BY HIS STRIPES WE WERE HEALED

Pondering the Promises of God



MARY BETH DIANGELO

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1 Peter 2:24

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Psalm 103 Bless the LORD, O my soul; And all that is within me, *bless* His holy name! [2] Bless the LORD, O my soul, And **forget not** all His benefits: [3] **Who forgives all your iniquities, Who heals all your diseases,** [4] Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, [5] Who satisfies your mouth with good *things, So that* your youth is renewed like the eagle's.

Psalm 91 [14] "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. [15] He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. [16] With long life I will satisfy him and show him My salvation."

Psalm 34 [19] Many *are* the afflictions of the righteous, but the LORD delivers him out of them all.

“By His Stripes, We Were Healed”
Pondering the Promises of God

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Introduction

Being confronted with a life-threatening disease, I began to ponder the many scriptures that promise healing to those who believe. I will share the ups and downs of my journey along with many of my conclusions regarding the precious words contained within scripture. Overall, I am grateful for this trial I am facing as it has led to the strengthening of my faith and has given me compassion for the many who have had similar journeys.

Our awesome God promises so much to those who believe in Him and have received Him.

John 1 12 He came to His own, but His own did not receive Him. But as many as received Him, to them He gave the right to become children of God, to those who believe in His Name.

Because of Jesus, we are the children of God and heirs of so many wonderful promises! If you have never given your life to Jesus Christ, now is the time! ***Romans 10:9*** says if you confess with your mouth, Jesus is Lord and believe in your heart that God raised him from the dead you will be saved. For with the heart one believes unto righteousness and with the mouth confession is made to salvation.

Repent and turn away from your sins and turn towards God. Purpose from this day forward to live for Him. Confess Jesus as your Lord, your Savior and your healer. Then you can have confidence to believe God for His many promises contained in the scriptures. Call out His Name and believe He hears you!

1 Peter 5:7 Cast all your care upon Him for He cares for you.

Here are just a few of the wonderful things promised to those who call upon Him, who love Him and have known His Name:

Psalm 91 [14] "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. [15] He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. [16] With long life I will satisfy him and show him My salvation."

In Christ, these things have been freely given to us!

1 Corinthians 2 [12] Now we have received, not the spirit of the world, but the Spirit who is from God, **that we might know the things that have been freely given to us by God**. [13] These things we also speak, not in words which man's wisdom teaches but **which the Holy Spirit teaches,** comparing spiritual things with spiritual. [14] But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned. [15] But he who is spiritual judges all things, yet he himself is rightly judged by no one. [16] For "who has known the mind of the Lord that he may instruct Him?" But we have the mind of Christ.

My prayer is that through this study, our minds will be renewed and transformed, and the Holy Spirit will teach us and root these scriptures deep within our souls. May we understand and receive all that God has already accomplished and freely provided for us.

Along the way, I may repeat certain scriptures. Sometimes it is to highlight a specific point, and other times, it is to showcase a different aspect of the same scripture. It's amazing how each scripture can have so many levels of understanding.

A note on Bible versions:

In this study, I mostly used scriptures from the New King James and Authorized King James versions. Please pull out your favorite version and read along with me.

Ultimately, I am not aware of the perfect Bible translation. We need the Holy Spirit to lead and guide us into all truth. Without Him, no translation will ever enter the heart or mind. But God has promised to preserve His Word in our hearts, and I am fully trusting Him in this!

Thank you for embarking on this journey with me to uncover these important truths. May the God of our Lord Jesus Christ open our eyes and give us all wisdom, revelation and understanding in the knowledge of Him who loves us! Together, may we walk in His joy and victory!

By His stripes, we were healed!

1. Who Has Believed His Report?

By His stripes, we were healed! (1st Peter 2:24) Will we believe the Word of God as recorded in scripture?

Isaiah 53 *prophecies regarding the coming Messiah:*

Isaiah 53:1 Who has believed our report? .... **4** Surely, He has borne our griefs, *(sicknesses in the original Hebrew)* and carried our sorrows *(pains in the original Hebrew)*.... **5**but
He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.

Here the scripture talks about a Savior who will come, and He has borne both our sins and our sicknesses. It begins by asking the question, "Who will believe our report?" Most of us believe Christ died for our sins and accept this promise willingly. But included in this package is healing from our sicknesses!

Being diagnosed with ovarian cancer and 2 very large tumors in my abdomen, I decided to do a deep dive on what scripture has to say about healing. As I pondered and studied these scriptures, they began to transform my mind and my thinking.

Matthew 6:33 But **seek first** the kingdom of God and His righteousness, **and all these things shall be added to you.**

Our God is so amazing and merciful! When we put the Kingdom of God and His righteousness first, we realize He has already provided everything we need!

2 Peter 1 [2] Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, [3] as **His divine power has given to us all things that *pertain* to life and godliness, through the knowledge of Him** who called us by glory and virtue…

His divine POWER has given us ALL things that pertain to LIFE and godliness, through the knowledge of HIM! Unfortunately, in our day and age, I'm afraid this next verse is true…

Hosea 4:6 My people perish for lack of knowledge…

And this scripture goes on to rebuke & reject those who reject His knowledge!

… Because you have rejected knowledge, I also will reject you from being priest for Me;

We need to be very careful about rejecting this knowledge that is recorded for us. All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness. (**2 Timothy 3:16**) *Not only that, but the Truth will set us free!!*

John 8 "If you abide in My word, you are My disciples indeed. [32] And you shall know the truth, and the truth shall make you free."

ABIDING in His WORD will bring us knowledge of the TRUTH. We must KNOW the truth before it can set us FREE!

Romans 8 *There is* therefore now no condemnation to those who are in Christ Jesus, who do not walk according to flesh, but according to the Spirit. [2] **For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.**

This is good news! Jesus is not condemning us! In addition, we now are governed and live under the higher law of the Spirit of LIFE in Christ Jesus, and this new life has made us FREE of the law of sin and death! Our God does not want us to live in sickness and disease; He offers us abundant life! Yes, we all will die eventually in

old age, but we do not have to die prematurely from sickness and disease!

John 10 (Jesus said) **10** 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.**

The thief who is the devil comes and attacks us, often with sickness, parasites and disease. This can steal from us and kill us as well if we do not understand what God has already provided for us. The abundant life is available to all who believe! But as Isaiah asks, "Who will believe our report?"

Phil 4 **19** And my God shall supply **all** your needs according to His riches in glory by Christ Jesus.

- *How many needs will God supply? ALL!*

Ephesians 3:20 **20** Now to Him who is **able** to do **exceedingly abundantly above all** that we ask or think, **according to the power that works in us,** **21** to Him *be* glory in the church by Christ Jesus to **all generations**, forever and ever. Amen

Our God gives us ALL we need! He is able to do more than we can ask, think or as some versions say imagine, according to the POWER that is IN US! Isn't it amazing that scripture declares the power is working in us? And it is for ALL generations, that includes us!

Colossians 1 God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is **Christ in you, the hope of glory.**

The work of the cross is finished, done once and for all! By the grace of God, we have resurrection power living in the inside of us! And as we will see in the multitude of scriptures that I will present, both forgiveness and healing were given to us as a gift! Sins and sicknesses have all been paid for by Jesus! Both have been provided as our benefits!

Psalm 103 And **forget not all His benefits**: [3] **Who forgives all** your iniquities**, Who heals all your diseases,** [4] Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, [5] Who satisfies your mouth with good *things, So that* your youth is renewed like the eagle's.

We are told to "forget not" as this is what we may do! Forgiving our sins is right alongside healing our diseases! Why do we believe the one and not the other?

Galatians 1 *(Jesus)* [4] who gave Himself for our sins, that **He might deliver us from this present evil age**, according to the will of our God and Father…

… that He might deliver us, and it is God's will that we will be delivered! The question is, will you believe?

3 John 1 [2] Beloved, I pray that you may prosper in all things **and be in health, just as your soul prospers.**

Taste and see that the Lord is good! **(Psalm 34:8**) He came so that we would have life in abundance! (**John 10:10**)

1 Peter 2:24 [24] who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—**by whose stripes you were healed.**

We WERE healed; this is past tense! God does not lie! Can we take Him at His Word regardless of what our body is telling us?

2 Corinthians 4 [4] For the weapons of our warfare are **not carnal** but **mighty in God** for pulling down strongholds, [5] 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**, [6] and being ready to punish all disobedience when your obedience is fulfilled.

If we are ruled by our 5 senses, this means we are living carnally. Do we look to knowledge from God or to our body to see if we are healed? I admit, I was very often looking to my body for

*evidence of healing. But now I am asking myself, can my body be the source of my truth? The Spirit needs to lead us to Truth. We need to walk by faith, and not by sight. And to repeat the scripture above, "*the weapons of our warfare are **not carnal** but **mighty in God** for pulling down strongholds, [5] casting down arguments and every high thing that exalts itself **against the knowledge of God**,"

John 3 [5] Jesus answered, "Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God**.** [6] **That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.** [7] Do not marvel that I said to you, 'You must be born again.' [8] The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit."

Here Jesus is differentiating between the Spirit and flesh, which is our body. Charis Bible College and Andrew Wommack have many great teachings on their YouTube channels. In one teaching, Andrew Wommack elaborated on this verse saying, "That which is spirit is spirit, and that which is flesh is flesh. Faith is a bridge between the physical and spiritual."

*We are a spirit doing life in a body. As a new creation, (***2 Corinthians 5** [17] ... if anyone is in Christ, he is a new creation...) *we are now governed by a higher law. Once this Truth is grounded in our spirit, it will change our physical reality! The spiritual can change and transform the physical! God is not a liar; we can trust Him! Will you believe His report and acknowledge Jesus as your healer? I believe! Lord, help my unbelief!*

Matthew 13 [10] And the disciples came and said to Him, "Why do You speak to them in parables?" [11] He answered and said to them, "Because it has been given to you to know the mysteries of the kingdom of heaven, but to them it has not been given. [12] For whoever has, to him more will be given, and he will have abundance; but whoever does not have, even what he has will be taken away from him. [13] Therefore I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand. [14] And in them the prophecy of Isaiah is fulfilled, which says:

‘Hearing you will hear and shall not understand and seeing you will see and not perceive; [15] For the hearts of this people have grown dull. *Their* ears are hard of hearing, and their eyes they have closed, lest they should see with *their* eyes and hear with *their* ears, lest they should understand with *their* hearts and turn, **so that I should heal them.’**

May we have ears to hear and eyes to see! May we not be the people that Isaiah spoke of and may we receive the healing that God has so graciously offered us!

Let’s pray!

Father God, thank You for Your “good report” and Your goodness and mercy towards us. Thank you for providing everything we need for a life of godliness! Go before us as we consider and ponder these scriptures that You have given us. Transform our minds and renew our thinking that we may not be deceived into agreeing with the evil one and accepting his plans and evil schemes for us. Fill us with Your Holy Spirit that we would come into full agreement with Your Word and Your Truth. Help us abandon our culture of unbelief! Thank you for your great love for us, we are in awe of You! We love You, in the precious Name of Jesus.

2. Who Do You Turn to?

Do we go to the phone? Or do we go to the Throne?

When an unsettling trial or concern arises, whether health or other, what is the 1st thing we do? Look to google? Call a doctor? Call a friend? In these days of deception, we need to seek the Lord first, now more than ever, and never assume we know the right thing to do without first consulting Him. To be clear, calling doctors is not wrong in itself, but our Father in heaven should be our first point of contact. Scripture has so much to say about our health and our healing, that if we neglect first seeking the Lord, it is to our own peril.

A tale of 2 Kings:

2 Chronicles 16 **12** And in the thirty-ninth year of his reign, Asa became diseased in his feet, and his malady was severe; yet in his disease he did not seek the LORD, but the physicians. **13** So Asa rested with his fathers; he died in the forty-first year of his reign.

Asa must have been confident the doctors knew best and could help him. And two years later, he died. He never consulted the Lord. There are many good doctors, but we always need to seek the Lord first and get our marching orders from Him. "The doctor can be your servant, but he cannot be your Lord." Barry Bennett, Charis Bible College

Hezekiah sought the Lord in his illness, and he was healed, and given 15 more years. But apparently, he was not healed instantly, as he wanted a sign.

