

Receive Healing!

Introduction

If you need healing, the good news is that healing and health are God's will for us, as we will see. For example, in the New Testament Jesus healed every single person who wanted to be healed, and He is the *same* yesterday and today and forever!

Healing Tends to Require Faith

The first thing to understand is that healing tends to come *by faith*. In this article you'll learn some ways of putting your faith into *action* to help you receive your healing.

But where does faith come from? Here is God's answer:

"faith comes from hearing the message, and the message is heard through *the word of Christ*." (Romans 10:17)

This says that faith comes from *hearing God's Word*. Therefore, every time you come across a Scripture passage in this article, read it out loud several times so that you are *hearing God's Word*. You see, faith is not an emotion, as many people think. Faith involves a *decision* and an *action* (for example, see my article called [How to Operate in the Supernatural of God](#)), so make the decision that you are going to act on faith by reading each passage out loud, pondering it, chewing on it, getting the meaning of it, letting it really sink in. God says that this is a way to develop faith.

Now, read the following passages out loud and see if you can spot the one common thing which helped these people receive their healing. When you come across *bold* words, ponder them carefully:

"Some men brought to him a paralytic, lying on a mat. When Jesus *saw their faith*, he said to the paralytic, ... "Get up, take your mat and go home." *And the man got up* and went home." (Matthew 9:2-7)

"By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name *and the faith* that comes through him that has given this complete healing to him, as you can all see." (Acts 3:16)

"In Lystra there sat a man crippled in his feet, who was lame from birth and had never walked. He listened to Paul as he was speaking. Paul looked directly at him, *saw that he had faith to be healed* and called out, "Stand up on your feet!" At that, *the man jumped up* and began to walk." (Acts 14:8-10)

"Then he touched their eyes and said, "*According to your faith* will it be done to you"; and their sight was restored" (Matthew 9:29-30)

""What do you want me to do for you?" Jesus asked him. The blind man said, "Rabbi, I want to see." "Go," said Jesus, "*your faith has healed you*." Immediately he received his sight and followed Jesus along the road." (Mark 10:51-52)

"Then he said to her, "Daughter, *your faith has healed you*."" (Luke 8:48)

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"Then he said to him, "Rise and go; *your faith has made you well.*" (Luke 17:19)

Notice that *their faith* was involved in receiving their healing!

Think of faith as being kind of like a pipeline. If that "pipeline" is clogged by your doubt and unbelief then it can hinder God's healing power from flowing into you. Your faith helps keep the pipeline open (so to speak). Your faith helps bring the healing to you, so it's important to know how to use your faith in order to open up that pipeline and receive the healing into your body. That's what this article will teach you.

Healing and Health Are God's Will

In order to have faith for your healing, it is important to get it settled in your heart that healing and health are always God's general will for us (sometimes a healing might happen instantly, but sometimes we will need to exercise patience before we see the healing). However, this doesn't mean that we will always receive the healing that we want, because there are things that can hinder our healing (as we will see). My point is simply that the New Testament never says that it is God's will for a person to remain sick or injured. The New Testament consistently shows that healing and health are God's will, not sickness or injury.

For example, notice that while Jesus was on the earth, God the Father was accomplishing His *will* through Jesus:

"Jesus answered: "Don't you know me, Philip, even after I have been among you such a long time? *Anyone who has seen me has seen the Father.* How can you say, 'Show us the Father'? Don't you believe that *I am in the Father, and that the Father is in me?* The words I say to you are not just my own. Rather, *it is the Father, living in me, who is doing his work.*" (John 14:9-10)

As you repeat this passage out loud several times, think about what it means. It means that everything we see Jesus doing in the Bible, *those things are God's will.* Our big question is whether or not healing and health are God's will for us, so let's look at how Jesus answered this question:

"*A man with leprosy* came and knelt before him and said, "*Lord, if you are willing, you can make me clean.*" Jesus reached out his hand and touched the man. "*I am willing,*" he said. "Be clean!" Immediately he was cured of his leprosy." (Matthew 8:2-3)

As you repeat this passage out loud, think about this: Was Jesus willing to heal back then? Yes! Therefore, it was *God's will* to heal people back then. But is Jesus still willing to give us healing today? Yes! Jesus Christ is the *same* yesterday and today and forever:

"Jesus Christ is the *same* yesterday and today and forever." (Hebrews 13:8)

As you repeat this passage out loud (building faith for your healing), let it sink in that *Jesus does not change.* He was the Healer back then, and He is still the Healer today. Jesus only does the will of God the Father, so healing and health are God's will for us. Sometimes a healing might happen instantly, and sometimes you will have to exercise patience until you see the healing, and sometimes you might not receive it at all for one reason or another (later we'll see some reasons why). But there is not a single statement, implication, description, or example in the New Testament which indicates that God might permanently withhold healing from you.

