

* NCCB COLLECTION *

FIRST STEPS

HEALING TRAINING MANUAL
DAILY DEVOTIONAL - A CONNECT
GROUP RESOURCE

JOHN 10:10

I HAVE COME THAT THEY MAY HAVE LIFE,
AND LIFE IN ABUNDANCE .

**NC
CB**

* LET THE GREAT JOURNEY BEGIN *



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Foreword

As a church family we hold firmly to the belief that God's healing power and miracles are available for us today. Throughout Scripture we read that Jesus went preaching the gospel of the kingdom, healing the sick and driving out demons. And it is emphasized in the gospel of Mark that these signs shall follow those who believe. Mark 16

This devotional is a daily resource for those who are pressing in for healing and breakthrough, whether for yourself or for a loved one. We trust that as you go on this journey, your faith will be enlarged and strengthened! Our prayer is that you will move into the space of divine health and freedom which is our inheritance as sons and daughters of the King of Kings!

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FILLING UP WITH FAITH

Proverbs 4:20-22

My son, pay attention to my words and be willing to learn; Open your ears to my sayings. Do not let them escape from your sight; Keep them in the centre of your heart. For they are life to those who find them, and healing and health to all their flesh.

We are so thrilled that you are on this journey to healing! We pray this resource will draw you closer to God who loves you dearly and has paid the price in full for not only your salvation but also your healing. May we never settle for less than what Jesus paid for on the cross – life in abundance!

Meditate on these scriptures daily, partner your faith with them. Get them into your heart, keep His words constantly in your sights it says; and watch as healing and health begin to manifest in your life! His words are a weapon in your hand when fear, doubt and symptoms are shouting loud!

We cannot wait to hear your testimony of God's goodness and faithfulness to you! Your breakthrough will not only be a breakthrough for you but also a breakthrough for your community and for your city!

DOES GOD WANT TO HEAL ME?

Matthew 8:2-3

A man with leprosy came and knelt before him and said, “Lord, if you are willing, you can make me clean.”³ Jesus reached out his hand and touched the man. “I am willing,” he said. “Be clean!” Immediately he was cleansed of his leprosy.

3 John 1:2

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Matthew 4:23-24

Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. 24 News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon possessed, those having seizures, and the paralyzed; and he healed them.

If we want to know what God’s will is, what he wants to do - we can look to the life of Jesus. Jesus is perfect theology. We clearly see through the life of Jesus that God’s will is to bring salvation, restoration, and wholeness to people. He healed everyone who came to him!

I think we are all in consensus that it is God’s will to save people, we see that all over the New Testament. **Romans 10:9** “If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.”

The word **saved** in this scripture is the greek word **sozo** and we see this word used over 100 times in the new testament. When we look at the definition of sozo it goes beyond purely salvation. It means to be **saved and healed and delivered!** All 3 are included! So, if we read that verse again - “if you declare with your mouth, “Jesus is lord,” and believe in your heart that God raised him from the dead, you will be saved, healed, and delivered.”

We need to settle in our hearts that God wants us healed, whole & free in this life! He already paid the price in full, He already said YES! We don’t have to beg Him for something He has already given us and paid for in full.

***LORD MY
GOD, I CALLED
TO YOU FOR
HELP, AND YOU
HEALED ME.***

PSALM 30:2

WHAT IF I JUST DON'T HAVE ENOUGH FAITH TO GET HEALED?

Romans 10:17

Faith comes by hearing, and hearing by the Word of God.

Hebrews 11:6

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

All you need is biblical mustard seed childlike faith -which is plenty! Where does faith come from? Kenneth Hagin says we need to keep hearing and hearing and hearing the word of God to strengthen our faith. Note the continuous “-ing” that denotes present tense! We need to continue hearing and not adopt an attitude of ‘oh well I have heard this all before.’ Let’s always remain teachable!

We know that there are two primary avenues by which healing typically takes place. The first takes place under the ministry of the anointing. This could be God touching someone directly, or someone praying for you whilst operating in the gifts. The second avenue is by activating our own faith through hearing the word of God. Whilst we tend to think of the first as the more familiar way, a significant percentage of people are healed through pressing into the word of God for themselves. In fact, many famous revivalists and healing evangelists were healed in this manner! As long as we recognise it is always God that does the healing!

