly mind-set. If the Word says, "by His stripes you were healed," [1st Peter 2:24](#), then expect to be healed, simply by believing the Word and in what Jesus has provided for us.

Continue in His Word. Scripture says, "If ye continue in My Word, *then* are ye My disciples indeed; and ye shall know the truth, and the truth shall make you free." [John 8:31-32](#). The Word will make us free if we know His Word, otherwise the Word will not and cannot make you free. Accepting the truth of God's Word for some of us can be a process, it takes childlike faith. A child does not question the logistics of how a promise can happen. Their initial response is simply to expect that the promise will come to pass because they believe the promise maker and this is also how we need to view and receive God's promises.

Always have a righteous indignation towards the devil and his works (sickness and disease), [Ephesians 4:26-27](#). Remain on guard, knowing that the devil will be more than willing to come back whenever we give him an opportunity to do so. Walk in the victory that Christ has given us and continue growing in the Word, for either we are gaining ground or we are losing ground, maintaining one's status-quo in this physical world is not a long-term reality. The major blitz of the battle may seem to be over, but this is not the time spiritually to take a nap. Stay alert and guard what is rightfully yours and what you have gained in Christ Jesus.

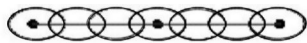
But if the Spirit of Him that raised up Jesus from the dead dwell in you, He that raised up Christ from the dead shall also quicken your mortal bodies by His Spirit that dwells in you, [Romans 8:11](#)

Action to be taken:

Closing comments

- Keep the Word close to your heart, [Proverbs 4:20](#).
- Continue in His Word, then will you be His disciples and you shall know the truth and the truth shall make you free, [John 8:31-32](#).
- Expect God's promises to come to pass.
- Maintain a righteous indignation (at the devil and his works), [Ephesians 4:26-27](#).
- Keep praising Him, for praise is not only an attitude of thankfulness, [Psalm 106:1](#), it is also a tool. God inhabits the praises of His people, [Psalm 22:3](#). Praise Him always and give Him the sacrifice of praise, [Hebrews 13:15](#).

Epilogue



When I began writing this healing journey in 2010, I had no expectations of writing and publishing it in book form. It was my way of writing a journal, not putting down my earthly thoughts, but rather the never changing truths of God's Word, which I came to know and accept as my personal truth.

During the process of writing this manuscript and even now as I write this epilogue, I am still looking for and waiting on parts of my full healing to manifest in the physical. Some may view this as, "well, it did not work for you, why should I believe?", or they might think of this as just another book on positive thinking or encouragement. However, I am now more convinced of the truth of God's Word than I ever have been before. Knowing that I am healed, simply because God's Word promises healing of the physical body and soul and God does not and cannot lie, [Titus 1:2](#), [Hebrews 6:18](#).

This writing process has kept my focus stayed on God's Word and His promise and I encourage you to do likewise. As you study and meditate on the Word, don't analyze it with your mind but rather let the spirit within you teach it to you. The Bible was not written to our intellect but rather to our spirit. Let the Holy Spirit (the true teacher) reveal God's Word to you. Be patient with your progress, greatness does not come overnight. Scripture gives us the parable in [Mark 4:26-27](#), that the kingdom of God is as a man that casts seed into the ground, he sleeps and rises night and day and the seed grows, he knows not how. As you feed on the Word, [Matthew 4:4](#), [Luke 4:4](#), expect those outrageous promises in God's Word to come to pass, believe that you receive and you shall have it, [Mark 11:24](#).

God bless.

God's Word is still sufficient to heal and provide for us today and forever, it has not diminished in its power over the years, "Jesus Christ (*the Word*), the same yesterday, and today, and forever," **Hebrews 13:8**.

His Word will heal and make us perfectly whole, if we dare to believe, we shall see mighty signs and wonders.

We are healed not because of our actions, but because of what Jesus did for us, it's all about Him.

When we truly seek first His kingdom and His righteousness, **Matthew 6:33**, we will have no need to seek yet another kingdom. For the kingdom of God will provide all of our needs.

You can contact the ministry through the website
PowerMinistries.info

