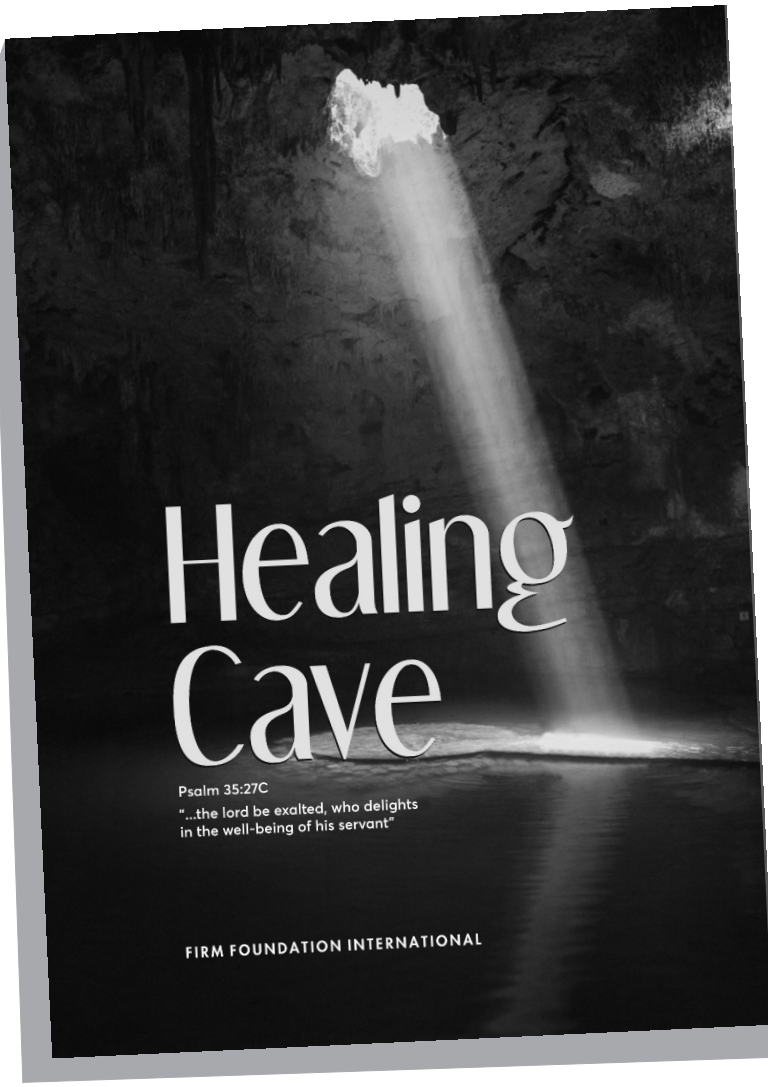


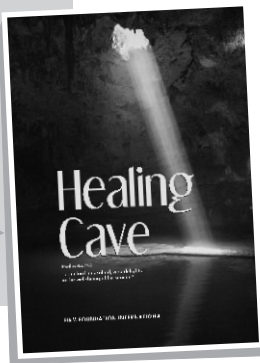


Healing Cave

Psalms 35:27C
"...the lord be exalted, who delights
in the well-being of his servant"

FIRM FOUNDATION INTERNATIONAL

HOW TO USE THIS BOOK ▶



The book is divided into four parts:

Part 1: God's Heart concerning your health

Part 2: Bank of healing scripture

Part 3: Declarations

Part 4: How to sustain and maintain your healing

Part 1 speaks of God's heart concerning our health and the factors that can hinder our walk in divine health. Part 2 is a bank of scriptures for different kinds of healing, while Part 3 deals with declarations on healing. Lastly, Part 4 gives us ideas on how to sustain our healing and stay in good health.

There are also recommended messages on healing and worship songs and where to get them.

GOD'S HEART FOR YOUR HEALTH

"May those who delight in my vindication shout for joy and gladness; may they always say, "The LORD be exalted, who delights in the well-being of his servant." Psalm 35:27 NIV

God is so much interested in your welfare that He made everything possible, even gave His only son for you to live in peace.

In John 10:10, it is the devil's goal to see that you never get saved, remain in perpetual bondage of pain and sorrow, and deprive you of God's kingdom (righteousness, peace, and joy), however Jesus came not just to give life but quality life in abundance.

WHAT IS HEALTH?

World Health Organization (W.H.O) defined health as "a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. Simply put, it is also the total of being well and whole; spirit, soul, and body.

Health according to 3 John 1:2, is to grow, improve, and be sound in every part or area of life; spirit, soul, and body.