Kenneth Hagin says when we are new believers or don't know better, we can often get healed on the faith of another. As we mature in our faith God wants to bring healing through us activating our own faith. We need to grow our faith muscles in this area.

ENGAGING OUR FAITH MUSCLES

Matthew 8:5-10,13

When Jesus had entered Capernaum, a centurion came to him, asking for help. 6 “Lord,” he said, “my servant lies at home paralyzed, suffering terribly.”7 Jesus said to him, “Shall I come and heal him?”8 The centurion replied, “Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. 9 For I myself am a man under authority, with soldiers under me. I tell this one, ‘Go,’ and he goes; and that one, ‘Come,’ and he comes. I say to my servant, ‘Do this,’ and he does it.” 10 When Jesus heard this, he was amazed and said to those following him, “Truly I tell you, I have not found anyone in Israel with such great faith. Then Jesus said to the centurion, “Go! Let it be done just as you believed it would.” ...13 And his servant was healed at that moment.

Psalms 30:2

LORD my God, I called to you for help, and you healed me.

Do you know that we pray from a place of victory, not for victory. We are on the winning team because Jesus is bigger than the problem.

It says the prayers of a righteous man are powerful and effective. So, we need to have confidence that every time we pray something happens. We never see Jesus telling his disciples what to do if their prayers are unanswered. Why? Because He was confident that His prayers were always answered.

Chris Gore says it another way: “it’s impossible to pray and have nothing happen”. You may not see what’s happening, but something is happening.

AS YOU ARE PRAYING AND MEDITATING ON THESE SCRIPTURES TAKE SOME TIME TO TRY OUT PARTS OF YOUR BODY THAT NEED HEALING! THIS IS WHERE YOUR FAITH REALLY GETS ENGAGED BECAUSE IT REQUIRES ACTION ON YOUR PART. MANY TIMES, PEOPLE GET HEALED AS THEY BEGIN TO ACTIVATE THEIR OWN FAITH AND TEST OUT THE PROBLEM AREA. ASK YOURSELF THESE QUESTIONS:

- Did you feel anything happening?
- Was their warmth in that part of your body?
- Has anything changed, do you feel any different?
- Can you move a part you couldn’t before?
- Is your pain less?

ALWAYS REMEMBER

**WE PRAY FROM
A PLACE OF
VICTORY, NOT
FOR VICTORY.
WE ARE ON THE
WINNING TEAM
BECAUSE JESUS IS
BIGGER THAN THE
PROBLEM.**



HEALING IS NOT BASED ON A FORMULA

Mark 7:32-35

There some people brought to him a man who was deaf and could hardly talk, and they begged Jesus to place his hand on him.³³ After he took him aside, away from the crowd, Jesus put his fingers into the man's ears. Then he spit and touched the man's tongue. ³⁴ He looked up to heaven and with a deep sigh said to him, "Ephphatha!" (which means "Be opened!"). ³⁵ At this, the man's ears were opened, his tongue was loosened, and he began to speak plainly.

If we look back to the days of Naaman in the Old Testament when the prophet Elisha told him to bathe in the river Jordan 7 times; he was most insulted at the methodology and refused. Surely the rivers in his own country were so much better! Fortunately for him his servants brought him to his senses, and he was healed! It is vital that we lean not on our own understanding around how healing may occur! I wonder if I had encountered Jesus in those days how He would have ministered healing to me? Would I have been offended if He had spat on me or covered me with mud? The good news is that He is still meeting us in that space of healing so let's be open to receive healing however it may look!

Jesus ministered in a variety of ways. He did not stick to a set script. We do not want to be driven by formulas- that is what witchcraft does. It takes the supernatural and reduces it into formulas.

When Jesus healed those who were blind for example, we see him telling one man to go wash, to another he speaks a word. He asks two if they believe that he can heal them. We also see Him making mud and applying it to eyes. The result was healing from blindness for all, yet no specific methodology was followed.

PRESSING IN

THE WOMAN WITH THE ISSUE OF BLOOD

Mark 5:24-34

A large crowd followed and pressed around him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, “If I just touch his clothes, I will be healed.” Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?” “You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’ But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

A while ago I heard the testimony of a well-known prophet who shared his incredible story of pressing into God for healing. When he was young, he had damaged his back in a car crash. As a result, he was in massive amounts of pain.