Remember that Jesus healed everyone who wanted healing, which shows that healing and health are God's will for *everyone.* There is not a single case in the Gospels where anyone who wanted divine healing did not receive it, there is not a single case where a person was told that his sickness was for the purpose of

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building character in him, there is not a single case where sickness was called a "blessing," there is not a single case where a sick person who wanted healing was left unhealed for any reason (this includes Lazarus, because Jesus resurrected him back to life and health), there is not a single case where God used a sickness to bring someone Home to heaven, there is not a single case where a person was told that it was not God's will for him to be healed, there is not a single case where Jesus said that sickness glorifies God (it is *healing* that glorifies God), there is not a single case where Jesus said that God had put sickness on someone to punish him or to chastise him, there is not a single case where Jesus told people to be patient in sickness, and so on (for proof of these statements, I invite you to see my articles called [Every Example of Healing in the New Testament](#) and [Answering Common Objections About Divine Healing](#)).

The point is that Jesus healed *everyone* who came to Him for healing, and He is the *same* yesterday and today and forever.

Let it sink into your heart, let it become *real* to you that healing and health are God's will. Get this settled in your heart so that you have faith for your healing!

Your Healing Has Already Been Paid For

In order to have faith for your healing, it is also important to get it settled in your heart that your healing has *already* been paid for. You don't have to earn it, it is a *free gift* from God to you! You simply have to *receive* it by properly using your faith.

Notice what the Old Testament prophet Isaiah said:

"Surely *our sicknesses he hath borne, And our pains -- he hath carried them*, And we -- we have esteemed him plagues, Smitten of God, and afflicted. And he is pierced for our transgressions, Bruised for our iniquities, The chastisement of our peace *is* on him, *And by his bruise there is healing to us*. ... *And he the sin of many hath borne*" (Isaiah 53:4-5, 12, Young's Literal Translation)

Repeat this passage several times, out loud. Speaking prophetically about Jesus, Isaiah said, "our *sicknesses he hath borne* [taken away]," and then Isaiah said, "he the *sin of many hath borne* [taken away]." Notice the similarity in these statements. Just as Jesus took away all of our sins, He also took away all of our sicknesses and infirmities. Jesus gives us salvation as a free gift by faith, and He also gives us healing as a free gift by faith! (For more on this, please see my article called [Answering Common Objections About Divine Healing](#)).

In the New Testament, the apostle Peter quoted from Isaiah's prophecy:

"He himself *bore our sins* in his body on the tree, so that we might die to sins and live for righteousness; *by his wounds you have been healed*." (1 Peter 2:24)

As you repeat this passage several times, hearing God's Word so that it builds faith in you, let it sink in that Jesus paid for our sins *and* He paid for our healing. Many sincere, well-meaning Christians believe that the above passage refers to "spiritual healing" (which they interpret as being salvation). However, I invite you to see my article called [Answering Common Objections About Divine Healing](#) for proof that 1 Peter 2:24 (above) refers to *physical* healing. Now notice the tenses of the verbs in 1 Peter 2:24 (above). They are in the *past tense*. The prophet Isaiah was looking ahead to what Jesus was going to do for us on the cross, and the apostle Peter was looking *back* to what Jesus has *already done* for us on the cross. It is done! Our sins are paid for, and our healing needs are paid for. Just as we need to receive salvation by faith, we also need to receive healing by faith.

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In the Old Testament, God gave the Israelites some great promises. However, He also warned them of the *curses* that they would bring on themselves through disobedience:

"However, if you do not obey the LORD your God and do not carefully follow all his commands and decrees I am giving you today, all these *curses* will come upon you and overtake you: ... If you do not carefully follow all the words of this *law*, which are written in this book, and do not revere this glorious and awesome name--the LORD your God--the LORD will send fearful plagues on you and your descendants, harsh and prolonged disasters, and *severe and lingering illnesses*. He will bring upon you *all the diseases* of Egypt that you dreaded, and they will cling to you. The LORD will also bring on you *every kind of sickness* and disaster not recorded in *this Book of the Law*, until you are destroyed." (Deuteronomy 28:15, 58-61)

Repeat this passage out loud and notice what it says. In this Book of the *Law*, God warned the Israelites of the *curses* which they might bring upon themselves, and these *curses* included every kind of illness, disease, and sickness. But when Jesus Christ died on the cross, He *redeemed* us from the curse of the law:

"*Christ redeemed us from the curse of the law* by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a tree."" (Galatians 3:13)

As you repeat this passage out loud several times, let it sink in that Jesus has completely *redeemed* you from the curse of every kind of illness, disease, and sickness! Your healing needs have *already* been bought and paid for, every one of them. But notice that even though your healing needs have been paid for, you don't *automatically* get healed. Jesus did His part in purchasing your healing, and now you have a part to play in receiving your healing. You have to *decide* whether to hang on to that sickness or whether to receive your healing by putting your faith into action (no matter how long it takes). Later I'll show you some ways of putting your faith into action.