Healthy things grow. Health is a gift to all God's children. Like salvation, we can choose to receive it. As the bible succinctly put it;

"Dear friend, I pray that you are prospering in every way and are in good health, just as your whole life is going well". 3 John 1:2 CSB

WHAT IS DISEASE

Disease is defined as any abnormal condition affecting the health of an organism and is characterized by specific signs and symptoms. Signs that are obvious for an instance; swelling, weight loss, or fever, depression, pain, and so on. Similarly, a disease is a definite entity of sickness of part or all of the body, with a characteristic group of symptoms. (Encyclopedia of the bible: disease of the bible)

*9"When anyone has an infectious skin disease, he must be brought to the priest.10The priest is to examine him, and if there is a white swelling in the skin that has turned the hair white and if there is raw flesh in the swelling, 11it is a chronic skin disease and the priest shall pronounce him unclean. He is not to put him in isolation, because he is already unclean.12"If the disease breaks out all over his skin and, so far as the priest can see, it covers all the skin of the infected person from head to foot, 13the priest is to examine him, and if the disease has covered his whole body, he shall pronounce that person clean. Since it has all turned" white, he is clean. **Leviticus 13:9-14 NIV***

Find in the below, various factors that can either contribute to our being healthy or unhealthy;

1. **Fear and Anxiety**

Be assured, He is with you in whatever you face, in the turmoil and struggles, amidst the anxious thoughts and the worries of life. He is there, strengthening, helping, and He holds you in His hands.

God is greater than any issue causing you fear and anxiety. He gives us the power to live courageously, boldly and valiantly in life, despite every odd. How? His truth whispers strong to the innermost fundamentals of our spirits. He said;

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” JOSHUA 1:9 NIV

All of that worries on your mind, give it to Him. Replace those fearful thoughts with His words of truth and live in His peace forever.

“Give all your worries and cares to God, for he cares about you”. 1 PETER 5:7 NLT

He knows what concerns you, God got you covered!

2. Unforgiveness, Bitterness, and Resentment

Bitterness is keeping in your heart the pain others have caused you, consequently damaging the health of your heart. It often results from unforgiveness.

Unforgiveness is when you are unwilling or unable to forgive someone for hurting, betraying, breaking your trust, or causing you intense emotional pain. It can be likened to taking poison and expecting another person to die or walking without looking forward but looking at your back while walking. Unforgiveness that leads to bitterness will degenerate into resentment.

“Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many”. Hebrews 12:15 NLT

Resentment is a complex, multi-layered emotion and mixture of disappointment, disgust, anger, and fear towards a person. It leads to agitation, hostility, lack of personal and emotional growth, difficulty in self-disclosure, trouble trusting others, loss of self-confidence, overcompensation, chronic diseases, and negative attitude that can become a barrier against other healthy relationships.

Forgiveness is ultimately ideal for good health. Research has shown that unforgiveness can lead to various health issues such as; ulcer, cancer, reflux, negative thinking,

migraine headaches, broken relationships, lack of personal and emotional growth, and post-traumatic embitterment disorder.

Therefore, inner healing is necessary for complete recovery from these: ulcer, cancer, reflux, negative thinking, migraine headaches, broken relationships, lack of personal and emotional growth, and post-traumatic embitterment disorder.

God cares for your heart, so you must care too because out of it flows the issues of life.

*“Guard your heart above all else, for it determines the course of your life”. Proverbs.
4:23 NLT*

3. Moral Failure

Moral failure is doing something when you know it's wrong. It's also, not doing something you know you ought to do.

“So whoever knows the right thing to do and fails to do it, for him it is sin” James 4:17. ESV

You may ask then, how then can I walk in life to avoid moral failure? God said;

*God, who gets invited to dinner at your place?
How do we get on your guest list? “Walk*

straight, act right, tell the truth. "Don't hurt your friend, don't blame your neighbor; despise the despicable. "Keep your word even when it costs you, make an honest living, never take a bribe. "You'll never get blacklisted if you live like this." **Psalm 15:2-5 MSG**

4) Hygiene

Hygiene is defined as the conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

God is so particular about cleanliness that He gave the children of Israel specification on how to take care of the camp in details, even how to clean the temple and clean the inner courts and the place of sacrifices in step by step details to avoid disease outbreak. He is a Holy God who will not want to behold anything and place unclean.

"You shall have a place outside the camp, and you shall go out to it. And you shall have a trowel with your tools, and when you sit down outside, you shall dig a hole with it and turn back and cover up your excrement' For the LORD your God walks throughout your camp to protect you and deliver your enemies to you. Your camp must be holy, lest He see anything unclean among you and turn away from you.
Deuteronomy 23:12-14 ESV

5. Food/Nutrition

Food is a substance that contains protein, carbohydrate, fat, and other nutrients used by the body of an organism to sustain growth, and to supply energy.