Doctors had told him he would soon end up in a wheelchair. He believed God would heal him and so he began to go for prayer at the church he attended. Over the next few months, he got prayed for over 200 times by others and that is only from when he started counting! At around the 200 mark he became despondent because nothing had changed, and he decided in that moment he was never going back to get prayed for again! Now at this same time he was teaching a prophetic class and there was one man in the class who just could not seem to hear from the Lord. On the day he decides he is not getting prayed for anymore this man arrives at his house, and he says I have a word! And it's for YOU!!! And the word goes like this: 'Because you have hardened your heart and are not willing to go back for prayer you are not going to be healed'. Horrified by this, he at once repents and he decides he will keep his heart soft no matter how long it takes! Well, the very next day he happens to find himself in a meeting where someone has a word of knowledge about a young man with a back problem. It takes him a few moments before he realises it's about him. And in that moment, he gets healed!

I know sometimes we can get disheartened when it appears nothing is happening. Sometimes it's easier to just give up and yet we may be just one more prayer away from our healing! We just don't know whether our healing will come after the 5th prayer, the 201st prayer or the 5000th! We want to become a people who press in for healing, no matter what the cost! Like the lady with the issue of blood who risked it all to touch Jesus, we are pressing in for all that Jesus paid for and not settling for anything less!

*The right
time was
when people
came to
Jesus.*

HE CALLED THAT FAITH.

JIM BAKER

WHAT IF IT'S NOT THE RIGHT TIME FOR GOD TO HEAL ME?

1 John 5:14-15

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

1 Peter 2:24

“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.”

The right time was when people came to Jesus. He called that faith. Jesus never postponed a healing in the name of timing! He never sent someone away saying, “Can you come back in two weeks?”

Jesus also never said, “Sorry I am not feeling like it’s the time for you to be healed or, I am not being led to heal you right now.” In the same way we do not need a leading or feeling to know that healing has already been accomplished. Jesus bore our sicknesses and diseases, why are we wanting to bear them too?

WHAT IF I AM THE SPECIAL EXCEPTION?

Matthew 12:15

Aware of this, Jesus withdrew from that place. A large crowd followed him, and he healed all who were ill.

Mark 6:55-56

55 They ran throughout that whole region and carried the sick on mats to wherever they heard he was. And wherever he went—into villages, towns or countryside—they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched it were healed.

Matthew 9:27-36

As Jesus went on from there, two blind men followed him, calling out, “Have mercy on us, Son of David!” When he had gone indoors, the blind men came to him, and he asked them, “Do you believe that I am able to do this?” Yes, Lord,” they replied. Then he touched their eyes and said, “According to your faith let it be done to you”; and their sight was restored. Jesus warned them sternly, “See that no one knows about this.” But they went out and spread the news about

him all over that region. While they were going out, a man who was demon-possessed and could not talk was brought to Jesus. And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, “Nothing like this has ever been seen in Israel.” But the Pharisees said, “It is by the prince of demons that he drives out demons.”

Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom, and healing *every disease and sickness*. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

You may say, ‘But you don’t understand my story, or my sickness...’ We don’t need to! The word of God applies to you! Jesus healed all who came to Him, and He healed every sickness and disease. Do not let people convince you that you are the exception and cannot be healed!

AM I SICK BECAUSE GOD IS TRYING TO TEACH ME SOMETHING?

John 10:10

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Romans 8:32

He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

James 1:17

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

John 14:13-14

Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. 13 And I will do whatever you ask in my name, so that the Father may be glorified in the Son. 14 You may ask me for anything in my name, and I will do it.

Have you ever wondered if God is allowing this sickness to allow you to be a bit more like Jesus? Well, the problem with this thinking is that Jesus was never sick and isn't sick now. So how is that making us more like Jesus then?

Jesus never put sickness on a person, nor did he leave sickness on anyone He ministered to. Jesus clearly said the thief (Satan) comes to steal, kill & destroy (John 10v10); Jesus has come that we might have life and life in abundance!

Sometimes we may think God is allowing the sickness to test or discipline us. There is no verse in the New Testament requiring someone to pass a test before Jesus could heal them. Jesus didn't say: 'You must complete the quiz and balance on one leg and then you will be healed.' He never said to anyone that He could not heal them now because they were still in the middle of learning a lesson. God is good and He healed both the righteous and unrighteous without discriminating between them.

MAYBE I AM SICK FOR GOD'S GLORY?

John 9:1-8

As he went along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him. As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. While I am in the world, I am the light of the world.”

