



HEALING IS YOURS

5 Ways to
Resist the
Enemy

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Introduction

As a believer, you have the authority to resist the enemy's attacks.

Have you ever felt as though everything was going wrong in your life?

I've gone through times like this, and sometimes I've recognized it as an attack of the enemy. If this is happening to you, **you don't need to worry**. The Bible says that if you resist the enemy, **he will go**, and you can claim God's promises.

There's no need to fear the enemy. We just need to be aware so we don't submit to his schemes. For example, don't submit to financial trouble coming against you. God's wisdom is at your disposal for all areas of your life. You can claim Deuteronomy 8:18 which says you have the power to gain wealth, and you can declare that any attack against your finances is stopped, in Jesus' name. You can also declare that you will ride upon the high places of the earth (Isaiah 58:14) and will walk in the blessing of God (Galatians 3:14).

If you're in pain, remember that pain's purpose is to warn you when things are going wrong. It is not to be a continual plague. The enemy wants to bring pain because it saps your energy and joy, but you don't have to accept that pain. Say, "Pain, I command you and the very cause of you to go. I resist this in the name of Jesus. Body, I speak healing and life to you in Jesus' name. Thank you, Father!"

And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.

2 Corinthians 9:8 (NKJV)

Whenever things are going wrong, remember that **as a believer, you have the authority to resist the enemy's attacks**. Keep claiming God's promises and remember that they are yours in Jesus' name—including supernatural health.

Now, it's one thing to know something belongs to you. It's another thing to experience it personally. Together in this eBook, we're going to walk through five ways to resist the enemy and walk in healing. This is not meant to be a checklist to get yourself healed, but rather a way to examine your beliefs at the heart level. As you check in on these five areas, I believe your eyes will be opened to new revelation!

What Are You Saying?

Resist words that are contradictory to what God has promised us.

Are you or a loved one dealing with a health crisis? When facing sickness and disease, it's important to know how to **resist words that are contradictory to what God has promised us.**

I was with a loved one in the hospital once when a nurse came to do her checks. Although I'm sure she meant no harm, as she leaned in close, she said, "Oh, you're a lot sicker than we thought." As soon as the nurse straightened up, I leaned in and said, "You are not. Don't accept that. You are going to walk out of here healed, healthy and whole."

Now, I'm not saying that we should ignore what health professionals say to us. You want them to tell you when something is wrong so you can attack the problem using every means possible and so you know how to speak against it. But never accept hopelessness. Don't allow yourself to believe it when someone speaks negativity into your future.

Whoever guards his mouth and tongue keeps his soul from troubles.
Proverbs 21:23 (NKJV)

Make sure that the words you speak align with God's promises of health and healing. Don't say that you get every flu that comes around. Don't allow yourself to believe that you're going to get cancer because the stats say it's likely or because it runs in your family. Don't accept everything the news says; remember that their headlines are designed to evoke fear in you to keep you watching.

As a believer, **you are promised health and healing**, so resist any words contrary to that and claim that promise!

What Are You Expecting?

God's grace empowers you to be well.

When God's Word is taught, the Bible says that He confirms it with signs following. We need to expect good things. Expect the miraculous!

God made you, and He wants your body at top-notch ability and your mind free. Maybe you've put up with a problem for so long that you have stopped expecting to be healed. Just because doctors give a condition a name doesn't mean it's permanent. **Everything submits to the name of Jesus!**

And they went out and preached everywhere, the Lord working with them and confirming the word through the accompanying signs. Amen.

Mark 16:20 (NKJV)

You may have tried praying without results, so now you say, "Well, I'm just going to walk in God's grace," which to you means He helps you to put up with it. No, **God's grace empowers you to be well.**

Let's rise up in faith and recognize the spiritual realm dominates the physical and mental. **The Spirit of God in us dominates** mental illness. He dominates demonic oppression. He dominates physical diseases and sicknesses.

The presence of God in your re-created spirit gives you the power to resist all sickness and disease, and that is what is taking place in you right now.

Let's believe together that disease must leave your body. Say, "Thank You, Father, that I am strong and healthy, in Jesus' name. Disease has no right to be in my body. My organs are functioning properly and every system in my body is in balance. Every brain cell and nerve ending from the top of my head to the tip of my toes is being restored to serve me properly. The problems I've been facing will no longer stop me from fulfilling God's plans for my life. In Jesus' name, I am healthy and I am at peace!"

What Are You Submitting To?

Sickness and disease don't belong in God's Kingdom.