These substances include drinks, water, solid foods, and cosmetics (because the skin is the largest organ in the human body). What we apply and inject into our body is absorbed and goes straight to our bloodstream. What we take into the body, how and when we take is essential.

As we make healthy choices in our thoughts, words, and relationships, we need to look at our choices in the areas of diet. This is crucial to our well-being. We must not become fear-driven in this, but find patterns that are appropriate for us.

Over weight is a serious health challenge. It creates room for other health issues such as heart attack, breathing problem, knee pain, muscle spasm, back/waist pain, diabetes, obesity etc. Most times we don't know that God can heal us from being overweight, if it matters to you, then it matters to Him. More so, take an intentional step to living healthy by eating right as God heals you from the weight gathered during your time of ignorance. Even when healed of the symptoms, it is important to look at what foods work well with my body and what do not. Consuming large amounts of sugars, chemicals, heavily processed foods, and greasy fried foods are known to be hard on our systems.

"If you are a big eater, put a knife to your throat;" **Proverbs 23:2 NLT**

"If you find honey, eat only what you need; otherwise, you'll get sick from it and vomit."
Proverbs 25:16 CSB

It is beneficial to eat a range of different colors of fruits and vegetables, whole grains, bread.

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and compassion to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you." Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." So he agreed to this and tested them

for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead. Daniel 1:8-16 NIV

It's a sin to put into your body too much food. The bible said;

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your bodies” 1 Cor. 6:19 ESV

6. Exercises

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories.

Physical activity patterns such as Exercise, walking, stretching, breathing, running, jumping etc.

Exercise helps:

- * You live longer.
- * Improve brain health by regulating stress, anxiety, and memory.
- * Increase brain sensitivity for the hormone serotonin and norepinephrine, which relieves feelings of depression.
- * To be more aware of your mental state and practice

distraction from your fears.

- * To build your muscles and bones.
- * Reduce the risk of chronic diseases like cardiovascular disease and blood pressure.
- * Improve your skin.
- * Help with relaxation and sleep quality.
- * Reduce body pain

*"For bodily exercise profiteth little...." 1
Timothy 4:8a, KJV*

RECEIVING AND SUSTAINING HEAVEN'S MANDATE FOR YOUR HEALTH.

Sickness was never part of God's original design for our bodies. The original design of God for our bodies was for it to prosper and be in health.

"Beloved, I pray that you may prosper in all things, and be in health, just as your soul prospers" III John 1:2, NKJV.

Sickness is a product of the fall of man. Healing was not God's original plan. It is an intervention system designed to restore us to the original mandate when there is a failure in the system due to man's choices. So, God's mandate is not just for you to experience divine healing but to live in divine health. Hence, this book will not only position you to receive divine healing but to live in divine health.

BIBLICAL FOUNDATION [TRUTHS] FOR HEALING

1. *The entire gospel of Jesus Christ is about being made whole – Spirit, Soul, & Body.*

When Christ went to the cross, He became sin and sickness unto death so that we might live in wholeness before God. Being made whole is in the “finished” work of the cross. Hence, Jesus said;

“It is finished...” John 19:30, NIV

The bible also acknowledges that His death on the cross gives us the benefit to be whole always.

“...and He bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds (stripes), you were healed.” 1 Peter 2:24 NIV.

Jesus heals; even the woman with the issue of Blood attested to the healing power of Jesus. For she said to herself, “If only I may touch His garment, I shall be made well.” But Jesus turned around, and when He saw her: He said, “Be of good cheer, daughter; your faith has made you whole.” And the woman was made whole from that hour.” Matthew 9:21-22 NKJV.

"And as many as touched Him were made whole." **Mark 6:56 KJV**

"He sent His Word and healed them." **Psalms 107:20, NIV**

2. *Jesus said, "I have come that they may have life."* **John 10:10b KJV**

"And He (Jesus) is the radiance of His glory and the exact representation of His nature." **Hebrews 1:3 NIV**

Jesus displays the heart of our Father in Heaven in everything He does, especially healing. Jesus does what He sees the Father do and says what He says. Sickness is not from God and comes from the devil, but the good news is that Jesus came that He may destroy every work of the enemy. We only need to look at Jesus as He embodies the heart and desire of the Father.

No matter how poor your relationship with God the Father, the Son, and the Holy Spirit, He is always willing to heal you. Mark 9: 23 shares the story of a father who brings his son to Jesus for the healing of seizures. In Mathew 8:2-3, the story of a leper who came to Jesus and said, "if you are willing, you can make me clean." Of course, Jesus healed them. When it comes to healing, one of God's names is "I AM WILLING." His will is his name!

"The Son of God appeared for this purpose: to destroy the works of the devil." I John 3:8 NLT

3. *Jesus is the healer, and healing is for today.*

"Jehovah Rapha "I am the LORD who heals you." Exodus 15:26 NLT

And there is further good news -The time for your healing is **now**! The same way that Jesus healed in the Bible, He still heals today.