After saying this, he spit on the ground, made some mud with the saliva, and put it on the man's eyes. “Go,” he told him, “wash in the Pool of Siloam” (this word means “Sent”). So the man went and washed, and came home seeing.

In the above verses we see the disciples asking Jesus whether the man was blind because his parents had sinned or because the man had sinned. Jesus responds neither! Rather that God's glory might be revealed through the man. Here is the part that we can miss – at this exact moment Jesus heals the man. He does not leave him blind! Now if the man being blind was what was bringing God glory, then Jesus would not have healed the man, he would have left him blind!

Sometimes it's easier to live in the space of spiritual poverty and less than what Jesus paid for. And we then say it's all for His glory. He doesn't however glory in our sickness - His glory is in our restoration.

Cancer, sickness & disease of any kind are not blessings in disguise. Even if you find Jesus in that time, please do not mistake that for God's will or that it came from Him.

JESUS NEVER REVEALS A PURPOSE FOR SICKNESS, AND HE NEVER HESITATES TO HEAL.

***GOD'S GLORY
IS IN OUR
restoration***

MAYBE I AM NOT HEALED BECAUSE OF ...INSERT REASON

Romans 8:31

What, then, shall we say in response to these things? If God is for us, who can be against us?

Psalms 103:3

Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases.

Isaiah 53:4-5

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

Jesus never asked the people he prayed for to jump through hoops to receive their healing. Or to check off a list of to-dos. Legalism adds conditions to faith. No religious act, work or tradition needs to be followed before you can be healed. He paid the price on the cross and it is by his wounds that we are healed.

Jesus is the name above every name – the name above every sickness and also the name above every single reason why we think we can't get healed! It's time we fix our eyes on Jesus and say Jesus I believe you are bigger than any problem!

SOMEONE SAID HEALING IS NOT FOR TODAY AND PASSED AWAY WITH THE LAST APOSTLE, IS THAT TRUE?

***God is still healing today.
He is still restoring and
bringing freedom to people!***

Healing and freedom are His ideas not ours! Throughout church history there have been many documented accounts of miraculous healing and these continue today. I am so thankful that we are not a powerless church just waiting around to 'go to heaven'.

We have been given the same authority as the disciples to perform signs and wonders, to walk in the supernatural! We are equally able to receive everything that Jesus paid for at the cross, that includes healing and freedom not just salvation! By His stripes we have been healed. Healing is not just for when we get to heaven (where we would not need it because there is no sickness in heaven) it is for this life!

For those who would like to do a more in-depth study of cessationism, Professor Jack Deere from Dallas Seminary explores this topic thoroughly in his book 'Surprised by the Power of the Spirit'.

MAYBE GOD CHOOSES TO NOT HEAL BECAUSE OF SOME MYSTERY

Matthew 14:34-36

When they had crossed over, they landed at Gennesaret. And when the men of that place recognized Jesus, they sent word to all the surrounding country. People brought all their sick to him and begged him to let the sick just touch the edge of his cloak, and all who touched it were healed.

JESUS NEVER DEMONSTRATED AN INABILITY TO HEAL BECAUSE OF SOME MYSTERY. WE NEVER SEE JESUS SAYING, "I DON'T KNOW WHY I COULDN'T HEAL THEM IT MUST BE A MYSTERY!"

He made full payment for the victory over every sickness and disease 2000 years ago. That transaction was paid in full. Why would God now choose not to heal some people? He is faithful to fulfil His promises and to His word!

**HE MADE FULL
PAYMENT FOR
the victory
OVER EVERY
SICKNESS AND
DISEASE 2000
YEARS AGO.**

MAYBE GOD IS ALLOWING THIS SICKNESS BECAUSE HE IS SOVEREIGN

Philippians 2:13

For it is God who works in you to will and to act in order to fulfill his good purpose.

Deuteronomy 30:19-20

This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

We may say, “Well maybe God didn’t cause the sickness, but he allows it because of His sovereign will on earth”. **Yes, He is Sovereign** (independent, supreme rank /power) – **but there’s a difference between being in control and being in charge. One just needs to look at the world to see that God’s will is not being done on the earth completely. People still do unspeakable evil to others every day!**

If we believe that everything is out of our control and unchangeable then why do anything? Why pray, why have faith, why hope for anything? It wouldn’t then matter what you do, the outcome will not change.