Now let me give you several examples from the Bible to show you what I mean:

"Then [Jesus] said to the man, "*Stretch out your hand.*" So *he stretched it out and it was completely restored, just as sound as the other.*" (Matthew 12:13)

"[Jesus] said to the paralyzed man, "I tell you, *get up, take your mat and go home.*" Immediately *he stood up* in front of them, took what he had been lying on and went home praising God." (Luke 5:24-25)

"Then Jesus said to him, "*Get up! Pick up your mat and walk.*" At once *the man was cured; he picked up his mat and walked.*" (John 5:8-9)

"Go," [Jesus] told him, "*wash in the Pool of Siloam*" (this word means Sent). *So the man went and washed, and came home seeing.*" (John 9:7)

"As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, "Jesus, Master, have pity on us!" When he saw them, he said, "*Go, show yourselves to the priests.*" And *as they went, they were cleansed.*" (Luke 17:12-14)

Notice that the man with the shriveled hand had to *decide* to stretch out his hand. Some crippled people had to *decide* to get up onto their feet. A blind man had to *decide* to wash in the Pool of Siloam. Some lepers had to *decide* to go show themselves to the priests. That's how they put their faith into action. By the way, notice that the blind man and the 10 lepers were not instantly healed. The blind man was healed when he washed in the Pool of Siloam, and the 10 lepers were healed as they were on their way to the city where the priests were located. In the same way, it's possible that you might not instantly receive healing either. You might receive your healing as you go about your daily business, taking Jesus at His word and staying in faith (keeping your "pipeline" open), patiently waiting until the healing is complete.

Fear, Doubt, And Unbelief Can Hinder Your Faith

So far we have seen that healing often requires *faith*. The thing that we need to be careful about is that if we have fear, doubt, or unbelief in our minds, it can *hinder* our faith (it clogs up our "pipeline," so to speak).

Notice in the following passage that Peter (a normal man) walked on water by faith:

""Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then ***Peter got down out of the boat, walked on the water*** and came toward Jesus. ***But when he saw the wind, he was afraid and, beginning to sink***, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "***why did you doubt?***"" (Matthew 14:28-31)

As you repeat this passage out loud, really ponder on what was going on here. Notice that as long as Peter kept his eyes on Jesus, he did the impossible: He walked on top of the water. But when he took his eyes off of Jesus and saw the wind and the waves, he allowed fear and doubt to come into his mind. Then he sank like a rock! The wind and the waves were there the whole time, but the key factor was the choice that Peter made with his mind. When he ***chose*** to keep his eyes on Jesus, a miracle happened. When he ***allowed*** fear and doubt into his mind, it canceled out the miracle. What this means is that the battle for your miracle takes place in your mind! The wind and the waves were always there, but it was what Peter ***focused on*** that made all the difference in the world.

Here's how that applies to healing. Yes, you might have pain. Yes, you might have symptoms of disease. I'm not suggesting that you pretend they don't exist. Your symptoms are real, and if you need to take medicine, take medicine. If you need to go to the doctor, go to the doctor. If you need to schedule surgery, schedule surgery (and stay in faith that your healing might be complete before the surgery date). But remember, Peter stayed in faith by focusing on Jesus. He lost the battle for faith when he focused on the wind and the waves. Your symptoms are real, but you need to focus on Jesus and the healing that He has bought for you, rather than focusing on your symptoms. The Bible says, "We live by faith, ***not*** by sight" (2 Corinthians 5:7). Focus on maintaining your faith in Jesus, don't focus on what you see or feel. You can do this by continually thanking Him for your healing, praising Him for your healing, reading and memorizing and speaking Scripture passages on healing (remember, faith comes from ***hearing*** the Word of God), and so on.

Notice what the Bible says:

"Everything is possible for him who believes." (Mark 9:23)

"But when he asks, he must believe and not doubt, because ***he who doubts*** is like a wave of the sea, blown and tossed by the wind. ***That man should not think he will receive anything from the Lord"*** (James 1:6-7)

"Therefore I tell you, ***whatever*** you ask for in prayer, ***believe that you have received it, and it will be yours.***" (Mark 11:24)

Read these passages carefully several times, out loud. Think about what God is telling us. Remember, God does not lie, and He says that ***everything*** is possible for us ***if we believe***. He says that we must believe ***and not doubt***, because fear, doubt, and unbelief can hinder our faith. If we accept the doubts that the devil tries to put into our minds, then we should not expect to receive anything from the Lord (James 1:6-7, above). See how important it is to stay in faith and to banish all fear, doubt, and unbelief from our minds? The battle takes place in your mind, and your mind can hinder you from receiving divine healing. The third passage above (Mark 11:24) gives us the key to receiving from God. We must ***first*** believe that we have received whatever we ask for (such as healing), and ***then*** we will receive it. See the order there? People tend to say,

"I'll believe it when I see it," but God tells us that we will see it *if* we believe it first. To help you believe for your healing, I invite you to see my other [articles on healing](#). When your questions about divine healing are adequately answered then it will enable you to begin removing doubts from your mind which might be canceling out your faith for healing.