"Jesus Christ is the same yesterday, today, and forever." -Hebrews 13:8 KJV

4. *Something happens every time we come to Jesus in prayer and worship.*

It does not matter how many times people have prayed for you; what matters is that God wants to meet you and heal you today. God's will for us is not just healing, but living.

"When he calls out to me, I will answer him. I will be with him in his distress. I will deliver him, and I will honor him" Psalm 91:15 ISV

"And we are confident that he hears us whenever we ask for anything that pleases

him." **1 John 5:14 NLT**

5. *Every person who came to Jesus was healed.*

*Then Jesus said to the centurion, "Go! Let it be done just as you believed it would." And his servant was healed at that moment. When Jesus came into Peter's house, he saw Peter's mother-in-law lying in bed with a fever. He touched her hand and the fever left her, and she got up and began to wait on him. When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick. **Matthew 8:12-16 NIV***

Sickness will never be inflicted on anyone because God wants to teach them a lesson or want them to build character. God will build character through any situation in our lives (Romans 8:28) but sickness, is not one of His tools. Healing is! He's conforming us to Jesus, and He's given us the Holy Spirit to teach us (John 14:26; 16:13-15). The Holy Spirit is there to teach us and not sickness.

Would parents give their children a debilitating disease to teach her a lesson about life? Then, why would your heavenly Father and creator do so? John 5 tells of a man at the Pool of Bethesda. God is not afraid of your sin. He does not see it as an obstacle for your healing.

"For God did not send His Son into the world to condemn the world, but that the world through Him might be saved." John 3:17, NKJV

Only after their encounter with Jesus does He correct people to "go and sin no more." Jesus never addressed people's life decisions or sinfulness BEFORE He healed them.

6. JESUS IS "THE AUTHOR AND PERFECTER OF FAITH."

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

Hebrews 12:2 NLT

Throughout scripture, we see Jesus healing people, regardless of their level of faith. Examples: John 11:1-44 (Lazarus); Acts 9: 36-42 (Tabitha/Dorcas); Mark 9:17-27 (a boy with seizures); Mark 1:40-42 (a man with leprosy). How much faith did the families of Lazarus and Tabitha have? Remember, they were dead.

"For by grace you have been saved through

faith, and that not of yourselves; it is the gift of God; not as a result of works, so that no one may boast.”-Ephesians 2:8-9, ESV

7. *Your identity is in Jesus Christ, and He is not sick.*

Just because you are in a kind of situation doesn't mean you are supposed to stay in it. If sickness has defined your life, God wants to redefine you. The woman with the issue of blood had a name tag, but she was healed and became whole. Her identity was no longer in the name of the sickness but in the testimony of healing.

“I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave himself for me.”-Galatians 2:20, NAV

Jesus' model for ministry is bringing Heaven to earth; in Heaven, there is no sickness, disease, poverty, or depression. Thus, we should not suffer any of these.

“Your Kingdom come, your will be done on earth as it is in Heaven” -Matthew 6:10, NIV.

ENTERING THE THRONE OF GRACE

It is important to keep a thankful heart when expecting healing and after being healed. Thanksgiving is the response of the heart and the key to having whatever you asking for, thanksgiving prepares us for what we are expecting from God. Hence, we are starting the declaration and prayers with thanksgiving, praise and adoration of God.

" Come, everyone! Clap your hands! Shout to God with joyful praise! For the Lord Most High is awesome. He is the great King of all the earth. He subdues the nations before us, putting our enemies beneath our feet. He chose the Promised Land as our inheritance, the proud possession of Jacob's descendants, whom he loves. God has ascended with a mighty shout. The Lord has ascended with trumpets blaring. Sing praises to God, sing praises; sing praises to our King, sing praises! For God is the King over all the earth. Praise him with a psalm. God reigns above the nations, sitting on his holy throne. The rulers of the world have gathered together with the people of the God of Abraham. For all the kings of the earth belong to God. He is highly honored everywhere". Psalm 47:1-9
NLT

Let us, therefore, come boldly to the throne of grace that we may obtain mercy and find grace to help in time of need. Hebrews 4:16 KJV

Prayer for Healing

Abba Father, I come to you in the majestic name of my Lord and Savior Jesus Christ. I thank you for your mercies that are new every day. Thank you for the honor and privilege you have given me to come before your glorious throne of grace, where I can obtain mercy.

I give you all the praise that is due to your name, Oh Lord. Thank you for the many blessings You continue to bestow upon me. You are the great I am that I am, my God who works in mysterious ways, Jehovah Rapha, my Healer, the Alpha, and the Omega. You are the beginning and the end! Father God, as I continue to give you all the glory, I declare that I will bless your name at all times. Your praise will continually be in my mouth. You are my refuge and my strength, my fortress, in You I have my being.