Instead, God moved in his sovereignty by sending us with all authority and giving us his Spirit to partner with Him. We are co-heirs and co-operators in redemption. God isn’t allowing sickness, we as the church are allowing sickness.

Mark 16:17-18

And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well.”... Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it.

WHAT IF I CAUSED THE PROBLEM, CAN I STILL GET HEALED?

Psalm 107:20

He sent His word and healed them, and rescued them from their destruction.

Some people struggle to receive healing when they feel that they are in any way responsible for the issue. So, drug addicts may feel that they are not worthy of healing because they willingly partook initially. A few years ago I heard a testimony of a man that has stayed with me. This man had a number of tattoos that he was rather ashamed about. He had chosen to get these tattoos when he was not in a good place but had subsequently made right with God; and these tattoos were a daily reminder of the past. One day as this man was receiving prayer for something, these tattoos disappeared off his arms! Why? Because...

God cares about the things we care about. He cares about matters of identity. God can and is willing to heal people even when we feel partially responsible or where we have made poor choices.

WHAT IF I NEED DELIVERANCE?

Matthew 8:16

“When evening came, they bought many to him who we’re under the power of demons and he cast out the evil spirits with a word and restored to health all who were sick.

Acts 5:16

“Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by evil spirits, and all of them were healed.”

Whether you believe that demons can be in a person, on a person or around a person – the Good News is that Jesus came to destroy ALL the works of the devil and set people free! He wants you free! Jesus came to bring us life and life in abundance! The enemy comes only to steal, kill and destroy. His fruit is always in line with his character – it always robs us and brings death in whatever areas of our life he has access to. He does not want you to walk into that which God has prepared for you! That is why he throws whatever he can at you, to get you to give him territory in your life.

We can knowingly or unknowingly make agreements with the enemy, giving him a foothold in our lives. This is really important for you to know: the only authority the enemy has over us is that which we give to him. We can just as easily break those agreements and take back authority in those areas! Your freedom just starts with repentance and a desire to be free. Jesus clearly showed us a no-nonsense approach when dealing with the demonic and we need to be equally ruthless in dealing with him in our own lives.

Deliverance can be instant, but it can at times be a process. I can without a doubt say that it is completely worth it! I am so grateful for the deliverance I walked through many years ago. As a result of that freedom I received I have been able to walk into so much of what God has for me and it is a wonderful, spacious place!

Maybe you can see the fruit of the enemy at work in different areas of your life and you desire to get free. Then I would encourage you to walk this journey with a mature Christian. They will be able to assist you in recognising and dismantling strongholds. We all have blind spots and need help at times to step into freedom, don’t let the enemy use shame to keep you entangled!

BUILDING A STRONGHOLD OF TRUTH

2 Corinthians 10:3-5

For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Strongholds can exist in our lives but we can be unaware of them. They often go under the radar until we begin to grow. If we are seeing these come to the surface often it is because we are growing in that area.

If we think of strongholds as a structure like a fortress made from bricks. Those bricks can be either truth or lies that we have believed. The enemy comes at us with lies all the time and if we agree with those lies then they are given permission to remain e.g. I am stupid, I am useless, I always fail. I can never do.... And over time if we keep believing those lies whether it is a lie about yourself or a situation or another person, then a stronghold has been built in that area. And often when there are strongholds it attracts the demonic. It does not mean the demon is in the person, it just means there is an element of demonic influence over that area of thinking. Why? Because they have your ear in certain spaces of thinking, the areas you are believing lies about!

The same thing happens with truth! We can build strongholds of truth in our hearts and minds, and they become areas that are hard for the enemy to come against. Over time those strongholds become fortified cities and his attacks on those areas are futile.

Psalm 144:2

He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge...

Now if we get set free from the demonic influence around a stronghold - what happens to the stronghold? Well, some of them are demolished in an instant but often some of those bricks- those lies -remain, and we need to dismantle those strongholds by replacing illegitimate thoughts with truth. Take captive the lies and put in truth.

Occupy that space with truth so the enemy does not have a place to return to. If you are new to this, it is helpful to find someone who can walk a road with you to help you make that exchange for truth as soon as possible.

STANDING IN HEALING

Ephesians 6:10-13

Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

We need to know how to stand in that place of healing and to know what to do if the symptoms return. There often, if not always, comes a moment where the enemy says “But did God really ... Did God really say, did He really heal you?”