2 Kings 20 20 In those days Hezekiah was sick and near death. And Isaiah the prophet, the son of Amoz, went to him and said to him, “Thus says the Lord: ‘Set your house in order, for you shall die, and not live.’ ”

2 Then he turned his face toward the wall, and prayed to the Lord, saying, 3 “Remember now, O Lord, I pray, how I have walked before You in truth and with a loyal heart, and have done *what was* good in Your sight.” And Hezekiah wept bitterly.

4 And it happened, before Isaiah had gone out into the middle court, that the word of the Lord came to him, saying, 5 “Return and tell Hezekiah the leader of My people, ‘Thus says the Lord, the God of David your father: “I have heard your prayer, I have seen your tears; surely, I will heal you. On the third day you shall go up to the house of the Lord. 6 And I will add to your days fifteen years. I will deliver you and this city from the hand of the king of Assyria; and I will defend this city for My own sake, and for the sake of My servant David.” ’ ”

7 Then Isaiah said, “Take a lump of figs.” So, they took and laid *it* on the boil, and he recovered.

8 And Hezekiah said to Isaiah, “What *is* the sign that the Lord will heal me, and that I shall go up to the house of the Lord the third day?” 9 Then Isaiah said, “This is the sign to you from the Lord, that the Lord will do the thing which He has spoken: *shall* the shadow go forward ten degrees or go backward ten degrees?”

10 And Hezekiah answered, “It is an easy thing for the shadow to go down ten degrees; no, but let the shadow go backward ten degrees.” 11 So Isaiah the prophet cried out to the Lord, and He brought the shadow ten degrees backward, by which it had gone down on the sundial of Ahaz.

May we, like Hezekiah, seek the Lord in our weaknesses, be obedient to do what he tells us and wait on Him in all things! He is gracious to answer us when we call on Him!

Hebrews 11:6 (*God is a*) rewarder of those who diligently seek Him.

Proverbs 3:5 Trust in the LORD with all your heart and lean not on your own understanding; [6] In all your ways acknowledge Him, **and He shall direct your paths.** [7] Do not be wise in your own eyes; Fear the LORD and depart from evil. [8] **It will be health to your flesh (body) and strength to your bones.**

When we have a sickness or disease coming against us, may we not trust our own wisdom and understanding. May we seek the Lord first, before we make our own plans to tackle the enemy. If there is sin in our lives, repent and turn from it! The fear of the Lord is the beginning of wisdom. **(Proverbs 9:10)** *His promise is both to direct our path and bring health and strength to our bodies!*

Psalm 107 Fools, because of their transgression, and because of their iniquities, were afflicted. [18] Their soul abhorred all manner of food, and they drew near to the gates of death. [19] Then they cried out to the LORD in their trouble, a*nd* He saved them out of their distresses. [20] **He sent His word and healed them** and delivered *them* from their destructions. [21] Oh, that *men* would give thanks to the LORD *for* His goodness, and *for* His wonderful works to the children of men! [22] Let them sacrifice the sacrifices of thanksgiving and **declare His works with rejoicing**.

This scripture says that God healed even the "fools!" They sinned, they were afflicted, and then they cried out to the Lord. "He sent His Word and delivered them." His Word is Jesus, as the Word became flesh and dwelt among us! Thank You, Lord, for sending forth Your Word, who is Jesus, even unto us!

My Journey:

When I first began to realize that there was something serious going on in my body, I tried to treat it with natural remedies. These remedies helped, but the issue remained. Therefore, I went to the doctor and had MRI tests done for a diagnosis on April 25, 2026: ovarian cancer and 2 very large tumors. I sought the Lord for

a path forward. After much prayer, along with counsel from family, friends and research, I narrowed it down to 2 possible paths forward for myself: 1. A very successful herbalist who already had success treating others with ovarian tumors, and/or 2. A local Sloane Kettering Hospital with very reputable doctors.

First, I reached out to the herbalist. He happened to be a Christian and we prayed together. He read my reports from the doctor and was able to give me a very specific protocol according to my bloodwork and MRI for my particular needs. I was pleasantly surprised at how thorough he was and how much I was at peace after our conversation with his protocol.

Next, I picked up the phone to contact Sloane Kettering and the doctor that was recommended to me. Immediately, a feeling of foreboding came over me, and I felt I heard the Lord say in my spirit, you have a path forward, why are you making this next call? I put the phone down and was so thankful to the Lord for leading me. Soon after, I began and continued the protocol that was prescribed to me from the herbalist.

I will quote the following passage again:

Proverbs 3:5 Trust in the LORD with all your heart and lean not on your own understanding; **6** In all your ways acknowledge Him, **and He shall direct your paths.** **7** Do not be wise in your own eyes; Fear the LORD and depart from evil. **8** **It will be health to your flesh (body) and strength to your bones.**

The next few weeks and months were challenging to me, as I had not yet renewed my mind and understood the full counsel of God. But I did understand very well how the Lord would lead me. I was challenged by well-meaning friends and family on why I was not going the acceptable means of traditional medicine. Even when I attended church, I felt as though I was in a spiritual battle defending why I was following what I believe the Lord was leading me do as opposed to the "acceptable" route of treatment.

In the midst of all of that, God was keeping me in perfect peace! I had no fear of the cancer and knew that I could trust Him.

I continued to dig into scripture to learn more about His promise of healing along with doing what the herbalist had recommended for me to do. The Lord also provided a few very faithful and encouraging friends who supported me in powerful ways on my journey. Our amazing God so loves us, provides all we need and is so patient with us.

Psalm 34 [4] I sought the LORD, and He heard me, And delivered me from all my fears. [5] They looked to Him and were radiant, and their faces were not ashamed. [6] This poor man cried out, and the LORD heard *him, a*nd saved him out of all his troubles.

In this world, we will have troubles, but thanks to Jesus, we can experience victory over them all!

Matthew 12:20 A bruised reed He will not break, and smoking flax He will not quench, **till He sends forth justice to victory**...

Thank You, Lord, for giving us the victory! May we declare Your victory and Your works with rejoicing, even before we see the results. May we offer that sacrifice of praise, the fruit of our lips giving thanks to His wonderful Name! May we seek you first in all things, leaning not on our own understanding and following You wherever You lead us. Thank You for all Your promises that when we call on You, that you will hear us, answer us and deliver us! In the mighty Name of Jesus!

3. Does the Lord will to heal our diseases?

Many prayers for healing today are prefaced with, "If the Lord wills..." Can we know the will of God regarding healing? There are so many scriptures that speak on this matter that I believe we can know God's will on our healing. He has made it known, will you believe His report?

Romans 12 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. **2** And do not be conformed to this world, but **be transformed by the renewing of your mind**, that you may prove what *is* that good and acceptable and perfect will of God.

Renewing our minds by seeking the Lord daily, searching scripture and not conforming to the ways of this world will help our minds to be transformed. Then it follows that we would be able to prove the will of God! The carnal mind on its own cannot determine spiritual truth. We have to awaken to what God has already done for us in Christ. It does not matter what the body is saying, or what our symptoms may be saying. It matters what God is saying.

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

- *Faith comes by hearing the Word of God.*

Proverbs 4:20 My son, give attention to my words; Incline your ear to my sayings. **21** Do not let them depart from your eyes; Keep them in the midst of your heart; **22** For they *are* **life** to those who **find** them, And **health** to all their flesh.

- *"Find" and "Attend" and listen to the Word of God! And be healed!*

- *The "Word of God" is "Life" and "health" to their flesh… (their body!)*

- *Do not focus on symptoms… "Attend" continuously to the Word of God in thine heart!*
    - *Attentive ear - listen*
    - *Steadfast Look – looking continuously*
    - *Kept within the heart!*

- *Symptoms point to death. God's Word points to life! Which direction will you look? Scripture promises that looking to God's Word is "health to all their flesh."*

Proverbs 23:7 For as a man thinketh in his heart, so is he.

If we continue to ponder our symptoms, they will increase. If we search google on our diagnosis, we will see much bad news and all kinds of horrible things that will happen to us. If we accept those things, they will happen. But, if we ponder scripture and believe what it says, we will gain life and health!

Jonah 2 [7] When my soul fainted within me, I remembered the Lord: and my prayer came in unto Thee, into thine holy temple. [8] They that observe lying vanities forsake their own mercy. But I will sacrifice unto thee with the voice of thanksgiving; I will pay that I have vowed. Salvation *is* of the Lord.

- *Jonah called his symptoms lying vanities and he gave thanks all while still in the belly of the fish.*
- *"The symptoms are real but become "lying vanities" when they say to us that God is not plenteous in mercy to all that call upon Him." Christ the Healer, FF Bosworth, pg. 118*
- *Many forsake the mercy of God by attending to and "observing" their symptoms more than God's Word.*
- *To be overly occupied with symptoms is to doubt the Word of God.*

Some suggest that the following scripture teaches that we should pray "If the Lord wills" regarding our healing:

James 4 [13] Come now, you who say, "Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit"; [14] whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. [15] Instead you ought to say, "If the Lord wills, we shall live and do this or that."

My thought is this verse is talking about traveling and making plans for work and profit. And in this context, we do not have revelation in scripture about our personal life plans, so praying "if the Lord wills" is absolutely appropriate. But I believe He made His will known to us regarding healing in many scriptures, and His will is for us to be healed from diseases when we turn to Him and believe His Word. So, I will repeat this next scripture, as it is one of my favorites!

Psalm 103 Bless the LORD, O my soul; And all that is within me, *bless* His holy name! [2] Bless the LORD, O my soul, And **forget not** all His benefits: [3] **Who forgives all your iniquities, Who heals all your diseases,** [4] Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, [5] Who satisfies your mouth with good *things, So that* your youth is renewed like the eagle's.

- *Do we actually believe the promises of God?*

2 Corinthians 1:20 For all the promises of God in Him are yes, and in Him Amen, to the glory of God through us.

Hebrews 4 [14] Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession. [15] For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are, yet* without sin. [16] **Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.**

- *Obtaining mercy extends to our sicknesses!*

Matt 8 [2] And behold, a leper came and worshiped Him, saying, "Lord, if You are willing, You can make me clean." [3] Then Jesus put out *His* hand and touched him, saying, "**I am willing; be cleansed**." Immediately his leprosy was cleansed....

[16] When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and **healed all** who were sick, [17] that it might be fulfilled which was spoken by Isaiah the prophet, saying: "**He Himself took our infirmities and bore *our* sicknesses."**

He healed ALL who came to Him. Did they need to qualify for their healing? No, Jesus was the qualifier! I admit, when I first realized I had this disease, I immediately went through my past to be sure I repented from all my sins. In addition, I sought the Lord for any other things in my life left undone. I was trying to qualify for my healing. To be clear, doing an inventory of our lives and being sure there is no unconfessed sin is very important in living a godly life. But ultimately, Jesus paid it all. It was finished at the cross. Now, it's my turn to believe!

Luke 6 [17] And He came down with them and stood on a level place with a crowd of His disciples and a great multitude of people from all Judea and Jerusalem, and from the seacoast of Tyre and Sidon, who came to hear Him and be healed of their diseases, [18] as well as those who were tormented with unclean spirits. And **they were healed**. [19] And the whole multitude sought to touch Him, **for power went out from Him and healed *them* all.**

Acts 10 [38] how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and **healing all** who were **oppressed by the devil**, for God was with Him.

- *Sickness is not from God; it is from the devil!*

Matthew 8:13 Then Jesus said unto the Centurion, Go thy way, and **as thou hast believed**, so be it unto thee .

- *Jesus pointed out that it was the Centurian's belief that qualified him for the healing of his servant.*

James 5*:* [15] And the **prayer of faith will save the sick, and the Lord will raise him up.**

- *If healing weren't for all, how could anyone pray a prayer of faith? Once we know God's will in the matter, then we are able to pray with faith. Daniel Amstutz from Charis Bible College said, "Faith can only operate where the will of God is known."*

- *The scripture is not telling us we need a revelation from the Spirit to pray for healing!*

But there was one place that Jesus couldn't do many miracles and it was his hometown. And what was the reason?

Matthew 13 [58] Now He did not do many mighty works there because of **their unbelief**.

