

# HEALING AND WHOLENESS

## Practical Steps to Understanding and Experiencing Healing

There are so many different teachings and opinions on the subject of healing. But in order to get an accurate balance understanding of the subject, we must approach the word with an OPEN mind and allow Scripture to interpret Scripture. There are some specific things God has repeatedly shown to me.

## Know that it's God's Will that you be Healed

I believe the most important thing that we must understand from the beginning is that it is God's Will for us to be healed! In Luke 19:10, Jesus said, "For the Son of Man came to seek and to save that which was lost. Interestingly, the word "save" here, as well as in numerous other places in Scripture, is taken from the Greek root words sozo, which means "to make whole, spirit, soul and body." In other words, physical healing is like Salvation for our body. In addition to believing that God is doing a good work in our spirit and soul, we can also TRUST Him to do a good work in our body!

How else can we know that it's God's Will to heal? John 5 shed some light on the subject. In verse 30, Jesus said He did not seek to do His own Will but only the Will of the Father who sent Him. And in verse 19, He said...I assure you, most solemnly I tell you, the Son is able to do nothing of Himself (of His own accord); but He is able to do only what He sees the Father doing, for whatever the Father does is what the Son does in the same way [in His turn]. What did Jesus do? Scripture says He went around healing all who were oppressed by the devil. Now, let's take this one step further, If Hebrews 13:8 is true, and I believe it is, and Jesus is the same yesterday, today and forever, then we have to believe that He is still doing the Father's Will today. This means He still desires to heal people in their spirit, soul and body. So, from Scripture, we know that it is God's Will for His people to be healed. What we don't know for sure is when or how our healing is going to manifest. But whether it's one minute, one hour, five weeks or five years, it is important for us to believe that it's God's Will to heal. It is also essential that we develop and maintain the right attitude toward healing while we wait. When we do that, we will be able to enjoy our life and walk in peace.

## Stand Against Sickness

It is vital for us to understand that it is illegal for Satan to put sickness on us, and there is no good reason to let him do it. It was illegal for Satan to kill Jesus, but he was able to do it because Jesus allowed him to. Why? Because Jesus was going to use Satan's illegal action to bring Salvation to the world. So, it's illegal for Satan to bring sickness on us, and we need to stand against it.

Sickness doesn't always come all of a sudden; many times we begin to feel subtle indications of something coming on us. The moment we begin to recognize the symptoms of sickness, we need to stand against them, and we need to resist them in the same way we would resist the temptation to sin. How do you stand against sickness? For starters, plead the blood of Jesus against the sickness and over every part of your body, your immune system, your organs, your blood cells and so on. Then speak the Word of God over your body. You can pray, "Jesus, I believe it is Your Will that I be in health. I believe that by your stripes, I am healed. Your Word is health and life to my body, and it will accomplish that which You please and purpose it to." Once you have done this, avoid going around and saying things like, "Boy, I feel bad," "I am so sick," or "I know I'm going to be sick because everybody else is getting it." This puts your mouth in agreement with the sickness. Instead, ask God to help you keep your mind and mouth in agreement with His Word. By meditating on Scriptures that declare your healing, your mouth will soon follow suit. Many times these things are all we need to do to see sickness flee.

### **Seek the Lord's Wisdom**

If sickness persists or gets worse, go to God and ask Him for direction. James 1:5 says, "If any of you is deficient in wisdom, let him ask of the giving God, Who gives to everyone liberally and ungrudgingly, without reproaching or faultfinding, and it will be given him."

Ask Him questions like should I go to the doctor? Should I take the medicine? It's not a sin or lack of faith to go to the doctor or take medicine. God will use both in your life to bring about healing. We just need to keep our confidence in God, not the medicine or the doctor, and realize that He is the One who bring the healing.

It is equally important to ask God what the sickness is a result of. Simply say "Lord, what is wrong here?" If there something that I have done or not done to open the door to this illness?" The Lord may then show you something that you need to deal with. It may be that you are holding onto unforgiveness toward someone, or that you are not getting enough rest or that you are eating the wrong things. Whatever He reveals, I encourage you to take His direction seriously. It will keep you from greater heartache and trouble later on. If the Lord doesn't show you anything, don't wear yourself out trying to find something you did wrong or failed to do. Just be still and know that He is God, and that He has a greater purpose in allowing the sickness in your life than what you can see right now.

"For our knowledge is fragmentary (incomplete and imperfect)...now we know in part (imperfectly), but then we shall know and understand fully and clearly. (1 Corinthians 13:9, 12)

### **Inherit God's Promises by Developing Patience**

As you and I are waiting on the Lord to fully bring about our healing, the temptation often arises to give up or stop trusting God. Satan will even try to get us to make a law out of our healing, making us think that if we don't receive our healing, we are less of a person, and God doesn't really love us. But that is a lie! We need to realize that every one of God's promises is not going to come to us immediately. The main reason for this is because He is developing the fruit of His character in us, especially patience.

It may seem as if your illness is endless and you don't know how you are going to stand it any longer, but the Lord won't give you anymore than you can bare. Here's a Scripture for that:

"Do not, therefore, fling away your fearless confidence, for it carries a great and glorious compensation of reward. For you have need of steadfast patience and endurance, so that you may perform and fully accomplish the Will of God, and thus receive and carry away, and enjoy to the full, what is promised." Hebrews 10:35, 36

I challenge you to take this teaching and meditate on it awhile. Get into the Word and study the Scriptures on healing for yourself. As you do, pray and ask Jesus to allow His Truth to permeate your soul, exposing and driving out any thinking you have that is contrary to his Word.

If you are struggling to have faith for your healing, I encourage you to stop seeking the healing and start seeking the Healer! Concentrate on worshipping Jesus and thanking Him for the work He is doing in you. Ask Him to help you genuinely believe His promise of healing without struggling. As He helps you, you will be at peace and rest, and knowing that what you ask for will be granted to you in due time. You may not know how, when or what God's going to do, but you will know that He is going to do it! God is faithful and He will do exactly what needs to be done in you...and right on time! Decide today to stop trying to figure out all the answers for the situations you are facing, and focus your faith on the truth you DO know and understand. If Jesus shows you something you did wrong, ask Him to forgive you, receive His forgiveness and love, and go on. Live for the Lord and walk in His ways. Trust Him, be patient, and He will bring your healing to pass!  
**Acts 10:38, 3 John 2, Isaiah 53:5, Proverbs 4:20-22, Isaiah 55:11**