Most of us are not prepared for this. We are on a high after just getting healed and life is all rosy and we do not know how to respond if our symptoms return. And if we are not expecting it when that first little lying symptom shows up, we can be hit by this wave of disappointment. Followed often by a wave of shame because now we have told all these people -I thought I was healed but I guess not...

The enemy is looking for agreement in that moment because when we give it to him the symptom gets to stay. When we have done all, that we would stand and do what Jesus did in the desert – respond unwaveringly with God's truth. “I am not taking that sickness back, Jesus has healed me, it's done, and I will not accept whatever it is back.”



**WE ARE
HEALED &
SET FREE
BY GRACE
THROUGH
FAITH!**

EPHESIANS 2:8

MAINTAINING HEALING GRACE

Ephesians 2:8

For you are saved by grace through faith, and this is not from yourselves; it is God's gift.

Hebrews 4:16

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

In the Ephesians 2 verse above we see that word SAVED translated again as the Greek word SOZO. Sozo does not only mean to be saved but also to be healed and delivered! So, we are healed and set free by grace through faith!

It is vital that we understand that healing is 100% by God's grace. Our works do not make us more worthy to be healed and our sins don't make us less worthy to be healed. When Jesus hung on the cross, He paid the price and said, 'It is Finished!' Now we just need to receive it by grace.

MAINTAINING HEALING RESPONSIBILITY

John 5:3-9

Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.” Then Jesus said to him, “Get up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked.

Acts 9:33-34

There he found a man named Aeneas, who was paralyzed and had been bedridden for eight years. “Aeneas,” Peter said to him, “Jesus Christ heals you. Get up and roll up your mat.” Immediately Aeneas got up. **35 All those who lived in Lydda and Sharon saw him and turned to the Lord.**

Acts 14:8-10

In Lystra there sat a man who was lame. He had been that way from birth and had never walked. He listened to Paul as he was speaking. Paul looked directly at him, saw that he had faith to be healed and called out, “Stand up on your feet!” At that, the man jumped up and began to walk.

Healing often only comes in response to an action of faith; like doing something that you were not able to do before.

Jesus and the disciples often asked people to act on their faith to step into their healing. Likewise, when we are healed there is a responsibility to rise and walk out our healing. However, sometimes we may have become comfortable with the disease/injury being a part of our life, maybe it's even become a part of our identity.

When we get healed, it changes things. We may have to change our lifestyle, maybe we need to get a job, or give up the financial benefits of being sick. Whilst these things can be daunting it is important that you realise that sickness is no longer what identifies you. Your identity should be in Christ alone and what He says about you. I can tell you that He has redeemed you for a purpose and will be with you every step of the way on this new journey!

MAINTAINING HEALING PEACE

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God.

I will strengthen you and help you; I will uphold you with my righteous right hand.

In Mark 5:30 after the woman with the issue of blood gets healed, Jesus says to her, "Your faith has made you whole, go in(to) peace.' We have a wonderful invitation to exchange worry and anxiety for His peace and wholeness. He is the Prince of Peace!

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

So many diseases these days are linked to worry, anxiety, and stress. As believers we have access to a peace that passes all understanding, and it guards our hearts and our minds. We need to be ruthless with thoughts that move us into the state of worry. Often writing all the things you are worried about onto a piece of paper externalises the thoughts and helps you to better understand what is really going on in your heart. Then you can bring those things to God and exchange them for His peace.

MAINTAINING HEALING

STEWARDSHIP

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]? You were bought with a price [you were purchased with the precious blood of Jesus and made His own]. So then, honour and glorify God with your body.

Hebrews 12:12-13

Therefore, strengthen your feeble arms and weak knees. “Make level paths for your feet,” so that the lame may not be disabled, but rather healed.

God has given us free will to make good or poor decisions around our health. We want to steward our bodies as His temple well.

What does that look like? Maybe this means making some changes or upskilling ourselves around healthy lifestyle changes to sustain the healing we have received. For example: building rhythms of rest into your busy schedule, improving the nutritional content of the food you eat, or even adding some appropriate exercise to your daily routine to strengthen your body. Whilst our trust is not in these things, our trust is in the Lord – it is wise to take care of our bodies so that we have the strength and energy to walk into all that the Lord has planned for us!



*Let us honour
God's healing
work in us by
playing our
part!*



MAINTAINING HEALING

THANKSGIVING

Luke 17:11-18

Now on his way to Jerusalem, Jesus travelled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, “Jesus, Master, have pity on us!” When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed.