- *Let us not be as those in His hometown and remain in unbelief. Our requirement for healing is to believe! God wants us well!*

1 John 5 [4] For whatever is born of God overcomes the world. And **this is the victory that has overcome the world—our faith**. [5] Who is he who overcomes the world, but **he who believes that Jesus is the Son of God**?

- *Our faith isn't placed in ourselves; our faith is firmly planted in Jesus! He is our firm foundation, and He is our victory over sin and sickness!*

John 14 [12] "Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater *works* than these he will do, because I go to My Father. [13] And whatever you ask in My name,

that I will do, that the Father may be glorified in the Son. [14] If you ask anything in My name, I will do *it*.

- *Jesus said when we ask anything in His Name, He will do it! And He said His followers would do all that He was doing and more!*

- *May we not be the people that Paul warned Timothy about in* **2 Timothy 3** [5] having a form of godliness but denying its power.

2 Chronicles 16 [9] For the eyes of the LORD run to and fro throughout the whole earth, **to show Himself strong** on behalf of *those* whose heart *is* loyal to Him.

Matthew 7:7 Ask, and it will be given to you; seek and you will find; knock and it will be open to you. **For everyone who asks, receives; and he who seeks, finds; and to him who knocks, it will be opened.** Or what man is there among you who if his son asked him for bread will give him a stone; or if he asked for a fish will he give him a serpent. If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him.

Micah 7:18 He does not retain His anger forever, because He delights *in* mercy.

Remember the prayer the Lord commended:

Lord, have mercy on me, a sinner! **(Luke 18:13)**

- *Again, I believe mercy extends to sins as well as sicknesses.*

My prayer, until recently was always, if the Lord wills, may so and so be healed. Now, I realize this was wrong. He does will for our healing and He has already provided it! We need only to renew our minds through the God's Word, to fully trust in Him and to believe!

Dear Lord, thank You for Your mercy over us and for Your love for us! Thank you for supplying all our needs according to Your riches in glory! As the tax collector prayed in Mark 9:24, help our unbelief! We want to renew our minds, believe all You have already said and receive all You have accomplished for us! We need You, we love You and we praise You for your goodness and mercy towards us!

4. Test all things!

*Especially in this age of deception that we find ourselves living, we must do as **1 Thessalonians 5:21** commands*. "Test all things and hold fast to what is good."

1 Peter 5 [8] Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. [9] Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. [10] But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you. [11] To Him be glory and dominion forever and ever. Amen.

The devil seeks to destroy, but Jesus has come so that we might have life in abundance! As this scripture points out, we may have to suffer a while, but through it, we will be strengthened, established and settled, all for God's glory! As I previously wrote in the 1st chapter, notice again the wording in the following scriptures in Isaiah:

Isaiah 53 Who has believed our report? *(Will you believe the scriptures?)* And to whom has the arm of the LORD been revealed? … He is despised and rejected by men, a Man of sorrows *(pains in Hebrew)* and acquainted with grief *(sicknesses in Hebrew)* ….

[4] Surely, He has borne our griefs *(sicknesses in the original text in Hebrew) a*nd carried our sorrows; *(pains in Hebrew)*

- *This sentence starts with "Surely," meaning it is for sure, you can bank on what comes after this word.*

- *The Hebrew word that was translated "griefs" actually means sickness and disease. When this word was used in other places in scripture, 12 times it was translated 'sickness', 7 times 'disease' and 1 time 'sick.'*

- *The text originally read in Hebrew, "Surely, He has borne our sicknesses and carried our pains." And it makes more sense that it follows it up with "by His stripes we are healed."*

Yet we esteemed Him stricken, smitten *(struck down)* by God, and afflicted. [5] But He *was* wounded *(pierced)* for our transgressions, *He was* bruised *(crushed)* for our iniquities; The chastisement for our peace *was* upon Him, And **by His stripes we are healed.**

- *This prophecy clearly depicts that a Savior is coming to save us both from our sins and our sicknesses!*

- *It is fulfilled in Jesus and confirmed in the Gospel,* **Matt 8** "(Jesus) **Himself took our infirmities and bore *our* sicknesses."**

- *Further confirmation of this fulfillment is in* **1 Peter 2:24** [24] who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—**by whose stripes you were healed.**

- *Isaiah was looking forward to the coming Messiah, and Peter was looking back to Jesus fulfilling all on the cross. "You WERE healed." This is past tense!*

Galatians 3 [13] Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed *is* everyone who hangs on a tree"), [14] that the blessing of Abraham might come upon the Gentiles in Christ Jesus, **that we might receive the promise of the Spirit through faith**.

Praise to our King! Jesus finished the work at the cross and redeemed us from the curse.

Communion confirms that healing is in the atonement package:

Luke 22 19 And He took the bread, gave thanks and broke it and gave it to them saying, "This is My body which is given for you, do this in remembrance of Me." Likewise, He also took the cup after supper saying, "This cup is the new covenant in My blood which is shed for you."

Communion is a remembrance and a memorial declaration of what Jesus accomplished for us at the cross. There are 2 elements in this memorial: The bread is offered for His body, and the wine is offered for His blood. His blood was shed so that our sins could be forgiven. "He was pierced for our transgressions...."

Matthew 26 28 For this is my blood of the new covenant which is shed for many for the remissions of sins.

Hebrews 9 22 ... without the shedding of blood there is no remission of sins.

Jesus's blood paid the price for our sins. If the blood only was needed, why do we also celebrate communion with the breaking of bread? The breaking of the bread symbolizes how His body was broken for us. "Surely, He has borne our sicknesses and our pains..." so that we would not have to! Both elements are a part of our communion, so both parts are essential to our salvation package: The Wine/Blood for the forgiveness of sins, and the Bread/Body for the healing of our diseases!

1 Corinthians 11 29 For he who eats and drinks in an unworthy manner, eats and drinks judgment to himself, not discerning the Lord's body. For this reason, many are weak and are sick among you and many sleep.

Notice that Paul says, "many are weak and are sick among you and many sleep." For what reason are many sick and asleep? For "not discerning the Lord's body." In other words, if we don't

believe, recognize and value the body of Christ represented by the bread, we are unable to receive its benefits of healing! If we don't discern the high price Jesus paid for our healing, it's our loss! Again, I will repeat these two scriptures:

Matt 8 (Jesus) **"**Himself took our infirmities and bore our sicknesses." *And* "by His stripes, we were healed." **1 Peter 2:4**

The bronze serpent also confirms that healing is in the atonement package:

In Numbers 21, the Israelites had been grumbling and complaining against God. Soon afterwards, poisonous snakes came out of the wilderness, and they were getting bitten and dying from them. They repented and asked Moses to pray to God to protect them and heal them.

Numbers 21 8 Then the Lord said to Moses, "Make a fiery serpent and set it on a pole, and it shall be that everyone who is bitten when he looks at it shall live." So, Moses made a bronze serpent and put it on a pole and so it was if a serpent had bitten anyone when he looked at the bronze serpent he lived.

Jesus drew a direct parallel between the snake on the pole which offered healing to all those who looked upon it and Himself on the cross.

John 3 14 *(Jesus said)* And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up that whoever believes in Him should not perish but have eternal life. For God so loved the world That he gave his only begotten son that whoever believes in him should not perish but have everlasting life.

Therefore, just as in Moses day, all were healed when they looked to the bronze serpent on the pole, all who now look to Jesus on the cross will also be healed! Praise the amazing goodness of our Lord to those who choose to believe! He offers this incredible salvation to us as a gift!

Ephesians 2 [8] For by grace you have been **saved** through faith, and that not of yourselves; it is the gift of God, [9] not of works, lest anyone should boast.

The New Testament was originally written in Koine Greek. The word "saved" in the above scripture was translated from the Greek word "sozo." Here is a definition of this word:

- *Strong's #4982: sozo (pronounced sode'-zo)*

  from a primary sos (contraction for obsolete saos, "safe"); to save, i.e. deliver or protect (literally or figuratively):--heal, preserve, save (self), do well, be (make) whole.

- *Thayer's Greek Lexicon: sōzō*

1) *to save, keep safe and sound, to rescue from danger or destruction; one (from injury or peril)*
2) *to save a suffering one (from perishing), i.e. one suffering from disease, to make well, heal, restore to health*
3) *to preserve one who is in danger of destruction, to save or rescue*

Notice how the word "sozo" is defined as to save from destruction, but it is also defined as saving one suffering from disease, to make well, to heal and restore to health! This same word "sozo" which was translated "saved" in Eph 2:8 is also translated as "healed" 3 times in the New Testament. Here's just one example where the word "sozo" was translated "healed:"

Acts 14 [8] And in Lystra a certain man without strength in his feet was sitting, a cripple from his mother's womb, who had never walked. [9] This man heard Paul speaking. Paul, observing him intently and seeing that he had faith to be **healed,** [10] said with a loud voice, "Stand up straight on your feet!" And he leaped and walked.

Sozo is also translated "made well" 7 times in the New Testament. Here's just one example where "sozo" was translated "made well:"

Mark 5 [34] And He (Jesus) said to her, "Daughter, your faith has **made you well**. Go in peace and be healed of your affliction."

*This Greek word "sozo" represents our word, "saved," "made whole" and "healed" and is used interchangeably in scripture. Therefore, it would follow that they all are included as gifts in our salvation package to those who believe! Furthermore, it is "*by grace you were saved." *So, it stands to reason that it could also be translated "it is by grace, you were healed!" This is a gift we cannot earn!*

I admit, once I realized my need for healing, I began down a road of doing things that I thought I needed to do to earn healing from God. Since then, I have repented of trying to gain His love and thanked God for all He has already provided for me!

As we went over previously, Jesus healed ALL who came to Him. Were all of them in perfect standing with God? Did all have a list of things to accomplish before He healed them? No, they believed and were healed by grace! But after we receive this amazing grace, it would stand to reason that we would change for God's glory.

Jesus rebuked the towns that did not repent after He healed them:

Matthew 11:20 Then he began to rebuke the cities in which most of his mighty works had been done because they did not repent.

And notice the stern warning Jesus gave one man after he healed him:

John 5 [14] Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you."

This man very possibly was continuing in sin after his healing, as noted from the Jesus statement, "Sin no more." This scripture highlights the fact that:

- *Jesus knew of this man's sin when he was healed.*

- *Jesus warned him of the consequence of his continuing in sin.*

When we continue in sin, we open the doors to attacks from the enemy which could include sickness and disease. May we not be giving any opportunities for the enemy to attack us by our sinning! This is not to say all sickness and disease are from our sin. I think some attacks are purely spiritual, especially when we are serving God. The question is will You stand on God's Word in this time of testing?

And yes, ***God tests His people****. Note the following scriptures:*

Deuteronomy 8 [2] And you shall remember that
the Lord your God led you all the way these forty years in the wilderness, to humble you *and* **test you, to know what *was* in your heart,** whether you would keep His commandments or not.

Chronicles 32 [31] However, *regarding* the ambassadors of the princes of Babylon, whom they sent to him to inquire about the wonder that was *done* in the land, **God withdrew from him**, **in order to test him**, that He might know all *that was* in his heart.

Psalm 66:10 For You, O God, have tested us;
You have refined us as silver is refined.

Proverbs17:3 The refining pot *is* for silver and the furnace for gold, but the Lord tests the hearts.

Exodus 16 [4] Then the Lord said to Moses, "Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not.

Zechariah 13:9 I will bring the *one*-third through the fire,
Will refine them as silver is refined, and test them as gold is tested.

They will call on My name, and I will answer them. I will say, This *is* My people'; and each one will say, 'The Lord *is* my God.' "

John 6 [6] But this He *(Jesus)* said to test him, for He Himself knew what He would do.

Hebrews 11 [17] By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises offered up his only begotten *son*...

1 Peter 1 [6] In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, [7] that the genuineness of your faith, *being* much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ...

James 1 [2] My brethren, count it all joy when you fall into various trials, [3] knowing that the testing of your faith produces patience. [4] But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing.

1 Corinthians 10 [13] No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.

What About Paul's Thorn in the flesh?

