

KNOW YOUR AUTHORITY

5

Ways to
Walk in
Healing

Introduction

Did you know that God cares about every aspect of your health? That means He wants to see you well. He wants you to thrive spiritually, physically, mentally and emotionally. You're created to live an extraordinary life, and He made extraordinary power and healing available to you through Holy Spirit.

Each chapter in this eBook will challenge your perspective on sickness and disease and help you discover the promises God has for you on healing. Each chapter unfolds a key to exercising the authority that's yours, so you can live a life of expectancy, resilience and unwavering trust in the blessings of God.

Chapter 1: Expect Good Things

God made you, and He wants your body to be at top-notch ability and your mind to be 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.

Mark 16:20 (NKJV)

**LET'S RISE UP
IN FAITH AND
RECOGNIZE
THE SPIRITUAL
REALM
DOMINATES
THE PHYSICAL
AND MENTAL
REALMS.**

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

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 realms. 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 tips 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!"

Repeat this prayer throughout your day today and over the next few weeks. Get your heart focused on God's healing power within you.

Chapter 2: Resist What Comes Against You

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.**

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)

**SICKNESS
AND
DISEASE
DON'T
BELONG
IN GOD'S
KINGDOM.**

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 Colossians 1:13 says. **Sickness and disease don't belong in God's Kingdom.**

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!**

Chapter 3: Claim What's Yours

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 to tie you up financially to the point where you don't think you have any time to spend with your family.

**EVERYTHING
JESUS DIED
ON THE
CROSS FOR IS
YOURS.**

Anything that saps your time and energy and stops you from doing what God says is not His blessing. If you have to work 18 hours a day just to make it financially, you're not experiencing His blessings in that area. You are sacrificing the most important things, and that is not God's best. 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!**

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)

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.

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

Chapter 4: Pray With Authority

One thing to understand clearly 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.

**MAKE SURE
THAT THE
WORDS YOU
SPEAK ALIGN
WITH GOD'S
PROMISES.**

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

John 10:10 (ESV)

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!

Here are a few examples of how you can pray when you're dealing with sickness or praying over someone else. 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."

Chapter 5: Rest in His Promises

If you've been searching for answers to a health problem and have been working yourself to the bone trying to overcome what you're facing, remember Hebrews 4:11.

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

Hebrews 4:11 (NKJV)

**YOU CAN
TRUST IN THE
GRACE THAT
JESUS HAS
QUALIFIED
YOU FOR.**

This verse 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.

It's not that you won't need to do your part, but you can experience peace through it all. You may need to work hard, 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 qualified you for.** He qualified you for all of God's blessings and 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. It says that a thousand might fall at your side, ten thousand at your right hand, but it won't touch you (Psalm 91:7).

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

Conclusion

Throughout this eBook, you've explored the simple truth that you are designed to live in health. Sickness and disease have no authority over you because Jesus secured your healing at the cross.

Here's a quick reminder of five ways to walk in healing:

- **Chapter 1:** The spiritual realm dominates the physical and mental world, so begin to expect good things through faith.
- **Chapter 2:** Sickness has no authority in God's Kingdom, and resisting its influence strengthens you to live in perfect health.
- **Chapter 3:** You have authority in Christ, and you can claim the health and wholeness that He has won for you.
- **Chapter 4:** Sickness is not a consequence of your sin or mistakes, it's a result of Adam's fall. Our prayers need to align with God's promises.
- **Chapter 5:** Labour to enter the rest God provides, trusting fully in His grace and favour.

Believe the truth that what Jesus died on the cross for is rightfully yours. Every promise in the Word belongs to you as a child of God. Through prayer, authority and resting in His promises, you can experience the abundant grace and favour God has for you!