Scripture References for healing

- * **Physical healing:** Jeremiah 17:14, Jeremiah 30:17, Jeremiah 33:6, Exodus 15:26, Exodus 23:25, Isaiah 41:10, Isaiah 58:11, Isaiah 53:4-5, Isaiah 38:16-17, Isaiah 57:18-19, 2 chronicles 7:14-17, 3 John 1:2, Philippians 4:19
- * **Emotional and spiritual healing:** Proverbs 4:20-22, Proverbs 7:22, Proverbs 17:22, Isaiah 33:2, Isaiah

40:29, 1 Peter 2:24, Matthew 11:28-30, Psalms 147:3, 1 Corinthians 10:13

- * **Healing verses from Psalm:** Psalm 107:19-21, Psalm 30:2, Psalm 103:10-11, Psalm 6:2, Psalm 41:2-3
- * **God heals the broken hearted:** Psalm 23, Psalm 30:10-11, Psalm 46:1-2, Psalm 73:26, Psalm 71:20, Psalm 147:3, Psalm 34:18, Psalm 55:22, Jeremiah 29:11, Philippians 4:6-7, Matthew 11:28, Revelation 21:4, 2 Corinthians 4:8-11, John 14:27, Romans 8:28, Romans 5:18, Isaiah 41:10
- * **Healing miracles of Jesus:** Matthew 4:23-24, Matthew 10:1-8, Mark 5:34, Mark 1:29-34, Luke 13:11-13, Luke 12:17-19, Acts 4:30-31, Acts 9:33-34, Acts 10:37-38, John 9:5-11
- * **Everything is possible:** Luke 8:49-56, 2 Kings 20:5, Malachi 4:2
- * **Forgiveness:** Colossians 3:13, Matthew 6:14-15, Luke 17:3-4, Ephesians 4:31-32, Isaiah 43:25-26, Acts 3:19, Proverbs 17:9, Psalm 86:5
- * **Fear and anxiety:** Isaiah 35:4, John 14:27, Joshua 1:9, Matthew 6:34, 1 John 4:18, 1 Peter 3:13-14, 1 Peter 5:5-6, Matthew 10:28, Psalm 115:11, Psalm 127:1-3, Psalm 34:4, Philippians 4:6-7, 2 Timothy 1:7, Deuteronomy 31:6
- * **Depression:** Isaiah 41:13-14, Romans 8:38-39, Philippians 4:8, Psalm 3:3, Psalm 30:3, Psalm 42:11, John 16:33, Psalm 23:3, Psalm 40:1-3
- * **Financial healing:** Deuteronomy 28:12, Philippians

4:19, Proverbs 10:22, 2 Corinthians 9:8, Jeremiah 17:7-8, Psalm 68:19, 1 Kings 17:14

DECLARATIONS

1. Physical Healing

- * I am God's house, sickness and diseases you are not welcome (Heb. 3:6)
- * I carry the breath of God, every infirmity go away (Job 33:4, Gen 2:7)
- * I am crucified with Christ; Nevertheless, I live (Gal. 2:20).
- * I have everlasting life (John 5:24).
- * I am healed by the wounds of Jesus (1 Pet. 2:24).
- * He took my sickness; He carried my pain (Isaiah 53:4-5)
- * It is the will of God for me to be healed (Jer. 30:17)
- * I break every curse of infirmity, sickness, and premature death off my body. (Gen 15:15, Psalm 91:16)
- * I will live and not die, with my very mouth I will declare and announce the goodness of God. (Psalm 118:17)
- * I declare all pain leaves my body in the name of Jesus, Amen.
- * I speak to infections to come out of my body in the name of Jesus, Amen.
- * I switch off sickness and disease around me and in my body.

Prayer: Heavenly Father, I come to You in humility asking for healing. I know You have my days stretched out in front of You and what would take doctor days, months, and years to heal, you can do it in seconds.

Father, I bow my head and heart right now and ask you to touch me, from the crown of my head to the sole of my feet. Breathe your healing right now Father. I plead the blood for healing, in the name of Jesus Christ.

Every disease, germs, and every virus that touches my body dies now and instantly in the name of the Lord Jesus Christ. I declare every organ and every tissue in my body functions according to the original design to which God created it to function. I forbid any malfunction in my body in the name of the Lord Jesus Christ.

Father, Your Word has become a part of me. It is flowing in my bloodstream. It flows to every cell in my body, restoring and transforming my health. Your Word has become flesh; for you sent Your Word and healed me.

My immune system grows stronger every day. I speak life to my immune system. I forbid confusion in my immune system. The Holy Spirit who raised Jesus Christ from the dead dwells in me and quickens my immune system with the life and wisdom of God, which guards the life and health of my body.