Sometimes people have tried to believe for something but they never received it, so they don't like it when people teach this "faith" stuff. But it's the **Bible** that places such a heavy emphasis on faith! Often the problem is simply that these sincere, well-meaning Christians have not fully understood how faith works, or they were not aware of things that can hinder our healing. Consider this question: If we use our faith properly **according to God's principles**, then is it possible to believe without receiving? If so, then Jesus was lying in Mark 9:23 and Mark 11:24 above! Again, it all comes down to **God's** principles, so don't judge the Bible based on your experiences or someone else's experiences. If we want to get God's results (such as divine healing) then we've got to do it God's way. Consider that if you speak a lie often enough, you begin to believe it, right? So begin speaking the Truth (God's Word) often enough until you really believe it. God says that this is how faith can be developed (Romans 10:17). If you have doubts about divine healing then you shouldn't expect to receive it (James 1:6-7 and Mark 11:24, above). You have to decide for yourself if God was telling the truth or if He was lying in the passages above. If we believe that He was telling the truth, then we've got to do what He says!

How To Receive Your Healing

Now it's time to get specific. What can you **do** to receive divine healing?

1. It is important for you to continually make the choice not to doubt and not to fear. For example, when the doctor says "cancer," our natural reaction is to become afraid. But remember, God is **bigger** than all of our problems put together! God made these bodies of ours, and He can fix **anything** that goes wrong with them. Therefore, when you get a "bad report" from the doctor, **don't accept it!** In your mind say, "I don't receive that." If you allow that "bad report" to get down into your heart then it will be difficult to have faith for your healing (for example, "as he thinketh in his heart, so is he" - Proverbs 23:7). Don't accept defeat! Don't accept a negative attitude or a negative viewpoint! If the doctor says that you need more tests or you need medication or whatever, follow your doctor's orders. You are under his or her authority. But don't receive the "bad report" down inside of you because it will become a root of fear or doubt within you. Watch what Jesus did when a man received a "bad report" that his daughter had died:

"While Jesus was still speaking, some men came from the house of Jairus, the synagogue ruler. **"Your daughter is dead," they said.** "Why bother the teacher any more?" **Ignoring what they said,** Jesus told the synagogue ruler, **"Don't be afraid; just believe."** (Mark 5:35-36)

Notice that Jesus **ignored** the bad report, and he specifically told the dead girl's father to believe and not to fear. That's what you need to do. Follow your doctor's orders, but disregard the "bad report" that your doctor and your body (and your family members) are giving you. Your job is to believe and not to fear.

Yes, you have symptoms in your body, but those symptoms are not the **truth**. For example, I am a Christian, I am saved. But sometimes when I get up in the morning I don't **feel** very saved until I have a cup of coffee. My salvation is based on what Jesus has already done for me, it is not based on how I **feel**. My feelings are real, but they are not the truth. In the same way, your healing is based on what Jesus has **already done** for you, so don't focus on your symptoms or how you "feel." Your feelings are real, but they are not the truth.

2. It is also important to understand the difference between *faith* and *hope*. Hope is always looking to the future. Faith is always *now*. For example, take a look at what the Bible says about faith:

"***Now faith is being sure*** of what we hope for and ***certain*** of what we do not see."
(Hebrews 11:1)

As Bible commentators have pointed out, this verse means that faith is like the title-deed which we own as a current reality while we are waiting for the things hoped for:

"[The Greek word for "being sure"] is common in the [ancient] papyri in business documents ***as the basis or guarantee of transactions***. "And as this is the essential meaning in Hebrews 11:1 we venture to suggest the translation '***Faith is the title-deed*** of things hoped for'" ([Robertson's Word Pictures of the New Testament](#), emphasis added)

"[Faith] substantiates promises of God which we hope for, as future in fulfilment, making them ***present realities*** to us. ... Through faith, the future object of Christian hope, *in its beginning*, is ***already present***. True faith infers the ***reality*** of the objects believed in and honed for (Hebrews 11:6). HUGO DE ST. VICTOR distinguished *faith* from *hope*. By *faith* alone we are sure of eternal things ***that they ARE***: but by *hope* we are confident that WE SHALL HAVE them. All hope presupposes faith (Romans 8:25)." ([Jamieson, Fausset, and Brown Commentary](#), emphasis added)

So faith is in the present tense, such as, "Healing is mine ***right now***, because Jesus has already paid for my healing and I am expectantly waiting for it to arrive."

Here's an illustration of this. Imagine that your uncle orders a book for you as a birthday gift, to be delivered to your house. His credit card was charged for the book, but for some reason it never arrived on your doorstep. If you call the company, you might say something like, "That book has been ***paid for*** and it is ***mine***. I ***expect*** you to send it to me." You are already thinking of the book as ***yours*** because it has been paid for and it has been given to you as a gift, even though it has not yet been delivered to you. See the analogy? Jesus has already paid for your healing, and He has given it to you as a free gift. As soon as you decide to accept the gift, it is ***yours***. Healing is now yours, ***even if you have no evidence of it yet***, just like you consider the book to be yours even before it is delivered to you. Your job is to patiently wait for the healing to be delivered to your body, ***expecting*** that it will eventually come because it has been bought and paid for and it is yours. Notice that if you don't ***expect*** the healing to come then you are not really exercising much faith, because when you have faith that something is going to happen, it means that you are ***expecting*** it to happen. For example, if you are a Christian then you have faith that you will go to heaven. You ***expect*** that you will go to heaven some day. So faith sometimes involves expectantly waiting. If you are not expectantly waiting for your healing to become visible then you are not really exercising much faith for healing.