Some people use Paul's thorn in his side to suggest that sometimes God wills disease on people. But once again, I think a few things are missed in the translation from Greek. First, I will show how the NKJV translates this scripture, then we will look at some of the Greek words. Next, ask the Holy Spirit for understanding:

2 Corinthians 12 [7] And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above

measure. [8] Concerning this thing I pleaded with the Lord three times that it might depart from me. [9] And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. [10] Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.

- *The expression "thorns" in the sides of God's people was used symbolically representing people that hindered the Israelites in the Old Testament. (Numbers 33:55, Joshua 23:13 and 2 Samuel 23:6)*

- *"A messenger of Satan"... this messenger was not of God.*

- *The word "buffet" in Greek is the word "kolaphizo" which means "to strike with the fist, to give one a blow with the fist, to maltreat, treat with violence..." This gives more of a picture of persecution.*

- *The word "infirmities" was the Greek word "astheneia" and more often was translated "weaknesses, reproaches and persecutions."*

So, Paul's thorn in the flesh was not necessarily an illness. To me, in the context presented, more likely it could have been persecution from people that were hindering, maltreating and bruising him. But in either case, Paul's thorn was not life threatening and God's grace was sufficient for him!

We don't need to fear the tactics of the enemy. We should do as **James 4:7-8** *says,* "Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you."

God uses all things for His glory, and for the good of those who love Him and are called according to His purposes. And He will complete the work He started in us.

Precious Lord, thank You for dying on the cross for us. Thank You for the blood You shed that we could be forgiven and healed. Thank You for Your grace that saves and heals us! Help us not to forsake and forget all that You have accomplished for us! Help us to offer our bodies as living sacrifices, holy and pleasing, that we may know Your perfect will for us. We will praise You in the midst of our storm, for You are holy, You are righteous and You are worthy of all our praise!

5. Speak in Faith, Speak Life!

Scripture has a lot to say when it comes to what we "say."

Mark 11 [22] So Jesus answered and said to them, "Have faith in God. [23] For assuredly, I say to you, **whoever says** to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things **he says** will be done, he will have whatever **he says**. [24] Therefore I say to you, **whatever things you ask when you pray, believe that you receive *them,* and you will have *them*.**

- *"Whoever" says… not just the apostles*.

- *The word "says" is mentioned 3 times!* ***Speaking in faith*** *moves mountains! So, when we say and believe, even before there is evidence, then we shall receive them! The prayer of faith is believing before receiving*.

- *When we pray, the next step is to believe, even if you don't see results right away ….and you shall receive!*

- *His promise follows, that you WILL have them!*

Proverbs 18:21 Death and life *are* in the power of the tongue…

- *Speaking life and scripture over ourselves is healing to our body!*

How practically do we do this?

In my case, there are/were 2 very large tumors in my abdomen that cause much discomfort and pressure and distend my abdomen, so much so that many people congratulate me as if I was pregnant and expecting. This initially caused much self-consciousness. I have always been, for the most part, slim and in good shape. I needed to surrender and let go of my pride in this area. I would answer, "No, it's 2 large tumors." A look of horror would come over them, and I would smile and reassure them not to worry, as God has me and I was going to be fine. A friend told me to answer, yes, I am expecting a miracle! This is speaking life over myself.

In addition, when people ask how I am doing, sometimes I would respond by recounting what my physical symptoms were. But I have learned that I need to respond, "I am standing on God's Word." Or "I am blessed of the Lord." Because this is the truth! At the time of this writing, my abdomen is still distended and very uncomfortable, but God has not given *(me)* a spirit of fear, but of power and of love and of a sound mind! **(2 Timothy 1:7)** *And I stand on His promise that "by His stripes, I am healed!*

Currently, as I pray, I am thanking God for my healing, and then I am speaking to directly to the invader in my body. I speak death to the cancer and I speak life to my body. "In the Name of Jesus, cancer, tumors and parasites, you will die and not live, you will not multiply and defile my body, the temple of the Holy Spirit. In Jesus Name, I bind all cancer cells, tumors, parasites, viruses and bacteria and cast them out of my body." And I speak life to my body: "In Jesus mighty Name, body, you are fearfully and wonderfully made. Cells and organs, be healed and restored to perfect health. Thank you, Jesus, that by Your stripes, I am healed!"

I will speak more about this next verse in an upcoming chapter, but I want to mention it briefly here. As believers, we've

been given keys to the Kingdom of heaven. So, part of my prayer above includes this next principle:

Matthew 16 [19] And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

Because of Jesus, we are already victorious in this spiritual battle, but we need to stand on the principles He has given us. Therefore, my prayer included binding the enemy that was attacking my body.

We also have to be very careful about speaking negative words regarding our health. Some people have diseases that run in the family, like heart disease or cancer. But this could be a generational curse given to our family line by the enemy. If we say, I'll probably die young as the rest of my family has, you will have what you say. Generational curses can be broken in the mighty Name of Jesus!

*"This pain is killing me!" "I'm dying over here!" And similar statements are detrimental to our health. As scripture says, both "*Death and life *are* in the power of the tongue…" *Don't speak death over ourselves, speak LIFE!*

Revelation 12 11 And they **overcame him by the blood of the Lamb and by the word of their testimony.**

- *We overcome! First, because of Jesus and His blood that He shed for us. And second, because we speak of it. We proclaim it!*

- *We are warned that we will have to face things that we need to overcome. We can't be overcomers without something to overcome. By His grace, we will overcome all of our trials!*

Philemon 1 [6] that the **sharing** of **your faith** may become **effective** by the **acknowledgment of every good thing which is in you in Christ Jesus.**

When we can openly acknowledge every good thing that is in us through Christ Jesus, our faith becomes effective! We need to speak of it and share all God has done and accomplished in Christ Jesus our Lord!

Romans 10 [17] So then **faith *comes* by hearing, and hearing by the word of God.**

- *If faith comes by hearing, we must speak the word of God out loud to build up our faith!*

2 Corinthians 4 [7] But we have this treasure in earthen vessels, that the excellence of **the power may be of God and not of us.** [8] *We are* hard-pressed on every side yet not crushed; *we are* perplexed, but not in despair; [9] persecuted but not forsaken; struck down, but not destroyed— [10] always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. [11] **For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh.** [12] So then death is working in us, but life in you.

- *The above scripture reminds us that we will have trials in this life, but through these trials, "the life of Jesus also may be manifested in our body!"*

We believe, therefore, we speak!

Our belief in Jesus' finished work on the cross for our healing is what activates healing in our bodies. Our speaking in itself doesn't bring healing, but it is an outward sign and a reminder of what we know is already accomplished. We can't add to what God already fully accomplished, but we love to speak of it!

[13] And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," **we also believe and therefore speak**, [14] knowing that He who raised up the Lord Jesus will **also raise us up** with Jesus and will present *us* with you. [15] For all things *are* for your sakes, that grace, having spread

through the many, **may cause thanksgiving to abound to the glory of God.**

[16] Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day. [17] For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory, **[18]** while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.

This brings us to the next point that I will cover in the next chapter, of believing even before we see the evidence.

Thank You, Lord, for the confidence we have in You. This confidence is not based in ourselves and our own might, but in Your precious promises and Your glorious power that works in us, through us and for us by Your mercy and grace! Thank You that You first loved us and have called us to Yourself! We want to learn all that You have for us and not be deceived by the lies of the devil and by our own unbelief. Thank You for giving us the victory and for being our refuge, our strength and our ever-present help in our time of trouble. We love You! In the Mighty Name of Jesus!

6. What if we don't see evidence of healing?

Our symptoms cannot triumph over us or dictate our thoughts; the Word of God must triumph in our minds and dictate our reality and our Truth!

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

- *If all was clearly seen, we would not need faith!*

Romans 10 [17] So then **faith *comes* by hearing, and hearing by the word of God.**

- *Again, speaking aloud what God says in scripture will produce and increase faith in what is yet still unseen…*

Hebrews 10:38 Now the just shall live by faith; but if *anyone* draws back, my soul has no pleasure in him."

- *Living by faith means not everything is clearly in our physical sight.*

2 Corinthians 5 [7] For we walk by faith, **not by sight.**

"Faith is … expecting God to do what He promises…. It is believing because of the very highest possible evidence, God's Word, which is "settled in heaven."… We see Jesus bore our diseases as well as our sins and therefore we need not bear them. Our next step is to appropriate by faith…. God is the waiting party. He is waiting for us to be shown how to appropriate the blessing He has already given.

2 Peter 3:9 "The Lord is not slack (slow) concerning His promise… but is longsuffering to us-ward."… *He is not slow concerning His promise, but we are slow and He is patient with us." (Christ the Healer, by F. F. Bosworth Chapter 5)*

Mark 11 [24] Therefore I say to you, whatever things you ask when you pray, **believe that you receive *them,* and you will have *them*.**

Christ is authorizing us to believe we will be healed according to His promises He has already gave us, even if the signs have not yet followed, and this is where faith comes in!

Remember the prayer, "Lord, I believe, help my unbelief!" **(Mark 9:24)**

James 2 [17] Thus also faith by itself, if it does not have works, is dead.

Psalm 33 [22] Let thy mercy, O Lord, be upon us, according as we hope in thee.

- *This scripture says that His mercy would be according to our hope. Is our hope firmly planted in our awesome God or on the report from the doctor?*

*In **Daniel 10,** Daniel was mourning and fasting for 3 weeks without an apparent answer. Suddenly, Daniel saw a glorious vision of a man whose face was like lightning. He told Daniel not to fear and that* "from the first day you set your heart to understand, and to humble yourself before God, your words were heard, and I have come because of your words."

- *Notice he came on the first day he prayed!*
- *Notice he came because of Daniel's spoken words!*

Daniel 10:13 But the Prince of the Kingdom of Persia withstood me for 21 days and behold, Michael, one of the chief princes came to help me for I had been left alone there with the kings of Persia now I

have come to make you understand what will happen to your people in the latter days....

- *God answered Daniel on the 1st day, but the answer did not get to Daniel right away because of demonic interference. This could be true in our circumstances as well! The demonic forces will never prevail over God's will, but there could be spiritual battles and delays where we need to stand strong and courageous, waiting in faith, and doing in the meantime what God has called us to do.*

- *When I first heard of my diagnosis, I believe I heard from the Lord to be strong and courageous and to wait. In addition, Jesus gave us authority to speak over the schemes of the enemy. We will go over this again in one of the next chapters.*

Psalm 50 Offer to God thanksgiving and pay your vows to the Most High. **15** Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me."

This psalm teaches to offer praises to the Most High before the blessing is received! The Israelites sometimes put their singers in front of the armies. They were singing praises to God before the battle was victorious! Yet, they still had to be obedient, march in and do battle, but ultimately the battle was already won by the Lord. So, may we too, be obedient to get our marching orders from God, follow them, and ultimately trust in God for the victorious outcome! Our outward faith in Him before the victory brings glory to His Name!

Hebrews 6 **11** And we desire that each one of you show the same diligence to the full assurance of hope until the end, **12** that you do not become sluggish, but imitate those **who through faith and patience inherit the promises.**

Hebrews 3 **14** For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end...

- *"It honors God to believe Him even when every sense contradicts Him. He promises to honor those who honor Him." Christ the Healer, FF Bosworth p.121*

1 John 5 14 Now this is the confidence that we have in Him, that if **we ask anything according to His will**, He hears us. 15 And if we know that He hears us, whatever we ask, **we know that we have the petitions that we have asked of Him.**

- *This scripture isn't saying we can have anything we ask for, it is saying that if we ask anything according to His will, we will have those things we ask for. Healing definitely falls into the category of being "according to His will" as it is plainly prophesied all throughout scripture. We can be confident that He hears us and we will have what we ask for!*

Psalm 91 [14] "**Because he has set his love upon Me, therefore I will deliver him**; I will set him on high, because he has known My name. [15] He shall call upon Me, and I will answer him; I will be with him in trouble; **I will deliver him and honor him**. [16] **With long life** I will satisfy him and show him My salvation."