Every cell that does not promote life and health in my body is cut off from its life source. My immune system will not allow tumors or growths to live in my body in the name of the Lord Jesus Christ. I command my body to release the

right chemicals.

My body is in perfect chemical balance. My pancreas secretes the proper amount of insulin for life and health.

I rebuke the negative reports over my health, family, finances, life, and expectations and refuse to be disheartened or live in fear. I release miracles of healing in my body in the name of Jesus

I trust God for miracles of healing in my life and my family now and forever. Thank you father for hearing me and delivering me from all sickness, disease, infirmity, and pain in Jesus name, Amen.

2. Emotional and Spiritual Healing

- * I am held together by Him (Col. 1:17).
- * I have the mind of Christ (1 Cor. 2:16).
- * I have been blessed with every spiritual blessing (Eph. 1:3).
- * I am sealed with the promised Holy Spirit (Eph. 1:13).
- * I am in Christ Jesus by God's act (1 Cor. 1:30).
- * I am loved with an everlasting love (Jer. 31:3)
- * I am a saint and loved by God (Rom. 1:7).
- * I am reconciled to God (2 Cor. 5:18).
- * I am the temple of the Holy Spirit (1 Cor. 6:19).
- * I trust God
- * I am a good person
- * I am adequate
- * I am not a failure
- * I am not "a use and dump", I am remembered and

rewarded for my good.

- * I am hopeful
- * I receive and give love
- * I am like a tree planted by the water; my roots go deep in God and His Word.
- * I am creating my future with words – God's words!
- * I replace every belief stored in my experience with the truth of God and new experience in Jesus name, Amen.

3. I am:

- * A fellow citizen with the saints and of the household of God. (Eph. 2:19)
- * Born of God and the evil one does not touch me. (1 John 5:18)
- * In the world, as He is in heaven. (1 John 4:17)
- * His faithful follower. (Rev. 17:14b; Eph. 5:1)
- * Overtaken with blessings. (Deut. 28:2; Eph. 1:3)
- * His disciple because I have love for others. (John 13:34,35)
- * The salt of the earth and the light of the world. (Matt. 5:13,14)
- * The righteousness of God. (1 Cor. 5:21; 1 Pet. 2:24)
- * A partaker of His divine nature. (2 Pet. 1:4)
- * Called of God. (2 Tim. 1:9)
- * The first fruits among his creation. (James 1:18)
- * An ambassador for Christ. (2 Cor. 5:20)
- * God's workmanship, created in Christ Jesus for good works. (Eph. 2:10)

- * Healed by the stripes of Jesus. (1 Pet. 2:24; Isaiah 53:6)
- * Being changed into His image. (2 Cor. 3:18; Phil. 1:6)
- * Beloved of God. (Col. 3:12; Rom. 1:7; 1 Thess. 1:4)
- * Raised with Christ and seated in heavenly places with Him. (Col. 2:12; Eph. 2:6)
- * Always triumphant in Christ. (2 Cor. 2:14)
- * Freed from the law of sin and death. (Rom. 8:2)
- * Brought into the glorious liberty of the children of God. (Rom. 8:21)

4. I have:

- * The mind of Christ. (Phil. 2:5; 1 Cor. 2:16)
- * Obtained an inheritance. (Eph. 1:11)
- * Access by one Spirit to the Father. (Heb. 4:16; Eph. 2:16)
- * Everlasting life and I will not be condemned. (John 5:24; John 6:47)
- * The peace of God that surpasses all understanding. (Phil. 4:7)
- * Received the power of the Holy Spirit to lay hands on the sick and see them recover as well (Mark 16:17,18)
- * Power to cast out demons. (Mark 16:17,18)
- * Authority over all the power of the enemy and nothing shall by any means hurt me. (Luke 10:17,19)

5. Financial healing

- * I have been given all things that pertain to life (2 Pet. 1:3).

- * I am qualified to share in the inheritance of the Kingdom (Col. 1:12).
- * It is God's desire for me to prosper (psalm 35:27)
- * I speak forth promotion
- * I receive world-transforming business ideas
- * I call forth divine connections and partnership
- * I am meeting the right people and they always come my way.
- * I stir up the same creative spirit that created heaven and earth, to bring forth new ideas and inventions
- * I am a co-creator with God,
- * For poverty Jesus Christ has given me wealth, for sickness, He has given me health, and for death, He has given me eternal life.
- * I am like a tree planted by the water; my roots go deep in God and His Word.
- * I am creating my future with words – God's words!
- * I rebuke the negative reports over my health, family, finances, life, and expectations and refuse to be disheartened or live in fear.