3. Another thing to consider is that the devil and his demons can put sicknesses and infirmities on us:

"On a Sabbath Jesus was teaching in one of the synagogues, and ***a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all***. When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." Then he put his hands on her, and immediately she straightened up and praised God." (Luke 13:10-13)

"When Jesus saw that a crowd was running to the scene, he rebuked the evil spirit. "***You deaf and mute spirit, he said, "I command you, come out of him and never enter him again.***" (Mark 9:25)

You won't always know if a demon is causing your sickness, but if there is a demon at work then you probably won't be able to receive your healing until you cast out that afflicting spirit. For this reason, I invite you to read my article called [How to Cast Afflicting Spirits Out of Your Life](#), which contains a procedure for renouncing things that might have given the devil a "foothold" in our lives. As you probably know, some of the wrong things that we or our ancestors have done (or some of the wrong things that have been done to us) can open the door for the devil to attack us, and this procedure might help to break those attacks. After I wrote this article, I went through the procedure myself. I didn't feel anything happen, but later I realized that I was no longer struggling against various improper thoughts. I believe that I had freed myself from a spirit that I never knew was there.

Also, our sins can sometimes hinder us from receiving healing. The article above will help you to confess your sins and receive forgiveness.

4. Now let's talk about instant miracles of healing. We all want that, right? In the New Testament, Jesus laid hands on lots of sick people and He saw lots of instant miracles of healing. Then He said that *anyone who has faith in Him* can do the *same* miracles that He did. In fact, He specifically said that *those who believe* will *lay hands on the sick*:

"the people brought to Jesus all who had various kinds of sickness, and *laying his hands on each one, he healed them.*" (Luke 4:40)

"at least believe on the evidence of the *miracles* themselves. I tell you the truth, *anyone who has faith in me will do what I have been doing.*" (John 14:11-12)

"And these signs will accompany *those who believe*: ... *they will place their hands on sick people, and they will get well.*" (Mark 16:17-18)

This means that you can find a Christian who understands about laying hands on the sick and ask that person to lay hands on you. I have seen cancer instantly healed, back pain instantly healed, a broken and improperly-healed jaw instantly healed, short arms and legs instantly growing out, a person with no peripheral vision instantly healed, and so on when I have laid hands on people (I have also seen nothing happen when I have laid hands on people). You can even read the articles in my [Healing Training Course](#) and then lay hands on yourself! Consider looking in your local phone book for some non-denominational charismatic churches in your area, then call them to see if they have a healing and deliverance ministry. Many of them do, in which case they will probably be happy to lay hands on you and pray for you. Another great healing resource is a training manual called "How To Pray for the Sick ... And See Them Recover" by Sybil Clark. You can check out the table of contents and purchase it at [Heart Communications](#). She has some wonderful and practical teachings on how healing works, how to pray in order to prepare for healing to happen, how to pray for the healing, how demons can interfere with healing, how to shut down demons, and so on.

5. Consider that all of the sick people in the New Testament had to *wait* before they received their "instant" miracles of healing. People had to wait for Jesus to walk up to them, or they had to wait to be carried to Jesus, or they had to wait their turn while Jesus laid His hands on people in the crowds (as in Luke 4:40, above), and so on. Even though we tend to say that people received instant miracles of healing in the New Testament, the truth is that they all had to *wait* until Jesus was near them or until He spoke the healing for them. In a similar way, you will need to wait until that moment when you "instantly" receive your healing, and it is important that your waiting is done patiently and expectantly, without grumbling or complaining. If you want to see some things that the Bible says about the harmful effects of grumbling and complaining, I invite you to see my article called [Spiritual Maturity/Spiritual Authority](#).

We don't always know why it takes so long sometimes for our healing to arrive, but with God there are things going on behind the scenes that we can't always see. Here's an example:

"Then {the angel} said to me, Fear not, Daniel, for from *the first day* that you set your mind *and* heart to understand and to humble yourself before your God, *your words were heard, and I have come in consequence of your words*. But the prince {the territorial demon} of the kingdom of Persia *withstood me for twenty-one days*. But Michael {the archangel Michael}, one of the chief *of the celestial princes*, came to help me" (Daniel 10:12-13, AMP. Curly brackets added.)

Here we see that a man named Daniel was praying for something. On the *first* day that he began praying, an angel was sent to him with the answer. However, there was a heavenly battle which prevented this angel from reaching Daniel right away. Daniel remained patient and continued to pray for 21 days, and finally the angel arrived with the answer to Daniel's prayer. We don't always know why it takes so long sometimes for our healing to get here, but our job is to stay in faith and to remain patient, no matter how long it takes. To help you in this time of patient waiting, I invite you to see my article called [Why Am I Suffering?](#).

