

## A Heart for Healing



*My words are life unto those that find them,  
and health to all your flesh.*

Proverbs 4:22

Our human nature inclines towards fear when we find ourselves the recipient of bad news such as a negative health report. Fear fills our heart and mind and if we aren't careful, it will consume us, literally. We so quickly forget the very good news given to us by our Savior, Jesus. In times of turmoil, we are to bring to the forefront of our conscious mind the everlasting truth of the promises given by God and fulfilled in Christ at the Cross..

As believers, we must always seek God's truth and healing is no exception. A heart for God will always render a healed body. This is true on a spiritual, physical, and emotional plane. Why? Because God provided it for us through His Son at Calvary and is a free gift given to each believer through the Holy Spirit. *Beloved, I wish above all things that thou mayest prosper and be in good health, even as thy soul prospereth.* 3 John 1:2

This good news has been for two thousand years since Christ, for He gave us this wonderful and valuable gift. As Jesus healed many during His time on earth, He didn't return to the Kingdom without securing the availability for man to continue to receive healing. *And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.* Exodus 23:25 As God proclaimed His Word to the Israelites, today it remains a truth fulfilled in Christ for all who believe and trust in Him. Thus, the continuous good news is that healing is ours

for the asking; a gift available at any time. God's truth must be in your heart in order for you to receive your healing.

Realize that your healing is but a fervent prayer away and receive what your heavenly Father has already given to you. *The effectual fervent prayer of a righteous man availeth much.* James 5:16 Know the role of the Holy Spirit in your life because all that comes from God is through the third person of the Trinity. You need the Holy Spirit to receive God's infinite power in your daily circumstances. God has made Himself available to all His children through the Holy Spirit; therefore, allow the Holy Spirit to intercede through Christ's authority to obtain the power of God in your situation.

We must tend to our heart that we hold God's Word and elevate His truth as the essence of what we believe; putting God first, always. We should make certain, without doubt (unbelief), that we are following the principles that He set forth. In acquiring a healing from God, the heart must be addressed first, meaning what condition is your relationship with your heavenly Father? Your relationship and understanding of His word, His truth, His promises, and what He has provided is vital to your ability to receive healing whether it be physical or emotional. Even though healing is a freely given gift, we must know how to obtain it. Once you have a firm knowledge of God's Word, and know without doubt that our heavenly Father wants you to be well, healthy, and have prosperity in life, then the next step is to receive your healing; the healing that has been provided by Christ. *Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.* 3 John 1:2 Christ's blood shed for you is not just for salvation (forgiveness of sins), but for everything you require in this lifetime. Putting your heart right with the Lord and having an intimate relationship with Him enables you to *believe, accept, and receive.*

Now that your heart is for God and your relationship intact, set your mind to the task of praying with trust and belief. In other words, believe in the finished works of Christ. Pray with a mindset of thanksgiving in understanding it is available to you and not from a stance of pleading God to do something in your life. Believe you have your healing even when there is no immediate physical evidence. The healing is always first in the spirit realm because God is Spirit and then manifested into the natural, or physical realm. Once you firmly believe you are healed by the blood of Christ, and it is God's will that you be healed, and that He has already provided your healing, then hold steadfast to your healing as a reality even though your senses may tell you otherwise. Do not listen to the carnal, but believe you are healed by the power of the Lord. Some believers will invariably question the validity of a healing even though in

the depth of their heart they desire for it to be true, because they cannot see it as being this simple.

With your heart right with God, the mind is accepting and believing, waiting for the manifestation, then the body goes to work on a cellular level to reprogram itself; to repair the trillions of cells that make up each bodily system. When you do this, the reborn spirit person you are in Christ, and with the power of the Holy Spirit who lives in your heart, will command these cells in your body to go to work at repairing, replenishing, rejuvenating, and renewing your physical body. As you hold this truth in your heart and mind that you are healed, the body accepts in the spirit because you are in sync with the principles of the Kingdom of Heaven and can receive God's provided promises. Simply put, you believe, trust, and hold the faith. You are receiving your healing each day as the Holy Spirit is responding to the truth you believe, putting you on a pathway of good health.

Remember, the body was designed to live forever. It is the sin of Adam and Eve that ended their eternal spirit life which placed sickness, disease, and death as the outcome. However, in Christ, we are bought for a ransom that He paid, so that we may be reunited in spirit with our heavenly Father as His children, birthing our spirit person for an eternal life. Reborn in Christ for a spiritual life, it begins the moment you accept God as your Almighty King and know Him intimately as your heavenly Father. Therefore, a life reborn in the spirit is one that is connected to God through the Holy Spirit, and thus, may receive the treasures in His Kingdom and healing is one of those gifts. It is on the authority in Christ and the provision of the Holy Spirit that we may receive all the Father has prepared for His children.