6. Broken hearted:

- * God's love is lavished upon me (1 John 3:1)
- * I am sealed with the promised Holy Spirit (Eph. 1:13).
- * I am loved with an everlasting love (Jer. 31:3)
- * I am kept by God's power (1 Pet. 1:5).
- * I am the beloved of God (1 John 4:10).
- * The Lord has lifted me (Psalm 146:8)

- * The Lord Himself has healed me (Psalm 147:3)
- * No matter what I go through, God is always here fighting the good fight for me. (Psalm 46:1-2)
- * No matter what I faced and facing, I can find peace in knowing that everything I face is meant to glorify the goodness of God. (2 Cor. 4:8-10)
- * I may feel alone during your time of heartbreak, but God's loving hand is always near. I rely on Him and my path to healing is made clear. (Rev 21:4)
- * I am bringing my issues before God and He will provide me with peace. (Phil 4:6-7)
- * God's plans may not make sense to me as things are happening, but they are always meant to prosper me. His thought towards me are good. (Jer. 29:11)
- * God has something better planned for me on the other side of the troubles I see. (Psalm 71:20)
- * No matter the source of my heartbreak, God can repair my wounds. (Psalm 147:3)
- * I receive His peace (John 14:27)
- * No matter how “bad” things may seem, everything works together for my greater good. I am never counted out. (Rom. 8:28)
- * God does not keep count of my past mistakes, so I don't have to either. (Isaiah 43:18).
- * God's love and strength will help me through anything that I am experiencing. (Isaiah 41:10)
- * I am not defeated (Psalm 34:18)
- * Father will always be there for me and love me no

matter what I am going through or where I am in life
(Rom 5:18)

- * Father is always here to fight the battle for me. (Psalm 55:22)

7. Fear and anxiety:

- * I am held together by Him (see Col. 1:17).
- * I am as bold as a lion
- * I am fearless
- * I have the mind of Christ (1 Cor. 2:16).
- * I have peace with God (Rom. 5:1).
- * I am built on the foundation of the apostles and prophets, with Jesus Christ Himself as the chief cornerstone (Eph. 2:20).
- * I am sealed with the promised Holy Spirit (Eph. 1:13).
- * I am more than a conqueror (Rom. 8:37).
- * The Lord is always with me (Isaiah 41:10)
- * Peace to me, I shall not fear; for I shall not die.” (Judges 6:23).
- * I am like a tree planted by the water; my roots go deep in God and His Word.
- * I am creating my future with words – God's words!
- * I rebuke the negative reports over my health, family, finances, life, and expectations and refuse to be disheartened or live in fear.
- * I am adequate
- * I am not a failure

8. Forgiveness:

- * I am quick to forgive (Col. 3:13)
- * I can forget the past (Phil. 3:13).
- * I have a pure heart that keeps no record because I will see God. (Matt 5:8)
- * I love deeply (1 Peter 4:8)
- * I don't keep records of wrongs (1 Cor. 13:5)
- * I am full of God's grace; no roots of bitterness can survive in me (Heb. 12:15)
- * I am a new creature (2 Cor. 5:17).
- * I am redeemed from the curse of the law (Gal. 3:13).
- * I am the righteousness of God (2 Cor. 5:21).
- * I am free from all condemnation (Rom. 8:1)
- * I am now God's child (1 John 3:2).
- * I am born of the imperishable seed of God's Word (1 Pet. 1:23).
- * I am loved by Christ and freed from my sins (Rev. 1:5).
- * I am forgiven for all my sins (Eph. 1:7).
- * I am justified from all things (Acts 13:39).
- * I am holy and without blame before Him (Eph. 1:4).

9. Depression:

- * I am a partaker of the divine nature (2 Pet. 1:4).
- * I am sealed with the promised Holy Spirit (Eph. 1:13).
- * I am loved with an everlasting love (Jer. 31:3)
- * I am more than a conqueror (Rom. 8:37).
- * I am a saint and loved by God (Rom. 1:7).

- * I am the beloved of God (1 John 4:10).
- * I am reconciled to God (2 Cor. 5:18).
- * The past has no hold on me, I can forget the past (Phil. 3:13).
- * He has carried my burden and given me His peace (Matt 11:28-29)
- * I have a merry heart and I am full of joy (Prov. 17:22)
- * I am not a mistake (Isaiah 44:2)
- * I am carefully and wonderfully made. God took His time to make me Psalm 139:13-16)
- * I am created for the glory of God (Isaiah 43:1, 7)
- * I am valued by God and I am precious (Isaiah 43:4)
- * People understand me and listen to me
- * Everybody loves me and wants me around and wants to be around me
- * Nothing is wrong with me
- * I am the very image of God
- * I am an important person
- * I deserve everything good
- * I do things right
- * Everything I do is good, God saw that everything he did was good
- * I am trustworthy
- * I will not give up because I have a glorious future, what eyes have not seen, ears have not heard, and have never been imagined. (I Cor. 2:9)
- * His thought concerning me are good (Jer. 29:11)