One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus’ feet and thanked him—and he was a Samaritan.

Jesus asked, “Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?” Then he said to him, “Rise and go; your faith has made you well.”

Ten lepers are healed by Jesus yet only one came back to give thanks. The other nine still received their physical healing, but the one that came back received something else. That word ‘well’ is often translated as ‘whole’. This man received another level of wholeness – who knows maybe this meant he even got some of his missing body parts back!

We want to be like the one who came back to say thanks! Healing can sometimes come over a period and when we are thankful for even the smallest breakthrough, it helps us to continue receiving. It is an attitude of our heart that recognises how loving and kind He is towards us.

**IF WE WANT THAT
NEXT LEVEL OF
BREAKTHROUGH
AND WHOLENESS
LIKE THE LEPER,
WE NEED TO
POSITION
OURSELVES IN
A LIFESTYLE
OF GRATITUDE
TOWARDS GOD.**

THE POWER OF THE TESTIMONY

And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.

Revelations 12v11 New King James Version

Let us not become like the Israelites who forgot the testimony of God in their midst. Keeping note and remembering what he has done is incredibly significant for us moving forward and taking territory. Next time we come up against an attack we are bolder and more confident to take hold of healing and not accept the enemy's ploys.

It is key that we give God the glory for what He is doing! We don't want to rob God of His glory by withholding our testimony!

We encourage you to write down your testimony as these memories can fade with time. We can forget how painful a condition was, for how long we had it, or how it robbed us of quality of life, energy and finances! Keep as many of the factual details as you can, we want to steward our testimonies with integrity. We don't need to embellish what happened, if it was a partial healing or you don't know for sure yet make a note of that. If you have doctor's reports or imaging studies those are also wonderful to include with your testimony.

Sharing your testimony with others will not only build the faith of other people but will continually remind you of God's incredible faithfulness to you.

WHAT'S NEXT

PRAYING FOR OTHERS

Matthew 10:1

Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and sickness.

Matthew 10:7-8

Jesus says, 'The kingdom of heaven has come near.' Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.'

Many of us disqualify ourselves from ministering to others because we are struggling with our own issues or have not received our healing yet. There are SO many gifts of healing sitting dormant in believers today because of the lies of the enemy. The lies that we must first be perfect or have all the know-how. Or that its only for those in full time ministry or with the inclination. The supernatural which includes healing the sick is for the priesthood of all believers. That means you and me!

As believers we are called to step out in faith and follow the example of Jesus, who went about doing good and destroying the works of the devil. The qualifier is that we believe in Him, how simple and uncomplicated is that?

That may be scary at first, but the good news is that we don't need to perform! We don't have to make a miracle happen, thank goodness because we can't. We can minister from rest and joy because we carry Jesus, and He carries the solution. We don't have to make things happen, we get the privilege of partnering with God and allowing Him to do the work.

WHEN HEALING HAPPENS, WE KNOW ITS GOD WHO DID THE WORK. BUT THEN EQUALLY SO IF WE DON'T SEE HEALING TAKE PLACE, WE ALSO DON'T CARRY THIS BURDEN OR SENSE OF FAILURE. OUR RESPONSE IS TO GO BACK TO GOD AND ASK HIM FOR MORE REVELATION OF HIS GOODNESS AND THE PRICE HE PAID.

Next time you see or hear of someone that needs prayer I encourage you to be bold and pray for them! God loves to work through our weaknesses. Maybe the person gets healed! Maybe the person doesn't get healed but experiences the love and care and kindness of God towards them! Sounds like a win-win to me...



ADDITIONAL SCRIPTURES ON HEALING AND GOD'S FAITHFULNESS



Psalm 41:3

The LORD sustains them on their sickbed and restores them from their bed of illness.

Psalm 34:19

The righteous person may have many troubles, but the LORD delivers him from them all

Psalm 91:9-16

If you say, "The LORD is my refuge," and you make the Most High your dwelling, ¹⁰ no harm will overtake you, no disaster will come near your tent. ¹¹ For he will command his angels concerning you to guard you in all your ways; ¹² they will lift you up in their hands, so that you will not strike your foot against a stone.

¹³ You will tread on the lion and the cobra; you will trample the great lion and the serpent.

¹⁴ "Because he[b] loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name.