- *Thank you, Jesus! How wonderful are Your precious promises!*

Hebrews 10:23 Let us hold fast the confession of our hope without wavering, **for He who promised is faithful.**

- *Having hope means we have not received something yet… for we know He is faithful to fulfill His promises!*

Hebrews 10 [35] **Therefore do not cast away your confidence, which has great reward**. *(Confidence despite not seeing evidence)* [36] For you have need of endurance, so that **after you have done the will of God, you may receive the promise**…

"We are to think faith, speak faith, act faith, and keep it until the promise is fulfilled." Christ the Healer, FF Bosworth pg. 125

"The process of faith that brings the healing is a far greater blessing than the healing itself." Christ the Healer, FF Bosworth pg. 137

Mark 9 [23] Jesus said unto him, If thou canst believe, **all things** are possible to him that believeth.

The carnal mind only trusts in the 5 senses. If they don't see, taste, smell, hear or feel then it is not true. The spiritual mind trusts in God's Word. The spiritual is more real than the physical. The carnal mind leads to death, and the Spiritual mind leads to life.

John 4 *(Jesus said)* [24] God *is* Spirit, and those who worship Him must worship in spirit and truth."

- *God is Spirit and our carnal minds cannot perceive the things of the Spirit without our minds being renewed.*

John 6 *(Jesus said)* [63] It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and *they* are life.

- *Again, we cannot trust our 5 senses for ultimate truth, God's Word is Spirit and will bring us LIFE!*

Romans 8 [5] For those who live according to the flesh set their minds on the things of the flesh, but those *who live* according to the Spirit, the things of the Spirit. [6] **For to be carnally minded *is* death, but to be spiritually minded *is* life and peace**. [7] Because the carnal mind *is* enmity against God; for it is not subject to the law of God, nor indeed can be. [8] So then, those who are in the flesh cannot please God.

- *As we continue to speak God's Word over ourselves, we can counteract any disbelief that our soul (which is our mind, will and emotions) and our flesh may display. And as His Spirit of Truth penetrates our souls, our bodies will respond with His wonderful healing that is already provided!*

1 Thessalonians 5 [23] Now may the God of peace Himself sanctify you completely; and **may your whole spirit, soul, and body** be preserved blameless at the coming of our Lord Jesus Christ. [24] He who calls you is faithful, who also will do it.

Through Jesus, healing is already provided for us, but it must be activated by our faith and our belief to reach our body. I heard it described as electricity being already in our homes, but we need to plug into the socket to receive it. Without plugging in, we will not activate the electricity that is readily available for us. But we need both prongs in the plug to activate it. One prong is faith (which resides in our spirit,) the other prong is our belief (which resides in our soul), then when activated our bodies respond with the healing provided.

Luke 8 [43] Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, [44] came from behind and touched the border of His garment, and immediately her flow of blood stopped.

- *She plugged into the electricity available to her!*

[45] And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?' " [46] But Jesus said, "Somebody touched Me, for I perceived power going out from Me."

- *Jesus was there for her, but did not necessarily authorize the power flow, but her faith and belief plugged into it!*

[47] Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately.

[48] And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace."

- *Jesus accredited that it was her faith that made her well!*

Praying in the Spirit

Ephesians 6 [18] praying always with all prayer and supplication in the Spirit

- *Here we are told to pray in the Spirit, which could mean to pray in tongues.*

1 Corinthians 14 [2] **For he who speaks in a tongue** does not speak to men **but to God**, for no one understands him; however, in the spirit he speaks mysteries.... [4] He who speaks in a tongue **edifies himself**....

- *Speaking in tongues is perfect when we don't know what to pray. Here we allow the Spirit to pray for us. And when we are in a spiritual battle, how much more do we need His wisdom.*

- *Another perk from praying in tongues is that we will be edified by the Spirit! When we are in a spiritual battle, how much more do we need this edification!*

- *When we need wisdom and revelation from God, allowing the Spirit to pray through us can lead to breakthroughs in the spirit realm. And through it, we can find much needed rest!*

Isaiah 28:11 For with stammering lips and another tongue He will speak to this people to whom He said, "This is the rest *with which* you may cause the weary to rest." And "This is the refreshing." Yet they would not hear.

- *There is much more I could say on this topic, but I wanted to briefly mention it because I believe it is important, especially when we are in a spiritual battle.*

Enter His Rest

Hebrews 4 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. [2] For indeed the gospel was preached to us as well as to them; but the word which they heard **did not profit them**, **not being mixed with faith** in those who heard *it*. [3] **For we who have believed do enter that rest...**

Believing God's Word causes us to enter into His rest and allows us to receive all of His promises.

Hebrews 4:10 For he who has entered his rest has himself also ceased from his works as God did from His. 11 Let us therefore be diligent to enter that rest, lest anyone fall short according to the same example of disobedience.

Once we realize, it is done, the work is finished at the cross, we can rest and rejoice! In today's world of overstimulation of massive amounts of information and misinformation, it's imperative that we are "diligent to enter His rest." Daniel Amstutz from Charis Bible College has a message titled "Rest is My Weapon." He states that God showed him that if you don't labor to enter His rest, you'll labor for all the rest. I am often reminding myself Jesus words:

Matthew 11:28 "Come to Me all you who labor and are heavy laden and I will give you rest. Take my yoke upon you and learn from Me for I am gentle and lowly in heart and you will find rest for your souls. For My yoke is easy and My burden is light."

If I am fretting about my symptoms or worrying what supplements or medications I should be taking, then my mind is not stayed on Him. I am continually reminding myself to rebuke any negative expectation and take every thought captive and bring it to the obedience of Christ, for there will be my peace and rest!

Isaiah 26:3 Thou wilt keep *him* in perfect peace, whose mind *is* stayed *on thee:* because he trusteth in thee. [4] Trust ye in the Lord forever: for in the Lord *is* everlasting strength...

Dear Lord, thank You for Your peace that transcends understanding amidst this trial and for the abundant life You have promised us! Search me, oh Lord, and create in me a pure heart, one steadfast on You. Help me to not think carnally and not to trust only what is visible. Your Kingdom is real and Your Kingdom has come, and Your promises are sure whether I can physically see them or not. I trust Your Word, I trust in Jesus. By Your precious blood, I am a part of Your glorious Kingdom! Thank You that by Your blood, I am made clean, I am made whole and I am healed! In the powerful Name of Jesus!

7. Count it All Joy!

James 1 [2] My brethren, count it **all joy** when you fall into **various trials**, [3] knowing that **the testing of your faith produces patience**. [4] But let patience have *its* perfect work, **that you may be perfect and complete**, lacking nothing.

Various trials will come and we should count them all as joy! Jesus warned us that in this world, we will have trouble or tribulation. (John 16:33) But He also assured us that He has overcome the world, and that in Him, we too are more than conquerors! With these trials, we will become perfect and complete. Therefore, we rejoice in our trials!

2 Corinthians 4 [17] For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory…

- *These trials we face are noted in scripture as "light affliction" and lasting only for a moment, but are achieving for us an "eternal weight of glory!"*

- *This is why we can "*rejoice always" and "count it all joy" *despite our current trials*.

1 Peter 1 [3] Blessed *be* the God and Father of our Lord Jesus Christ, **who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead,** [4] to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, [5] who are kept by the power of God through faith for salvation ready to be revealed in the last time.

[6] In this you greatly rejoice, **though now for a little while, if need be, you have been grieved by various trials, [7] that the genuineness of your faith, *being* much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ,** [8] whom having not seen, you love. Though now you do not see *Him,* yet believing, **you rejoice with joy** inexpressible and full of glory, [9] receiving the end of your faith—the salvation of *your* souls.

This last scripture 1 Peter speaks of being grieved by various trials, but they all have a purpose in God's economy.

Romans 8 [28] And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.

The Lesson from the Book of Job

Satan petitioned God and asked for permission to attack Job. Here we see it was Satan who brought suffering and disease unto Job, but it was allowed by God. Subsequently, Job suffered much loss and disease for a period of time. He also had to suffer through the unwise counsel of friends. He had to wait on the Lord for revelation and healing. God provided both! First, he had to pray for his friends, then the Lord fully healed and restored him. (Job 42)

Once again, I will mention **John 10** (where Jesus said) [10] 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.**

- *Christ offers us abundant life. We must not accept the attacks of the enemy, and we must take each thought and symptom captive and bring them to the obedience of Christ.*

1 Corinthians 10 [3] For though we walk in the flesh, we do not war according to the flesh. [4] For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, [5] 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, [6] and being ready to punish all disobedience when your obedience is fulfilled.

As this scripture states, "we do not war according to the flesh." "The weapons of our warfare are not carnal… !" When we have an unbelieving thought or symptom that grabs our attention, we take that thought captive, and we can speak to it! "Symptom, you do not belong to me! I live under a higher law! You are defeated by the victory in Jesus! In the mighty Name of Jesus, symptom, be removed from me!" The sickness and symptoms are an afront to the knowledge of God and the payment Jesus made for our lives. They must submit to the obedience of Christ. Continue to speak LIFE and scripture over your body, until it obeys!

James 1 [5] **If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him**. [6] **But let him ask in faith**, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. [7] For let not that man suppose that he will receive anything from the Lord; [8] *he is* a double-minded man, unstable in all his ways.

As the scripture points out above, if you need more wisdom, just ask. He will give us more than we can ask or think or imagine!

Ephesians 3:20 [20] Now to Him who is **able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,** [21] to Him *be* glory in the church by Christ Jesus to all generations, forever and ever. Amen

He is willing and able! He can and will do abundantly more than we can ask or think! And the power is in us! We have resurrection power in us because of Jesus, our hope of glory! And it's to all generations, that includes us!!

Romans 8 [11] But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies **through His Spirit who dwells in you.**

- *We are temples of the Holy Spirit, and Christ gives life to our mortal body, not sickness and disease!*

Thank You, Father that we can count it all joy when we face trials, for the joy of the Lord is our strength to defeat all the tactics of the enemy! We already have the victory in Jesus. Our battle is now from the position of victory! Sickness, disease and symptoms have no power over us when our mind is stayed on You, our good and awesome Father. Thank you, for Your peace that transcends all understanding in this present world. In You, we can be both strong and courageous because we know that You are with us and will never leave nor forsake us. We love you, in the beautiful Name of Jesus!

8. Jesus Gave Us Authority!

Do we fully understand who we are in Christ?

Luke 10 [17] Then **the seventy** returned with joy, saying, "Lord, even the demons are subject to us in Your name." [18] And He said to them, "I saw Satan fall like lightning from heaven. [19] **Behold, I give you the authority** to trample on serpents and scorpions, and over all the power of the enemy, and **nothing shall by any means hurt you**.

- *He sent them out and didn't tell them to pray for the sick, He told them to "heal the sick...."*

- *This authority was not just given to the apostles, it was given to the seventy, and then all who believe!*

Mark 16 [17] And these signs will follow **those who believe**: In My name they will cast out demons; they will speak with new tongues; [18] they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."

In Jesus Name, "those who believe" will have authority over demons, over sickness, over serpents, and over poisons. All the schemes and tactics of the enemy will have no power over those who believe!

Matthew 16 [16] Simon Peter answered and said, "You are the Christ, the Son of the living God." [18] And I also say to you that you are Peter, and on this rock I will build My church, and the gates of Hades shall not prevail against it. [19] And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

On the fact that Peter believed that Jesus was the Christ, the Son of the living God, on this Truth, this Rock, Jesus will build His church. The enemy cannot stand against this Rock, who is Jesus! Therefore, when believers, in Jesus Name, bind the enemy along with binding the demons, sickness and serpents, they will be bound and their schemes and tactics will fail. Even Psalm 91 said that we will "tread upon the lion and the cobra, and the young lion and serpent, you shall trample under foot." *The spiritual realm, or heavenly realm is more real than the physical realm, or earthly realm. Again, we must walk by faith and not by sight.*

My prayer is often, "In Jesus Name, I bind and curse any cancer cells, parasites, viruses and bacteria and cast them out of my body. You will die and be removed from my body" And I speak life and healing over my body: "In Jesus mighty Name, body, you are fearfully and wonderfully made. Cells and organs, be restored to perfect health, the way you are created to function. Thank you, Jesus, that by Your stripes, I am healed! I will live to sing the praises and greatness of my King in the land of the living!"

Even if the symptoms don't immediately disappear in the physical realm, I know my prayer was heard in the spirit realm. There are many testimonies of healing taking place once these truths take route in our soul. But sometimes the evidence isn't seen for several months. In that time, it's so important to rejoice in what God has done for us and to continue to speak life over our bodies!