Healing in the spirit realm is instantaneous but in the natural (carnal) realm, the body requires time to reveal good health from physical deterioration and damage. This is why it is so imperative to understand the difference between the spirit and the natural and how each is separate but can function in unison in the Spirit. Often, we only see the physical and forget that we are spirit beings in Christ. Should we witness an immediate result from a prayer for healing, for ourselves or someone else, it would be considered a miracle, an immediate transformation. A healing always begins in the spirit and then manifested in the natural.

It is very simple, but we tend to complicate matters. We really don't believe it could be this easy and that God would heal our body especially when we see no evidence of a quick fix. We fail to understand some important principles regarding healing. For many Christians, we feel the need to do something, to take charge thinking our way will get quicker results. It is human nature to want instant gratification. Waiting is a

hard thing for many, and yet, the Scriptures tell us patience is a virtue. We need to step outside of our own abilities, for they will always bring us short, and trust that God has already taken care of the matter.

Another concern in receiving a healing is to obey God's instructions to put our faith in His power and not in the wisdom of man. We often do the opposite. The first thing we do is accept the knowledge of man rather than turning to the Creator of all, our Almighty King, who gave us life and designed this magnificent body. We forget to look at circumstances through the eyes of the spirit person we are and merely focus on the natural which is guided by our senses. In listening to man's interpretation of our physical conditions, and not the Master Physician, God, the original designer who holds the schematic to our physical existence, its like going to a generic, or second-hand layperson rather than the professional. We put our confidence in the reports of another person and then pray for God to bless their efforts. This is not how God operates His Kingdom. God requires us to choose Him over everyone else. We may go to a physician and obtain a report to learn exactly what our ailment may be, but then we should be taking this information and turning it over to God, and ask Him on His promises to fix it, and He will because He already provided it through His Son. Healing is a gift waiting for you to claim.

When we listen to the advice of another person, take to heart what they tell us, and their words become the gospel for our health and life, we often can set ourselves up for disappointment if this individual isn't attuned to God's promises of health and wellness. We accept reports and comments of a "cure" without hesitation. Why? Because it is tangible and easy to believe, whereby having faith in someone or something we cannot validate with our senses is difficult for many. In the attempt at having faith, believers will choose to combine God and man, accepting man's words of wisdom and then pray for the power of God to intervene. This is opposite to what God instructs us, for He explicitly tells us to NOT put our faith in the wisdom of men, but in His power. *That your faith should not stand in the wisdom of men, but in the power of God.* 1 Corinthians 2:5 We have chosen man first and then we go to God. We take God's promises and turn them around to suit our circumstance. The result is we don't receive our healing and are left wondering why. In reality, we didn't trust Him.

Another viewpoint for the individual who has a desire to participate in their healing would be to use only the provisions on this earth that God has provided. God has equipped the earth with the natural substances to help man maintain a healthy lifestyle. Therefore, God has supplemented our planet with all the requirements for man's participation in maintaining good health and/or to assist the healing of the

body. We find His “medicines” in the vegetation such as herbs, plants, vegetables, fruits, berries, nuts, seeds, and so forth. Nutrients found in these foods such as vitamins, minerals, trace minerals, amino acids, enzymes, proteins, complex carbohydrates and fats is exactly what each cell in the human body requires to keep it functioning healthy. Also, it is these very elements that the cells of your body need to repair and regenerate health.

Giving the body what it requires, instinctively it takes charge and utilizes these nutrient-dense foods to maintain optimum health. The physical body is always regenerating either to wellness or towards illness. Our cells are constantly in a state of replicating either healthy cells or damaged cells. Damaged cells lead to a breakdown of the body which eventually renders disease; therefore, we do have a responsibility to maintain a healthy body for longevity. Another reason for optimum health is that our body is the temple of the Holy Spirit, the Spirit of God.

In summary, have an intimate relationship with your heavenly Father by putting Him first in your life, always. Know His truths, promises, and what He has provided through the blood sacrifice of His Son, Jesus. Accept and believe His truths to be the guidepost of your life in any situation, and without fail, pray and give thanksgiving for what you have already been given in the Kingdom of Heaven (spirit) and wait patiently knowing it will soon manifest into your life (natural). Your healing and good health is but a heartbeat of a prayer away. Set your heart for God and receive all that He has for you, for He is your heavenly Father who loves you with an everlasting and enduring love. We are born into a world of sin and unless we choose God and His gift of His Son to be reborn into His Kingdom, we are bound for a life of disease by the very nature of what happened six thousand years ago in a garden. Christ fulfilled the Father’s work when He was on earth and a significant aspect of the promises of the Father is healing.