¹⁵ He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him.

¹⁶ With long life I will satisfy him and show him my salvation."

2 Kings 20:5-6

"Go back and tell Hezekiah, the ruler of my people, 'This is what the LORD, the God of your father David, says: I have heard your prayer and seen your tears; I will heal you. On the third day from now you will go up to the temple of the LORD. ⁶ I will add fifteen years to your life.

Psalm 147:3

He heals the broken-hearted and binds up their wounds.

Job 5:26

You will come to the grave in full vigour, like sheaves gathered in season.

Proverbs 9:11

For through wisdom your days will be many, and years will be added to your life.

Isaiah 40:31

...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Matthew 8:14-17

When Jesus came into Peter's house, he saw Peter's mother-in-law lying in bed with a fever. ¹⁵ He touched her hand and the fever left her, and she got up and began to wait on him. ¹⁶ When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick. ¹⁷ This was to fulfill what was spoken through the prophet Isaiah: "He took up our infirmities and bore our diseases."

Matthew 15:29-31

Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at his feet; and he healed them.

³¹ The people were amazed when they saw the mute speaking, the crippled made well, the lame walking and the blind seeing. And they praised the God of Israel.

Luke 13:10-13

On a Sabbath Jesus was teaching in one of the synagogues, ¹¹ and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all.

¹² When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." ¹³ Then he put his hands on her, and immediately she straightened up and praised God.

Luke 6:6-10

On another Sabbath he went into the synagogue and was teaching, and a man was there whose right hand was shrivelled. ⁷ The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath. ⁸ But Jesus knew what they were thinking and said to the man with the shrivelled hand, "Get up and stand in front of everyone." So he got up and stood there. ⁹ Then Jesus said to them, "I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?" ¹⁰ He looked around at them all, and then said to the man, "Stretch out your hand." He did so, and his hand was completely restored.

Luke 6:17-19

He went down with them and stood on a level place. A large crowd of his disciples was there and a great number of people from all over Judea, from Jerusalem, and from the coastal region around Tyre and Sidon, ¹⁸ who had come to hear him and to be healed of their diseases. Those troubled by impure spirits were cured, ¹⁹ and the people all tried to touch him, because power was coming from him and healing them all.

Acts 10:38

...how God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him.

Acts 19:11-12

God did extraordinary miracles through Paul, ¹² so that even handkerchiefs and aprons that had touched him were taken to the sick, and their illnesses were cured and the evil spirits left them.

Acts 3:1-16

One day Peter and John were going up to the temple at the time of prayer—at three in the afternoon. ² Now a man who was lame from birth was being carried to the temple gate called Beautiful, where he was put every day to beg from

those going into the temple courts. ³ When he saw Peter and John about to enter, he asked them for money. ⁴ Peter looked straight at him, as did John. Then Peter said, "Look at us!" ⁵ So the man gave them his attention, expecting to get something from them.

⁶ Then Peter said, "Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk." ⁷ Taking him by the right hand, he helped him up, and instantly the man's feet and ankles became strong. ⁸ He jumped to his feet and began to walk. Then he went with them into the temple courts, walking and jumping, and praising God. ⁹ When all the people saw him walking and praising God, ¹⁰ they recognized him as the same man who used to sit begging at the temple gate called Beautiful, and they were filled with wonder and amazement at what had happened to him. While the man held on to Peter and John, all the people were astonished and came running to them in the place called Solomon's Colonnade. ¹² When Peter saw this, he said to them: "Fellow Israelites, why does this surprise you? Why do you stare at us as if by our own power or godliness we had made this man walk? ¹³ The God of Abraham, Isaac and Jacob, the God of our fathers, has glorified his servant Jesus. You handed him over to be killed, and you disowned him before Pilate, though he had decided to let him go. ¹⁴ You disowned the Holy and Righteous One and asked that a murderer be released to you. ¹⁵ You killed the author of life, but God raised him from the dead. We are witnesses of this. ¹⁶ By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name and the faith that comes through him that has completely healed him, as you can all see.

Mark 11:22-26

"Have faith in God," Jesus answered. ²³ "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them. ²⁴ Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

1 Corinthians 3:16

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?

Romans 8:1-2

Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

James 4:7

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Romans 8:11

And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Hebrews 4:14-16

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

All Scripture References were quoted from the Holy Bible NIV, AMP & TPT versions unless otherwise stated

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