When disease or problems push at you, the enemy wants you to submit to them. But **if you resist, these things will go!** God wants you to submit to His promises, not to what the enemy is trying to bring into your life.

Stir up that fight on the inside of you. Rise up and say, "No, in Jesus' name!" **The presence of God is within you to push out whatever is coming against you.**

When the devil is finally locked up for good, there will be no more sickness on the planet. This shows you who is the author of sickness. All sickness is demonic in origin. It didn't exist on the planet until Adam submitted to the devil.

If you are a follower of Christ, you are a member of God's family. You aren't living in Satan's kingdom. You've been released from the kingdom of darkness. You are in God's Kingdom, as today's verse says. **Sickness and disease don't belong in God's Kingdom.**

He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love.

Colossians 1:13 (NKJV)

We get tricked into submitting to sickness and disease because it's all around us. It can get to the point where you get a twitch in your eyebrow and you start looking up symptoms online! We start expecting to develop some kind of a medical issue or to suffer from dementia as we age, but you don't have to submit to any of that. In fact, you should resist it daily in your devotion time with God.

The truth is, you can push out and defeat anything that comes against you, because **God wants you healthy and whole!**

Are You Praying With Authority?

Sickness and disease are not a sign of some sort of sin in your life.

We've been talking about how we as believers can resist **sickness and disease in our lives.**

One thing I want to make clear is that **sickness and disease are not a sign of some sort of sin in your life.** Sickness and disease are on the planet because of Adam's fall. They are not a punishment for something you've done wrong.

As a believer, you are right with God. The degree to which you follow God's principles does not determine the degree to which you experience His promises. Jesus' behaviour is what earned us God's promises, and that's a done deal. **All of the promises are ours.** When sickness pushes at us, we simply need to **resist it** because it does not come from God.

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

John 10:10 (NKJV)

Let me give you a few more examples of how you can pray when you're dealing with sickness or when you're praying over someone else. You can say, "I take authority over this disease in Jesus' name. Disease, I command you to leave this body. Body, I speak life to you. My body will conform to the Word of God in Jesus' name, and to the principle of life that is in Christ Jesus! I also speak peace over my mind. I declare that I do not have the spirit of fear, but as 2 Timothy 1:7 says, I have the spirit of power, love and a sound mind."

Do You Know What Is Yours?

Remember that all authority has been given to you by God.

Anything that is not found in Heaven does not have the right to be in your life, and you can exert your authority over it.

For example, the devil hates it when we love one another, when kids serve God and families have fun together. He wants you staying in bed, unable to enjoy time with your family.

Anything that saps your time and energy and stops you from doing what God says is not His best for you. Remember that all authority has been given to you by God. Everything Jesus died on the cross for is yours. What you need to do is **stir up a spirit of resistance!**

When things are pushing at you, you can just tell them to go in Jesus' name and thank God for His blessings and favour as you go about your life. Spiritual warfare doesn't have to be loud and crazy because the battle has been won. Jesus already paid the price on the cross.

For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

2 Corinthians 10:4-5 (NKJV)

Get back to knowing that His favour is on your life—financially, protection-wise, health-wise, relationship-wise. And get proactive! Don't wait for illness to push against you before you start speaking life and health to your body.

Conclusion

You have the favour of God, and His grace in your life empowers you.

If you've been searching for answers and have been working yourself to the bone to try to overcome what you're facing, remember this verse from Hebrews:

Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

Hebrews 4:11 (NKJV)

It doesn't say labour to get healed. It doesn't say labour to become prosperous. **It says labour to enter the rest.**

Recognize that God's promises are your right. That part has been done. From that realization, you can develop a sense of ease, because Jesus' yoke is easy and His burden is light.

I'm not saying that you won't need to do your part, but you can experience peace through it all. The road to recovery may involve some hard work, but you don't need to strive and struggle or wear yourself out. If that's how you've been feeling, you are forgetting that **you have the favour of God and His grace in your life empowers you.**

Instead of believing that serving God is hard, you can **trust in the grace** that Jesus has given you. He's qualified you for all God's blessings and empowered you to walk in victory with an abundant provision.

Every day, remind yourself that His favour is on you (Psalm 84:11) and His goodness chases you down (Psalm 23:6). Remember that His healing is within you (1 Peter 2:24). No foreign virus, sickness or disease stands a chance in you or in your family. Exodus 23:25 says that He removes sickness from the midst of us. And Psalm 91:7 declares that a thousand might fall at your side, ten thousand at your right hand, but it won't touch you.

Believe and be blessed. **Believe in His favour and walk in His promises.**