My friend Mike blessed and encouraged me by sharing His testimony with me once I learned of my diagnosis. Here is an example of a believer pressing in and speaking God's Words over himself until he saw complete healing. This is his text to me verbatim a few months ago:

"After I did chemo in 2000, I was CERTAIN I would never do that again if the cancer came back. Doc said I had about 2.5 years and it would return. I went 9 years. Stage 4 again. Doc insisted I take chemo again. I walked out with him still protesting. Instead, I ate sensible greens and light proteins, eliminated sugar and milk

products. Confessed the healing scriptures in the little white book. All tumors disappeared in 8 months.

Went another 13 years, cancer returned, terrible pain. Exam Doc said it was extensive, mostly in the right side of my body. I refused referral to oncologist. He had an incredulous look. "Can I ask why you would refuse something that would save your life?" I said, "it's only cancer, I can overcome that easier than the oncologist can." I explained I had done it before and would do it again. The doc looked at my son Josh who had rushed me to the ER. Josh was laughing under his breath. This was a showdown, and his dad was the confident player. I had to sign the AMA sheet and was released with strong pain meds. I didn't take them. They're still in my cabinet. I couldn't lie prone because of the pain. So, I sat up in the rocking chair to sleep. Actually, just dozing on and off. Quoting healing scriptures every night. Getting prayer, anointed w oil, etc. Getting loud! Getting mean! Telling the devil he was on his way to the lake of fire!

After about 10 days a brother recommended a colonics clinic. The therapist there gave me the cleanse. THEN he introduced me to Fenbendazole. Showed me how to take it. So, this time I recovered full strength after about 10-12 weeks. No more pain or symptoms. That's been 4 years ago. I did this twice, MaryBeth, you can do it without poison chemicals or horrible zapping of your body. Faith is gritting your teeth and refusing to succumb to devil-brought disease! Meditate on that for a spell. SEE yourself doing that.....Do you have the little white book?"

Mike also shared with me that as he persevered in reading the scriptures aloud, he heard the Lord say to him, "What you are saying is what you will get." Another confirmation that although we aren't seeing immediate results, we still need to press in and stand on God's Word until our faith becomes sight.

I'm so grateful for Mike sharing his testimony to me, as I often pull up his text to me on my phone and re-read it to encourage me that all of God's promises are real and true to those who choose to believe and stand on them!

In addition, there are many testimonies of people standing on God's Word for healing shared on @CharisCollege YouTube channel. Sometimes the healing is immediate and sometimes it takes many months. But as they stood on God's Word, they saw the blessing of His healing. These testimonies have encouraged and strengthened my faith during this season of my life.

The little white booklet Mike that spoke of is called "Do This Everyday" and is from Joshua Ben King Ministires. It has many healing scriptures to help lead you in prayer and speaking LIFE and healing over yourself in the Name of Jesus.

When we don't see results right away, remember the fig tree:

Mark 11 [12] Now the next day, when they had come out from Bethany, He was hungry. [13] And seeing from afar a fig tree having leaves, He went to see if perhaps He would find something on it. When He came to it, He found nothing but leaves, for it was not the season for figs. [14] In response Jesus said to it, "Let no one eat fruit from you ever again." ...

[20] Now in the morning, as they passed by, they saw the fig tree dried up from the roots. [21] And Peter, remembering, said to Him, "Rabbi, look! The fig tree which You cursed has withered away."

- *Even though they didn't see any evidence immediately, the fig tree withered by the next day.*

- *Jesus goes on to explain to them the principle behind His speaking to the fig tree.*

[22] So Jesus answered and said to them, "Have faith in God. [23] For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. [24] Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

- *So, when we pray, we must believe we receive them, even if we don't see immediate results and we will have them!*

If we need more wisdom and spiritual understanding, we are told to just ask. James tells us that God will give to all liberally without reproach!

James 1 [5] If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

Our Good Father gives good things to those who seek Him!

1 Corinthians 12 [4] There are diversities of gifts, but the same Spirit. [5] There are differences of ministries, but the same Lord. [6] And there are diversities of activities, but it is the same God who works all in all. [7] But the manifestation of the Spirit is given to each one for the profit of all: [8] for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit**, [9] to another faith by the same Spirit, to another gifts of healings by the same Spirit, [10] to another the working of miracles,** to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. [11] But one and the same Spirit works all these things, distributing to each one individually as He wills.

Gifts of healing and gifts of miracles are two different things. A miracle is instantaneous. Healing may be gradual. Christ's promise is that "they shall recover."

James 5 [13] Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. [14] Is anyone among you sick? 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 will save the sick, and the Lord will raise him up.** And if he has committed sins, he will be forgiven. [16] Confess *your* trespasses to one another, and **pray for one another**, **that you may be healed**. The effective, fervent prayer of a righteous man avails much.

- *Again, the scripture is not telling us we need a revelation from the Spirit to pray for healing. Healing is one of the promised blessings for all who will believe!*

"Faith for God's promised blessings is the result of knowing and acting upon God's Word. The right mental attitude, or the "renewed mind" makes steadfast faith possible to all." FF Bosworth pg. 148

"They Know His Voice"

The Lord knows all who belong to Him, He calls them by name and they hear His voice! Oh, how we need to be listening for that still small voice. He is speaking, are we listening?

John 10 [2] But he who enters by the door is the shepherd of the sheep. [3] To him the doorkeeper opens, **and the sheep hear his voice; and he calls his own sheep by name and leads them out**. [4] And when he brings out his own sheep, **he goes before them; and the sheep follow Him, for they know His voice**. [5] Yet they will by no means follow a stranger, but will flee from him, for they do not know the voice of strangers." ...

- *This scripture is painting a picture of an ongoing relationship, not a one-time salvation call, as He leads His sheep and they follow Him, "for they know His voice!"*

Matthew 4:4 But He answered and said, "It is written, 'Man shall not live by bread alone, but by every **word that proceeds from the mouth of God.**' "

- *The word, "word" in this scripture translates to the Greek word "rhema" which is defined in the Blue Letter Bible as that which is or has been uttered by the living voice, thing spoken and as speech, discourse... And notice the scripture points to the word spoken from the "mouth of God." I believe God continues to speak to us if we are listening.*

But be warned, if you do not heed the Lord's voice…

Proverbs 1 Surely, I will pour out my spirit on you; **I will make my words known to you.** [24] Because I have called and you refused, I have stretched out my hand and no one regarded, [25] Because you disdained all my counsel, And would have none of my rebuke, [26] I also will laugh at your calamity; I will mock when your terror comes, [27] When your terror comes like a storm, And your destruction comes like a whirlwind, When distress and anguish come upon you. [28] "Then they will call on me, but I will not answer; They will seek me diligently, but they will not find me. [29] Because they hated knowledge and did not choose the fear of the LORD, [30] They would have none of my counsel an*d* despised my every rebuke. [1] Therefore they shall eat the fruit of their own way, And be filled to the full with their own fancies.

Those who wait on the Lord have these precious promises:

Proverbs 3:5 Trust in the LORD with all your heart and lean not on your own understanding; [6] In all your ways acknowledge Him, **and He shall direct your paths.** [7] Do not be wise in your own eyes; Fear the LORD and depart from evil. [8] **It will be health to your flesh (body) and strength to your bones.**

I've had well-meaning Christian leaders question and challenge me if I have really heard the voice of the Lord, especially when it came to my decision in receiving alternative treatment for my diagnosis. My answer is a definitive yes. His voice is not audible, but very clear in my spirit. Psalm 23… He leads me beside still waters, He leads in paths of righteousness for His Name's sake… *He leads me, oh blessed thought! And I was also reminded of this verse in response to those who would challenge me:*

Jeremiah 9 [23] Thus says the Lord: "Let not the wise man glory in his wisdom, Let not the mighty man glory in his might, nor let the rich man glory in his riches; [24] **But let him who glories glory in this, that he understands and knows Me,** That I am the Lord, exercising lovingkindness, judgment, and righteousness in the earth. For in these I delight," says the Lord.

Dear Lord, thank You once again for Your precious promises. As we seek You, You will lead us to all Truth and guide us in paths of righteousness, for Your Name's sake! When we trust in You and not our own understanding, You promise that it is health to our flesh and strength to our bones! Help us to hear from You and sort through the lies of our culture that have taught us to trust in ourselves and our own wisdom. We realize the folly of the world's wisdom and know our need to be changed and for our minds to be renewed. Have mercy on us! We want to walk in the good works that You have prepared for us and bring glory to Your Name. We need You, we love You, we thank you and we trust in Your precious Name, Jesus!

9. Why has sickness happened?

Most who have studied scriptures for any period of time recognize that sin and the fall of Adam was what separated us from God and brought us into our present state of experiencing sickness and death (Genesis 3). The Good News is that through Jesus we can overcome both sin and sickness (1 Peter 2:24.) Through Jesus, we can have an abundant life and die from old age after a full life (John 10:10.) The following reading is from the apocryphal book of Jubilees and gives another perspective on sickness and the schemes of the enemy.

Jubilees 10

1. And in the third week of this jubilee the unclean demons began to lead astray the children of the sons of Noah, and to make to err and destroy them.
2. And the sons of Noah came to Noah their father, and they told him concerning **the demons which were leading astray and blinding and slaying his sons' sons.**
3. And he prayed before the Lord his God, and said: 'God of the spirits of all flesh, who hast shown mercy unto me and hast saved me and my sons from the waters of the flood, and hast not caused me to perish as Thou didst the sons of perdition; For Thy grace has been great towards me, And great has been Thy mercy to my soul; Let Thy grace be lift up upon my sons, And let not wicked spirits rule over them lest they should destroy them from the earth.
4. But do Thou bless me and my sons, that we may increase and Multiply and replenish the earth.
5. And Thou knowest how Thy Watchers, the fathers of these spirits, acted in my day: and as for these spirits which are

living, imprison them and hold them fast in the place of condemnation, and let them not bring destruction on the sons of thy servant, my God; **for these are malignant, and created in order to destroy.**

6. And let them not rule over the spirits of the living; for Thou alone canst exercise dominion over them. And let them not have power over the sons of the righteous from henceforth and for evermore.'
7. And the Lord our God bade us to bind all.
8. And **the chief of the spirits**, Mastêmâ, came and said: **'Lord, Creator, let some of them remain before me, and let them harken to my voice, and do all that I shall say unto them; for if some of them are not left to me, I shall not be able to execute the power of my will on the sons of men; for these are for corruption and leading astray before my judgment**, for great is the wickedness of the sons of men.'
9. And He said: Let the tenth part of them remain before him and let nine parts descend into the place of condemnation.'
10. And one of us He commanded that we should teach Noah all their medicines; for He knew that they would not walk in uprightness, nor strive in righteousness.
11. And we did according to all His words: **all the malignant evil ones** we bound in the place of condemnation **and a tenth part of them we left that they might be subject before Satan on the earth.**
12. And we explained to Noah all the medicines of their diseases, together with their seductions, **how he might heal them with herbs of the earth.**
13. And Noah wrote down all things in a book as we instructed him concerning every kind of medicine. Thus, the evil spirits were precluded from (hurting) the sons of Noah.
14. And he gave all that he had written to Shem, his eldest son; for he loved him exceedingly above all his sons.

This reading gives us another peak into the schemes of the enemy, and how the enemy was given a means to test us, lead astray and destroy through "malignant spirits." Interesting choice of adjective, and it paints a picture of Satan inflicting God's people

with sickness and disease in order to test them and lead them astray! This line of thinking is confirmed because God gave Noah the herbs of the earth for healing. Herbs being used for our healing is also confirmed in this scripture:

Psalm 104 [14] He causeth the grass to grow for the cattle, and **herb for the service of man…**

John 10 (Jesus said) [10] 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.

The thief, who is the devil, comes and attacks us, often with sickness and disease. He is the author of sickness and disease in our lives. This can steal from us and can kill us as well if we do not understand what God has already provided for us.

Hosea 4:6 "My people perish for lack of knowledge…"

This is saying, "My people!" These are believers who don't understand all God has provided… they have a lack of knowledge and they perish! I do not believe this means they are not saved. It just means they may die earlier than God's best for them. If you don't know that healing is for today, you won't know how to pray for it and receive it. But the abundant life is available to all who believe!