God gave the world His most precious gift, His Son, that whosoever believes in Him will have eternal life within His Kingdom. As if this wasn’t the best gift, God also takes care of His children today and forever. Through the authority we have in Christ as our High Priest and a joint-heir with Him who is seated with God within the Kingdom, we have an advocate in the gift of the Holy Spirit. The Holy Spirit is the *Spirit of Truth* and the *Power of God*.

In acknowledging and accepting the gifts that God gives to His children, we learn that healing and miracles is present as a free gift through the Holy Spirit. Our position is to receive these gifts for they are meant for use in this lifetime.

*Now concerning spiritual gifts, brethren, I would not have you ignorant. Ye know that ye were Gentiles, carried away unto these dumb idols, even as ye were led. Wherefore I give you to understand, that no man speaking by the Spirit of God calleth Jesus accursed: and that no man can say that Jesus is the Lord, but by the Holy Ghost. Now there are diversities of gifts, but the same Spirit. And there are differences of administrations, but the same Lord. And there are diversities of operations, but it is the same God which worketh all in all. But the manifestation of the Spirit is given to every man to profit withal. For to one is given by the Spirit the word of **wisdom**; to another the word of **knowledge** by the same Spirit; To another **faith** by the same Spirit; to another the gifts of **healing** by the same Spirit; To another the working of **miracles**; to another **prophecy**; to another **discerning of spirits**; to another **divers kinds of tongues**; to another the **interpretation of tongues**: But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.*

1 Corinthians 12:1-11

### Gifts of the Holy Spirit

Wisdom

Knowledge

Faith

Healing

Miracles

Prophecy

Discerning of Spirits

Divers Kind of Tongues

Interpretation of Tongues

## Steps to Healing

1. Know who you belong to.  
Made in the likeness of God, for His pleasure
2. Accept Jesus Christ as your Lord and Savior  
Christ is your High Priest in the Kingdom of God
3. Rely on the Holy Spirit, the Comforter  
He is the Spirit of Truth, the power of God
4. Acknowledge that all things are freely given  
The promises of God are now blessings to you
5. Understand the finished work of Christ at the Cross  
Know what God and His Son have given to you
6. Believe Christ fulfilled the Father's plans for you  
The Father and the Son have completed their work for man
7. Know the gifts of the Holy Spirit that are for you  
Gifts of healing, miracles, prosperity, and more
8. Pray in thanksgiving rather than a plea for help  
Claim your gift with thanksgiving that it is already yours
9. God has made all things possible just for you  
Make God first in your life through a relationship with His Son
10. Activate the power of the Holy Spirit  
Ask the Holy Spirit to be your protector and provider

## PRAYER TO THE FATHER

*Even unto them will I give in mine house and within my walls a place and a name better than of sons and of daughters: I will give them an everlasting name, that shall not be cut off.*

Isaiah 56:5

Father,

I come to you knowing my life is not as you meant for it to be, and I bear the responsibility of allowing worldly influences to dictate and dilute my thoughts, separating me from your presence and plan. I repent of my sins and transgressions and ask forgiveness for being unfaithful to you. Through my weakness, pride, and self-righteousness, I did not accept your Word, nor seek you for understanding and completion of who I am.

I present myself before you to be reborn into the spirit person you created me to be. I choose life with your Son and accept the gift of the Holy Ghost. You gave your Son, Jesus, that I may have salvation, but I also receive His death at Calvary for my wellbeing, healed by His stripes.

I believe:

- You love me so much, you left your Kingdom and came to earth in Christ to claim me as your own; giving your Son to die for me.
- You have a plan for my life before I was in the womb, not yet born.
- Jesus has given me a rebirth in spirit fusing His Spirit to mine, and I am reunited to you, my Father. With the authority of Christ and the gift of the Holy Spirit, I am adopted as your child, made a saint and heir in the Kingdom of Heaven.
- The Holy Spirit will teach me all things of the Kingdom, so that I receive knowledge, understanding, wisdom, and discernment of your Word. He will be my intercessor, tutor, and advocate before you.



- Through the Holy Spirit, I come before your throne in prayer and receive your heavenly gifts and power as I live in honor and glory to you, my heavenly Father and Almighty King.
- As my Father, I know you will be there for me. I am forgiven and never forsaken, and your mercy and grace are always present.
- In faith, I will be obedient and hold the truth in your Word.
- I have everlasting life with you and your Son.
- I am your child who one day will be given a new body to live forever in your Kingdom.

I know my prayers will be answered because your Word is a Living Word and responds to the Holy Spirit for the glory of your Kingdom. Thank you, Father, for loving me, forgiving me, and providing for my life. I praise, glorify, and give thanksgiving to you always. On the blood of your Son, Jesus, and through the Holy Spirit, I pray, Amen.