Unfortunately, this is where we often fall apart. We get tired of waiting, and then we allow doubts to enter our minds:

"But when he asks, *he must believe and not doubt*, because *he who doubts* is like a wave of the sea, blown and tossed by the wind. *That man should not think he will receive anything from the Lord*; he is a double-minded man, unstable in all he does." (James 1:6-8)

It is important for us to get control of our minds and stay patient so that we keep that "pipeline" of faith open for as long as it takes.

6. If we have to get control of our minds, how do we do that?

We saw earlier that faith comes from *hearing God's Word* (Romans 10:17). When you speak in line with what God says, it builds faith within you even if you don't "feel" it. Take a look at what the Bible says:

"*Do not let this Book of the Law depart from your mouth; meditate on it day and night*, so that you may be careful to do everything written in it. *Then* you will be prosperous and successful." (Joshua 1:8)

"I will *remember* the deeds of the LORD; yes, I will *remember* your miracles of long ago. I will *meditate* on all your works and *consider* all your mighty deeds." (Psalms 77:11-12)

"*With my lips* I recount all the laws that come from your mouth. I *rejoice* in following your statutes as one rejoices in great riches. I *meditate* on your precepts and *consider* your ways. I *delight* in your decrees; *I will not neglect your word*." (Psalms 119:13-16)

In order to get control of our minds, it is helpful to "meditate" on the things that God says (as in the passages above, not as in some kind of New Age meditation). According to Strong's Hebrew Dictionary, the Hebrew words for "meditate" in the above passages mean "murmur," "ponder," "imagine," "meditate," "mutter," "study," "utter," "converse," "declare," "muse," "pray," "talk," "speak." Faith comes from *hearing* what God says (Romans 10:17), and we are told to *meditate* on what God says, so when we read what God says about healing, when we study what God says about healing, when we speak what God says about healing, when we ponder what God says about

healing, when we rejoice in what God says about healing, when we remember past healings, and so on, then we are building faith for our healing.

The more we speak the Word of God and speak words of faith and saturate our minds with the things that God says about divine healing, the more we are preventing doubts and fears from being able to enter our minds. Are you speaking faith words or doubt words? Conquering words or fear words? Healing words or sickness words? Positive words or negative, complaining words? It's time to cut out all of the "pity parties" and the complaining and the negative talk, and instead saturate your mind and your words with the things that God says and with praises and thanksgiving.

Here's an example from the Bible where a woman used some of these principles to receive her healing:

"So Jesus went with him. ***A large crowd followed and pressed around him.*** And a woman was there who had been subject to bleeding for twelve years. ... When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought [literally, "***she said to herself***" - see Matthew 9:21], "***If I just touch his clothes, I will be healed.***" Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?" "***You see the people crowding against you, his disciples answered, and yet you can ask, 'Who touched me?'***" But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, "Daughter, ***your faith has healed you.*** Go in peace and be freed from your suffering.'" (Mark 5:24-34)

This woman ***said to herself***, "If I just touch his clothes, I will be healed." Notice that she was focusing on Jesus, "meditating" on God's healing power, and pushing doubt and fear from her mind by speaking words of faith. Many other people were touching Jesus, but the Bible does not mention anyone else being healed here. This woman is being singled out in this passage in order to describe how she received her healing. Jesus said that it was ***her faith*** which had healed her.

Now take a look at the following passages:

"I tell you the ***truth***, if anyone ***says to this mountain***, 'Go, throw yourself into the sea,' and ***does not doubt*** in his heart but ***believes that what he says will happen***, it will be done for him." (Mark 11:23)

"Seeing a fig tree by the road, he went up to it but found nothing on it except leaves. Then ***he said to it***, "May you never bear fruit again!" ***Immediately the tree withered.*** When the disciples saw this, they were amazed. "How did the fig tree wither so quickly?" they asked. Jesus replied, "I tell you the ***truth***, ***if you have faith and do not doubt***, not only can ***you*** do what was done to the fig tree, but also ***you can say to this mountain***, 'Go, throw yourself into the sea,' and it ***will*** be done. ***If you believe, you will receive whatever you ask for in prayer.***" (Matthew 21:19-22)

"I tell you the ***truth***, ***if you have faith*** as small as a mustard seed, ***you can say to this mountain***, 'Move from here to there' and it ***will*** move. ***Nothing will be impossible for you.***" (Matthew 17:20)

"He replied, "***If you have faith*** as small as a mustard seed, ***you can say to this mulberry tree***, 'Be uprooted and planted in the sea,' and ***it will obey you.***" (Luke 17:6)

Jesus says that **we** can command fig trees and mulberry trees and mountains. Does this mean that Jesus is giving us lessons about gardening and telling us to re-arrange mountain ranges? No, He is teaching us principles of faith. He is talking to **us** in these passages (if we have faith), so watch what happens when we plug our names into these Scripture passages. Here's how they look with my name:

"I tell you the **truth, if Dave Root says to this mountain**, 'Go, throw yourself into the sea,' and **does not doubt** in his heart but **believes that what he says will happen**, it will be done **for Dave Root**." (Mark 11:23)

"Jesus replied, "I tell you the **truth, if Dave Root has faith and does not doubt**, not only can **Dave Root** do what was done to the fig tree, but also **Dave Root can say to this mountain**, 'Go, throw yourself into the sea,' and it **will** be done. **If Dave Root believes, Dave Root will receive whatever he asks for in prayer**.'" (Matthew 21:21-22)

"I tell you the **truth, if Dave Root has faith** as small as a mustard seed, **Dave Root can say to this mountain**, 'Move from here to there' and it **will** move. **Nothing will be impossible for Dave Root**." (Matthew 17:20)

"He replied, "**If Dave Root has faith** as small as a mustard seed, **Dave Root can say to this mulberry tree**, 'Be uprooted and planted in the sea,' and **it will obey Dave Root**.'" (Luke 17:6)

Jesus is speaking to **you** as well, so read these passages with **your** name! Do you see what He is saying? Jesus is not telling us to talk **about** the mountains in our lives (mountains of sickness and so on), He is telling us to talk **to** the mountains in our lives and **command** them to go! It is good to have other people praying for you, but if you are able to speak then it is important for **you** to talk to your mountain and tell it to jump into the sea. It is important for **you** to curse your sickness and command it to die (like the fig tree in the passage above).

So here's what you can do. When you have accepted by faith that your healing has begun (whether your symptoms have changed or not), write down the date. Don't ask for healing any longer, but praise God and thank Him that it's done:

"Lord Jesus, I thank You that You have paid for all of my healing needs. As it is written in Isaiah 53:4-5 and Matthew 8:17, You took up all of my infirmities and pains and sicknesses. As it is written in 1 Peter 2:24, by Your stripes I am healed. As it is written in Galatians 3:13, You have redeemed me from the curse of every kind of sickness and disease. You have given me healing as a free gift, and on October 16, 2000 [put your date here], I accepted that free gift with joy and thankfulness. The healing that I need is now mine, and I am patiently waiting as long as it takes until the healing is complete in my body. I am standing in faith on the Word of God, and I refuse to allow any fear or doubt into my mind. Devil, in Jesus' Name you take that cancer [or whatever it is] off of my body because I'm not signing for that package. Cancer [or whatever it is], you have no legal right to attack my body because Jesus has redeemed me from the curse of the Law. You are a mountain, and as it is written in Mark 11:23 I take authority over you in Jesus' Name and I command you to leave my body now. Get off of me and be cast into the sea! I rebuke you, as it is written in Luke 4:39. I curse you at the roots and command you to die in Jesus' Name, as it is written in Mark 11:20-24. Lord, I am confessing that You are my Healer, and I thank You for Your healing power that is working in my body right now!"

Write this down and tailor it to your situation, and be specific about the healing that you need. If you don't have a sickness (for example, you might have a broken bone or some fused vertebrae or a

missing limb), then you don't need to rebuke the devil or curse the sickness like you would for cancer or some other affliction. After you write this down according to your own specific healing needs, repeat it out loud several times a day, and at other times during the day just say it in your own words. Don't let these become empty, meaningless phrases. Jesus suffered horrible torture and a brutal death in order to purchase your healing for you, so be *thankful!* Many people who received healing in the Bible first knelt before Jesus in worship, so it's a good idea sometimes to kneel before Him and worship Him for awhile without asking for anything, then say what you have written down. Say these things, ponder them, meditate on them, and let these things sink down deep inside of you so that they are maintaining a high level of faith in you (even if you don't *feel* anything). This isn't about "word power" or some kind of New Age meditation, this is about staying focused on Jesus and the Word of God, and about keeping your faith at a high level, and about banishing fears and doubts from your mind. Remember that Jesus told a man to "don't be afraid; just believe":

"While Jesus was still speaking, some men came from the house of Jairus, the synagogue ruler. *"Your daughter is dead," they said.* "Why bother the teacher any more?" *Ignoring what they said,* Jesus told the synagogue ruler, *"Don't be afraid; just believe."* (Mark 5:35-36)

When doubts or fears come into your mind, that's your signal that the devil might be trying to attack you and steal your healing (see John 10:10 and Ephesians 6:16-17). Right away you need to begin saying some words of praise and words of faith so that you are resisting the devil (see James 4:7) and so that you are pushing the doubts and fears out of your mind. Faith is a *fight* (see 1 Timothy 6:2), and the battle is won or lost in your mind. You can choose to live by faith (and not by sight - 2 Corinthians 5:7), or you can choose to have "pity parties" and complain about your situation. Your choice will either help or hinder receiving your healing

7. Another thing you can do is to pray for other people who need healing:

"pray for each other so that *you* may be healed." (James 5:16)

When you pray for other people who need healing, it's like you are sowing seeds for a harvest of healing to meet your own needs. Remember, "A man reaps what he sows" (Galatians 6:7). Stay in faith that as you sow seeds of prayer for others, the harvest that you need is working in you.