2 Peter 1 [3] as His divine power has given to us **all things** that *pertain* to **life** and godliness, **through the knowledge** of Him who called us by glory and virtue…

God has given us everything we need! And as we seek Him, He continues to reveal to us the knowledge of Himself. In addition, God has not given us a spirit of fear!

1st Timothy 1 [7] For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Resist the Devil

James 4 "Therefore submit to God. Resist the devil and he will flee from you.

Resist means to "actively fight against." Andrew Wommack says in his book, ***God Wants You Well****, "If you don't believe that Jesus purchased healing as a part of His atonement, then you won't resist infirmity and disease...." "If you aren't persuaded in your heart that God wants you well, you might ask for deliverance, but you won't actively fight against sickness or stand in faith for healing." Pg 24.*

"Without exception, all the people I've studied who've had the healing power of God manifest in their lives and ministry on a regular basis have had this same foundation of belief.... Every single one of them has believed that healing is part of the atonement of the Lord Jesus Christ. They believe it's always God's will to heal just the same as it's always God's will to save. Unless you get that attitude, Satan will always be able to make you passive. Remember you have to resist - actively fight against - the devil before he'll flee from you...." Pg 37. " God's will is to heal you just as much as it is to forgive you. He wants you to resist sickness and disease just as much as He wants you to resist sin." Pg 39

Amen! I love Andrew Wommack's teachings, they have been a blessing to me in this season of my life!

Making Accommodation for Illness

Along my journey, many have suggested that I should stop working and go on disability so that I could focus more on healing and get much needed rest for my body. While I love this suggestion, and love the heart behind this suggestion, I knew in my spirit I could not do this. I would be making accommodation for my illness and not actively resisting sickness. This is not possible for everyone, so this statement is purely for myself and my situation, as I know for some, they physically had to stop.

But for others and myself included, I think that if allowed, we could get comfortable and accept the illness. It would give us certain perks: more compassion, more help from friends, family and government, more free time etc. In a way, these could be considered good things. If we were to be healed, it is back to life as usual and having to work and provide for ourselves (although we know the Lord is our provider.) So, as much as it is in my power, I will not accept it or make accommodation for this illness. I will resist this sickness and push through pain to complete a day of work. It has no right to be in my body; I reject it and will continue to speak life and healing over my body until my faith becomes my sight.

Dear Father, thank you that You have not given us s spirit of fear, but of power, love and a sound mind! We will not live in fear despite our circumstances, because with You, we can rise above all our circumstances, resist the devil and live an abundant life, for the joy of the Lord is our strength! Thank You that You have given us everything we need for a full life of godliness, by your mercy and grace! Help us to love the people around us even if they don't agree with us. Help us to rise above our circumstances and be the overcomer that You have called for us to become. By Your mercy and grace, in Your power and strength, and for Your glory! In the Mighty Name of Jesus!

10. Put on the armor of God!

Ephesians 6 [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 you may be able to stand against the wiles of the devil. [12] For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*. [13] Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

[14] Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, [15] and having shod your feet with the preparation of the gospel of peace; [16] above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. [17] And take the helmet of salvation, and the sword of the Spirit, which is the word of God; [18] praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints...

- *May we put on our spiritual amour every day!*

Pressing Toward the Goal

Philippians 3 [12] Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. [13] Brethren, I do not count myself to have apprehended; but one thing *I do,* forgetting those things which are behind and reaching forward to those things which are ahead, [14] I press toward the goal for the prize of the upward call of God in Christ Jesus.

- *God's plans and purposes for us are perfect! May we forget what is behind and fulfill our God ordained destiny in His strength and by His mercy and grace!*

Guard your heart & mind

Philippians 4 [4] Rejoice in the Lord always. Again, I will say, rejoice!
[5] Let your gentleness be known to all men. The Lord *is* at hand. [6] Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; [7] and the **peace of God**, which surpasses all understanding, will **guard your hearts and minds** through Christ Jesus.

- *May the peace of God reign in our hearts. Without His peace, we are subject to the fears and anxieties of this world. But when we sense the presence of His peace, we enter His rest and can receive all His wonderful promises!*

[8] Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. [9] The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

- *May we take every thought captive and bring it to the obedience in Christ (1 Cor 10:5) For as a man thinketh in his heart, so is he. (Proverbs 23:7)*

1 Thessalonians 5 [16] Rejoice always, [17] pray without ceasing, [18] in everything give thanks; for this is the will of God in Christ Jesus for you.

- *Have you ever heard people ask, what is God's will for me? This above scripture is the answer, especially when we are facing a trial!*

- *Before the miracle of the loaves and fishes, Jesus gave thanks and then distributed the bread. He didn't beg God or double check the amount available. He just gave thanks! May this too be our daily attitude!*

John 6 Jesus took the loaves and when he had given thanks, He distributed them to the disciples, and the disciples to those sitting down and likewise of the fish as much as they wanted.

"Only Believe!"

The words that were spoken by Jesus to Jairus, a synagogue ruler who begged Jesus to heal his daughter. These 2 words "only believe" keep being repeated in my mind and have given me much peace!

Mark 5 [35] While He was still speaking, some came from the ruler of the synagogue's house who said, "Your daughter is dead. Why trouble the Teacher any further?" [36] As soon as Jesus heard the word that was spoken, He said to the ruler of the synagogue, "Do not be afraid; only believe." *Jesus went on to raise this little girl.*

I had been struggling with the schedule of many supplements I was taking, and I was asking the Lord, "If by Your stripes I am healed, why do I have to take all of these?" And I was also considering the verse where Jesus says, "My yoke is easy and my burden is light."

As I was contemplating these things, a doctor who was a friend called me one morning and began warning me that I shouldn't be drinking coffee and that I need to be taking A, B & C in addition to what I was already taking. Instantly, as I was sitting there listening to her with a cup of coffee in hand, fear began to attempt to take hold of me. These words "only believe" kept resounding in my spirit along with "Be still and know that I am God."

That same morning, I picked up my Bible. Since I read through the bible chronologically, that day's reading was ***Mark 7****. Included in that passage was a Word the Lord had for me: "* Do you not perceive that whatever enters a man from the outside cannot

defile him, because it does not enter his heart but his stomach and is eliminated thus purifying all foods." *Wow, thank You Jesus! He is so wonderful and always right on time! His yoke truly is easy and His burden is light! Only believe!*

In John 5, Jesus finds the man who had given up hope of entering the pool at Bethesda and healed him. You might ask, why didn't Jesus heal everyone who were waiting to get into the pool? Mike Hoesch from Healing Journeys Today speculated that everyone else still had hope of getting in the pool for healing. This man had given up such hope as he had sat there for 38 years. And it was to this man that the Spirit of the Lord had sent Jesus.

Christ the Healer by F. F. Bosworth

"Instead of listening to the father of lies, make him listen to your praising God for His promises!" "Let everything that has breath praise the Lord!" ... "Let not your hearts be troubled"…. "Casting all your care upon Him, for He care for you"…. "In everything give thanks, for this is the will of God concerning you." " Whosoever offereth praise glorifies me." "Paul and Silas sang praises at midnight with their backs bleeding and their feet in the stocks, and God ... set them free…. Pg 111-112

Since it is "by his stripes we are healed," let us not forget what our healing cost with gratitude and love, and consecrated service to God, let us stand on His promise and "blow the ram's horn" of faith and thanksgiving until the walls of our affliction shall fall down flat. Faith does not wait for the walls to fall down; faith shouts them down!" Pg 115 Amen!

Pray, ponder and read aloud Psalm 91 daily!

Psalm 91 He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. **2** I will say of the Lord, "He is my refuge and my fortress; my God, in Him I will trust."

- *When moment by moment we spend time with God and we realize that He is our refuge and our fortress, we are abiding under His wonderful shadow!*

[3] Surely, He shall deliver you from the snare of the fowler and from the perilous pestilence.

- *This is a promise!*

[4] He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

- *A buckler is a form of defense. Pondering and speaking aloud His Truth will defeat the lies of the enemy and send the enemy packing! As people would question my choice of treatment, I share God's Word and His promises. He is my buckler, my defender and my healer!*

[5] You shall not be afraid of the terror by night, nor of the arrow that flies by day, [6] nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday.

- *No matter what is happening around us, we will have no fear when we trust and are grounded in His precious promises!*

[7] A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you. [8] Only with your eyes shall you look and see the reward of the wicked.

[9] Because you have made the Lord, who is my refuge, even the Most High, your dwelling place, [10] no evil shall befall you, nor shall any plague come near your dwelling; [11] For He shall give His angels charge over you, to keep you in all your ways. [12] In their hands they shall bear you up, lest you dash your foot against a stone.

- *The spiritual realm is more real than the physical! His angels are surrounding us and protecting us at the will of the Father!*

[13] You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample underfoot.

- *He has given us authority over the enemy!*

[14] "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My Name.

- *The wonderful Name of Jesus!*

[15] He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. [16] With long life I will satisfy him and show him My salvation."

- *What wonderful promises! Continue to meditate on these truths and don't let the enemy steal from us any longer!*

Prayer for spiritual wisdom

In conclusion of this chapter, Paul will pray us out. And notice that Paul is asking that our eyes might be enlightened to know what the Lord has already accomplished for us!

Ephesians 1 [17] that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, [18] the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, [19] and what *is* the exceeding greatness of His power toward us who believe, according to the working of His mighty power [20] which He worked in Christ when He raised Him from the dead and seated *Him* at His right hand in the heavenly *places,* [21] far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. [22] And He put all *things* under His feet and gave Him *to be* head over all *things* to the church, [23] which is His body, the fullness of Him who fills all in all.

Amen, praise to our King!

11. Daily Medicine & Encouraging Scriptures

Today is September 6, 2026, four and a half months since I have been diagnosed. Yesterday, I believe these truths that I have been pondering have finally reached my soul. As I prayed, I began to sob tears of joy and praise God for His loving kindness towards me! My symptoms are still apparent, but I know my prayer was heard in the spirit realm. Beyond a shadow of a doubt , I am already healed by His stripes. I walk by faith and not sight. It is only a matter of time before it will be apparent to everyone else. All glory to the Most High!

As daily medicine, pray and speak any or all of these scriptures over yourself out loud! This is what I am doing and will continue to do. Included in my daily routine is speaking directly to any symptoms that might arise.

Please note, after some of the scriptures I place a prayer or a statement as I claim the promise for myself. This may seem a little repetitive, so feel free to make this your own. You can choose to only say the scriptures, or only say the prayers, whichever works for your edification. Personally, I like to have the scriptures noted next to the prayers for reference and to solidify the concept.

Start off with praise!

Psalm 100 Make a joyful shout to the Lord, all you lands!

- *Shout to the Lord, do not be silent, do it now!*

[2] Serve the Lord with gladness; Come before His presence with singing.

- ***Sing a song to Him!***

[3] Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.
[4] Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him and bless His name. [5] For the Lord is good; His mercy is everlasting, and His truth endures to all generations.

Lord Jesus, I thank You for dying on the cross for my sins and my sicknesses, and for rising from the dead. I am redeemed and covered by Your blood, and I am so thankful that I belong to You. I confess my sins (confess them) and my unknown sins. I repent and turn away from these sins. Thank You for forgiving me, and I also forgive myself. Thank You for cleansing me from all curses and sin by Your precious blood.

If you are battling any symptoms or disease, speak to it, get angry at it and say: "Symptom/disease, you do not belong to me! I belong to Jesus and am covered and redeemed by His blood. In the mighty Name of Jesus, I bind this disease/symptom along with any unclean or malignant spirits and cast them off of me!"

And speak life to your body, as **Psalm 139** *says:* We are fearfully and wonderfully made! *Body, in Jesus Name, be restored to function in perfect health, the way I was created to be! Cells and organs, in Jesus Name be healed and restored to perfect health to function efficiently, just as God intended. Thank you, Jesus, that by Your stripes, I am healed!"*

Isaiah 53 Surely, He has borne our sicknesses and carried our pains. Yet we esteemed Him stricken, smitten by God, and afflicted. But He *was* wounded for our transgressions, *He was* bruised for our iniquities; The chastisement for our peace *was* upon Him, And by His stripes we are healed. (*Thank You, Jesus!)*

Galatians 3 [13] Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed *is* everyone who hangs on a tree"), [14] that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.

- *Thank you, Jesus, for becoming the curse for me, that I could receive the blessing of Abraham by faith!*

Matt 8 "(Jesus) Himself took our infirmities and bore *our* sicknesses." (*Thank You, Jesus!)*

Hebrews 13 [8] Jesus Christ *is* the same yesterday, today, and forever. *(Praise His holy Name!)*

Exodus 15:26 ... I AM the LORD that healeth thee.... *(not was)*

Joel 3:10b Let the weak say, "I am strong!"

Nehemiah 8:10 Do not grieve, for the joy of the Lord is your strength!

Philippians 4 [13] I can do all things through Christ which strengtheneth me.

1 John 4 [4] You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

Revelation 12 11 And they overcame him by the blood of the Lamb and by the word of their testimony.

- *I am of God and will overcome the enemy by the blood of the Lamb and the word of my testimony! Thank you, Jesus, that I am redeemed and covered by Your blood. And I am an overcomer because Your Spirit lives in me and strengthens me. I am a temple of the Holy Spirit. Christ in me, my hope of glory!*

Colossians 1 ...Christ in you, the hope of glory.

1 Corinthians 6:19-20 Or do you not know that **your body is the temple of the Holy Spirit** who is in you whom you have from God and you are not your own? For you were bought at a price; therefore, glorify God in your body and in your spirit which are God's.

- *My body belongs to God, I am His property, I am His responsibility. I cannot add to His finished work. He has purchased me, redeemed me, cleansed me, healed me and made me whole. I receive Him by faith!*

1 John 5 [4] For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. [5] Who is he who overcomes the world, but he who believes that Jesus is the Son of God?

- *My faith is the victory, and my faith is not in myself, but it rests firmly in Jesus, my Rock, my Savior and Redeemer!*

Psalm 103 Bless the LORD, O my soul; And all that is within me, *bless* His holy name! [2] Bless the LORD, O my soul, And forget not all His benefits: [3] Who forgives all your iniquities, Who heals all your diseases, [4] Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, [5] Who satisfies your mouth with good *things, So that* your youth is renewed like the eagle's.

- *Thank you, Jesus, for forgiving me, healing me, redeeming me, crowning me, satisfying me and renewing me!*

Mark 9 [23] Jesus said unto him, If thou canst believe, all things are possible to him that believeth. *(I believe! Help my unbelief!)*

- *Thank You, Jesus, that all things are possible for me!*

Hebrews 12 [2] looking unto Jesus the author and finisher of *our* faith…

Philippians 1 [6] being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ…

- *Thank You, Jesus, that you are the author of my faith and You will finish the good work You started in me!*

Romans 8 [28] And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose. (*Thank you, Jesus!)*

Romans 8 [31] What then shall we say to these things? If God *is* for us, who *can be* against us? [32] He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? [33] Who shall bring a charge against God's elect? *It is* God who justifies. [34] Who *is* he who condemns? *It is* Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. [35] Who shall separate us from the love of Christ? *Shall* tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? [36] As it is written: "For Your sake we are killed all day long; We are accounted as sheep for the slaughter."

[37] Yet in all these things we are more than conquerors through Him who loved us. [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 created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

- *I am not the conquered, I am more than a conqueror through Him who loves me! And I am victorious in Christ!*

Psalm 118:17 I shall not die but live and declare the works of the Lord!

Phil 4 [19] And my God shall supply all your need according to His riches in glory by Christ Jesus.

- *Thank You, God, for supplying ALL my needs!*

2 Corinthians 1:20 For all the promises of God in Him are yes, and in Him Amen, to the glory of God through us.

2 Peter 1 [3] ... His divine power has given to us all things that *pertain* to life and godliness, through the knowledge of Him who called us by glory and virtue...

- *Thank You, Lord, for calling me, equipping and anointing me to accomplish all that You have called me to do!*

Colossians 2:6-10 As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving. Beware, lest anyone cheat you through philosophy and empty deceit, according to the traditions of men according to the basic principles of the world, and not according to Christ, for in Him dwells all the fullness of the godhead bodily; and you are complete in Him, who is the head of all principality and power.

- *Thank You, Lord Jesus, that I am complete in You! You are the head of all principality and power! May I not be deceived into believing the lies of this world, but be rooted, established and built up in the faith and walking with You!*

Isaiah 54 14 In righteousness you shall be established; You shall be far from oppression, for you shall not fear; And from terror, for it shall not come near you. 17 No weapon formed against you shall prosper, And every tongue *which* rises against you in judgment you shall condemn. This *is* the heritage of the servants of the LORD, And their righteousness *is* from Me," Says the LORD**.**

- *Thank you, Jesus that no weapon, no attack from the enemy, no sickness or disease that is formed against me shall prosper! In Jesus Name, I break any assignment of the enemy placed against me, any witchcraft, sorcery, incantation, curse, spell or hex in Jesus Name is broken and will not prosper, because I belong to Jesus and His righteousness is in me.*

- *I break and render useless all prayers not inspired by the Holy Spirit that have been placed against me*.

Psalm 86 For to You, O Lord, I lift up my soul. [5] For You, Lord, *are* good, and ready to forgive, and abundant in mercy to all those who call upon You.

- *Thank You for Your goodness, mercy and forgiveness!*

Ephesians 2 [8] For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, [9] not of works, lest anyone should boast.

- *Thank You for your gift of grace that saves and heals me!*

Psalm 46 *(paraphrased)* God, You are my refuge and my strength, a very present help in trouble, therefore I will not fear!

- *I will be still and know that You are God. It is finished, the work is done and I can rest!*

Psalm 34 [4] I sought the LORD, and He heard me, and delivered me from all my fears. [5] They looked to Him and were radiant, and their faces were not ashamed. [6] This poor man cried out, and the LORD heard *him, a*nd saved him out of all his troubles.

[7] The angel of the LORD encamps all around those who fear Him and delivers them. [8] Oh, taste and see that the LORD *is* good; Blessed *is* the man *who* trusts in Him! [9] Oh, fear the LORD, you His saints! *There is* no want to those who fear Him.

[10] The young lions lack and suffer hunger; but those who seek the LORD shall not lack any good *thing*. [11] Come, you children, listen to me; I will teach you the fear of the LORD.

[12] Who *is* the man *who* desires life, and loves *many* days, that he may see good? [13] Keep your tongue from evil, and your lips from speaking deceit. [14] Depart from evil and do good; Seek peace and pursue it. [15] The eyes of the LORD *are* on the righteous, and His ears *are open* to their cry.

16 The face of the LORD *is* against those who do evil, to cut off the
remembrance of them from the earth. 17 *The righteous* cry out,
and the LORD hears, and delivers them out of all their troubles.
18 The LORD *is* near to those who have a broken heart and saves
such as have a contrite spirit. 19 Many *are* the afflictions of the
righteous, but the LORD delivers him out of them all. 20 He guards
all his bones; not one of them is broken.

21 Evil shall slay the wicked, and those who hate the righteous shall
be condemned. The LORD redeems the soul of His servants, and
none of those who trust in Him shall be condemned.

Psalm 25 To You, O LORD, I lift up my soul. 2 O my God, I trust in
You; let me not be ashamed; Let not my enemies *(or disease)*
triumph over me. 3 Indeed, let no one who waits on You be
ashamed;

Psalm 27 The LORD *is* my light and my salvation; Whom shall I
fear? The LORD *is* the strength of my life; Of whom shall I be afraid?
2 When the wicked *(sickness)* came against me to eat up my flesh,
my enemies and foes *(and sickness)* they stumbled and fell.
3 Though an army may encamp against me, my heart shall not fear;
though war may rise against me, in this I *will be* confident.

4 One *thing* I have desired of the LORD, that will I seek: That I
may dwell in the house of the LORD All the days of my life, to behold
the beauty of the LORD, and to inquire in His temple.

5 For in the time of trouble He shall hide me in His pavilion; in the
secret place of His tabernacle, He shall hide me; He shall set me
high upon a rock. 6 And now my head shall be lifted up above my
enemies all around me; Therefore, I will offer sacrifices of joy in His
tabernacle; I will sing, yes, I will sing praises to the LORD.

7 Hear, O LORD, *when* I cry with my voice! Have mercy also upon
me and answer me. 8 *When You said,* "Seek My face," my heart
said to You, "Your face, LORD, I will seek."

9 Do not hide Your face from me; Do not turn Your servant away in

anger; You have been my help; Do not leave me nor forsake me, o God of my salvation. **10** When my father and my mother forsake me, then the LORD will take care of me. **11** Teach me Your way, O LORD, and lead me in a smooth path, because of my enemies.

12 Do not deliver me to the will of my adversaries; for false witnesses have risen against me, and such as breathe out violence. 13 *I would have lost heart,* unless I had believed that I would see the goodness of the LORD in the land of the living. 14 Wait on the LORD; be of good courage, and He shall strengthen your heart; Wait, I say, on the LORD!

Psalm 23 The LORD *is* my shepherd; I shall not want. **2** He makes me lie down in green pastures; He leads me beside the still waters. **3** He restores my soul; He leads me in the paths of righteousness for His name's sake. **4** Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You *are* with me; Your rod and Your staff, they comfort me. **5** You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. **6** Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD Forever.

Psalm 91 He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. **2** I will say of the Lord, "He is my refuge and my fortress; my God, in Him I will trust."

3 Surely, He shall deliver you from the snare of the fowler and from the perilous pestilence. **4** He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

5 You shall not be afraid of the terror by night, nor of the arrow that flies by day, **6** nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. **7** A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you. **8** Only with your eyes shall you look and see the reward of the wicked.

[9] Because you have made the Lord, who is my refuge, even the
Most High, your dwelling place, [10] no evil shall befall you, nor shall
any plague come near your dwelling; [11] For He shall give His angels
charge over you, to keep you in all your ways. [12] In their hands they
shall bear you up, lest you dash your foot against a stone. [13] You
shall tread upon the lion and the cobra, the young lion and the
serpent you shall trample underfoot.

[14] "Because he has set his love upon Me, therefore I will deliver
him; I will set him on high, because he has known My name. [15] He
shall call upon Me, and I will answer him; I will be with him in
trouble; I will deliver him and honor him. [16] With long life I will
satisfy him and show him My salvation."

John 8:36 Therefore if the Son makes you free, you shall
be free indeed.

Praise to our wonderful King! Thank you, Jesus, that You have set me free! Thank You for all Your precious promises. I believe them, I receive them, I will walk by faith and not by sight. I will praise You, for You are worthy! Thank you, Jesus for the price You paid that my sins could be forgiven and my sickness healed! Thank you for coming to set the captives free. Thank You that it is finished, the work is complete! Thank you, Holy Spirit, for leading and guiding me to all truth! I will not fear for You are with me, and will never leave me, nor forsake me, in the wonderful Name of King Jesus!

With Thanks and Gratitude

Overwhelming gratitude to our glorious King Jesus, who rules and reigns forevermore, who through His authority, we can walk in freedom and healing, and we can help others to do the same!

Many thanks to my brother Stephen Yates for proof reading and giving his insights on this book prior to publication.

References and quotations were taken from these books:

- *Christ the Healer, F. F. Bosworth ©1924*
- *God's Will is Always Healing, Joshua Greeson © 2012, 2013*
- *God Wants You Well, Andrew Wommack © 2010*
- *Do This Everyday, Joshua Ben King Ministires, noted as "the little white book"*

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Additional references and quotations were taken from these YouTube channels. They have blessed, taught and encouraged me in this season of my life:

- *Mike Hoesch, @HealingJourneysToday*
- *Charis Bible College @CharisCollege*
- *Andrew Wommack Ministries @AndrewWommack-t7w.*
- *Barry Bennett, Charis Bible College*
- *Daniel Amstutz, Charis Bible College*

I strongly encourage anyone seeking more teaching, testimonies and encouragement to refer to these references and visit these channels.

Sing to the Lord for
He has done glorious things!

For more information on my ministry:
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Pondering the Promises of God