8. Be willing to accept God's sovereignty. We don't always know why some people receive healing and others don't. We don't always know why we have to remain in faith for a long time, while others are instantly healed. Our job is not to question God's decisions or His sovereignty, our job is to obey Him and allow Him to stretch our faith and stretch our patience. To help you in this time of patient waiting, I invite you to see my article called [Why Am I Suffering?](#)
9. Remember that you are responsible for taking care of your body. If you are not getting enough sleep, if you are not getting enough exercise, if you are not eating properly, etc., then your body will not function at its best and it will be less able to fight off sicknesses and diseases. This is one reason why you should go to a doctor when necessary. The doctor might tell you to quit smoking or quit drinking or begin an exercise program or change your eating habits. For example, if God heals your clogged arteries but you do not change your ways, you'll just get clogged arteries again!
10. Keep in mind that after you are healed, the devil might try to put *symptoms* back on you. Don't accept them! The devil's goal is to steal and kill and destroy (John 10:10), and he might be able to steal your healing from you if you let him (see Matthew 12:43-45 and John 5:14, for example). If you start noticing symptoms again after you have received healing, you should immediately say, "Devil, I was healed on October 16, 2000 [put your date here], and I do not accept those symptoms back on my body. In Jesus' Name you take those symptoms off of me, because I'm not signing for that package!"

For example, my wife had a pain in her upper back for two years. The doctors had a name for it and they gave her some pain medication, but they said that there wasn't much they could do about it. God instantly healed her when I laid hands on her, but then a day or two later the pain returned. She said, "Devil, you take that right back off of me, because *I'm not signing for that package,*" and the pain instantly left!

Don't be timid with the devil, be aggressive and stand in the authority that Jesus died to give you. For example, think about an army general. When he gives a command, he's not wimpy about it, right? He gives commands with *authority* and he *expects* them to be obeyed!

11. Read this article frequently (as well as other books and articles on healing, such as my [Healing Training Course](#)) in order to remind yourself how faith works and how healing works, and so on. Do everything you can to keep faith alive and to keep doubts out of your mind.

Many people will refuse to do some of these things because "our church doesn't do things that way," or, "that doesn't make any sense to me," or, "I know someone who tried it and it didn't work." Then they will wonder why God is not healing them. It is human nature to come up with logical-sounding rationalizations, such as, "God must be working on my character," or, "God must be chastising me," or, "It must not be God's will for me to be healed," and so on. However, we should be careful about making rationalizations like these because if we're wrong then we are speaking words of doubt and unbelief, which can hinder our faith.

Again, it all boils down to what you *decide* to do. After all, divine healing is not automatic. If it were automatic then there would not be any sick people in the world! We sometimes have to *do* something in order to receive healing. It is important for us to pray, but don't we all know of people who prayed and yet they never received divine healing? Why is that? Perhaps they weren't quite following God's principles, or perhaps they believed some of the above rationalizations. We don't really know how much faith someone else has, we don't know if they were putting their faith into *action*, we don't know if they had doubts or fears or misconceptions about healing that canceled out their faith, we don't know if they were confusing hope or desperation with faith, we don't know if they were "speaking to their mountains" or not, we don't know if they *expected* to receive their healing, we don't know if they exercised *patience* or if they gave up too soon, we don't know if they were *meditating* on God's Word, we don't know if they were having "pity parties" and speaking negative, complaining words, we don't know if they were resisting the devil with words of faith, and so on. So don't base anything on other people's experiences.

Teaching about faith for healing is not meant to put condemnation on anyone who is still sick, and we should remember that it was Jesus Himself who put such a great emphasis on faith. The point is, if you want God's results (such as divine healing), then it is important to make sure that you are doing it God's way. Study the Scriptural proof in this article, and stay open to the teaching and leading of the Holy Spirit, even if He gives you peace about things which are not taught at your church. If your church or your spouse or your family or your friends do not have the same understanding about faith that you now have, it might not be a good idea to tell them that you are standing in faith for your healing. They might respond with doubt and unbelief which might hinder your attempts to stay in faith. Remember that Jesus did not do miracles in an atmosphere of doubt and unbelief, and several times He took people *away* from doubters before healing them (see Mark 6:2-6, 5:38-42, 7:32-35, and 8:22-25, for example).

For More Information

<http://www.layhands.com/ReceiveHealing.htm>

If you would like to learn more about divine healing and how to lay hands on the sick, or if you have some questions that were not adequately addressed in this article, I invite you to see my [Healing Training Course](#). The four handouts in that course, plus the other articles on healing at my website, should answer most of the questions you might have.

Please feel free to e-mail me at dave@layhands.com and send me your questions or prayer requests. When your healing is complete, I'd love to hear your praise report!

God bless you!

"Receive Healing!"

URL: <http://www.layhands.com/ReceiveHealing.htm>

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