10. Everything is possible

- * I can do all things through Christ (Phil. 4:13).
- * He has started a good work in me, He will finish it. (Phil 1:6)
- * All things I prayed and asked for I believe I have received them, and they will be granted me (Mark 11:24)
- * No purpose of God can be thwarted in my life. (Job 42:2)
- * Nothing is too difficult for my God (Jer. 32:17)
- * The purpose of God is established, and He will accomplish all His good pleasure in my life (Isaiah 46:10)
- * I believe God can do all things (Mark 9:23)
- * I have great faith that moves mountains (Matt 17:20, Mark 11:23)
- * Everything is working together for my good (Rom. 8:28)
- * The Lord has provided a way of escape for me (1 Cor. 10:13)
- * I lose myself from every affliction in the name of Jesus Christ.
- * By the blood of Jesus Christ, I am healed! I am delivered! I am set free! I AM ETERNALLY RELEASED!

11) General biblical declaration

Biblical Declarations to start speaking over yourself today

- * I am blessed with every spiritual blessing in the heavenly places in Christ (Ephesians 1:3).
- * I am chosen in Christ before the foundation of the world that I may be holy and blameless before the Father (Ephesians 1:4).
- * I am predestined to adoption as a daughter by the Father through Jesus Christ according to the good pleasure of His will (Ephesians 1:5).
- * The Father has accepted me as His beloved (Ephesians 1:6).
- * I have redemption through Jesus Christ's blood and the forgiveness of sins (Ephesians 1:7, Colossians 1:14).
- * I have obtained an inheritance in Christ (Ephesians 1:11).
- * I am sealed with the Holy Spirit who is the guarantee of my inheritance (Ephesians 1:13-14).
- * God raised me up in heavenly places to sit with Him in Jesus Christ (Ephesians 2:6).
- * I am saved by grace through faith. I am not saved by my own works (Ephesians 2:8-9).
- * I am God's masterpiece. He created me anew in Christ Jesus, so I can do the good things He planned for me long ago (Ephesians 2:10).
- * I have been brought to Father by the blood of Christ (Ephesians 2:13).
- * For He Himself is my peace. He made the Gentiles and the Jews into one by breaking down the barrier of

the dividing wall (Ephesians 2:14 NAS).

- * I have access by one Spirit to the Father through Christ Jesus ((Ephesians 2:18).
- * I am strengthened with might through His Spirit in the inner man according to the riches of His glory (Ephesians 3:16).
- * Christ dwells in my heart by faith; I am rooted and grounded in love (Ephesians 3:17)
- * God does exceedingly abundantly above all that I could ask or think according to His power that works in me (Ephesians 3:20).
- * God gives me the victory through Jesus Christ my Lord (1 Corinthians 15:57).
- * I thank God! He always leads me triumphantly by the Messiah and through me spreads everywhere the fragrance of knowing Him (2 Corinthians 2:14 ISV).
- * I have the mind of Christ (1 Corinthians 2:16).
- * He made Christ who knew no sin to be sin for me that I might become the righteousness of God in Him. (2 Corinthians 5:21).
- * I am in Christ Jesus and therefore I am a new creation. Old things have passed away and all things have become new (2 Corinthians 5:17).
- * If I sin, I have an advocate with the Father, Jesus Christ the righteous (1 John 2:1 ESV).
- * All of God's promises are yes and amen for me, because I am in Christ (2 Corinthians 1:20).
- * I am qualified in Christ to be a partaker of the

inheritance of the saints (Colossians 1:12).

- * God, my Father, has delivered me from the power of darkness and transferred me into the kingdom of His Beloved Son (Colossians 1:13).
- * As I live in God, my love grows more perfect. I can face Him with confidence on the day of Judgement because I live like Jesus here in this world (I John 4:17 NLT).
- * I receive an abundance of grace and the gift of righteousness. I reign in life through Jesus Christ (Romans 5:17).
- * As a wife, I submit myself to my husband as is fitting in the Lord. My husband loves me like Christ loved the church and gave Himself up for her (Colossians 3:18 and Ephesians 5:25).
- * As a husband, I love my wife as Christ loved the church and gave Himself up for her.
- * I look out not only for my own interests but also for the interests of others (Philippians 2:4).
- * The heart of my husband trusts in me. He has no lack of gain (Proverbs 31:11).
- * I express belief in my wife and encourage her. I have no lack of gain (Proverbs 31:11, 28-29).
- * I do my husband good and not evil all the days of my life (Proverbs 31:12).
- * I cover my wife with the Word to present her holy and blameless before the Lord (Ephesians 5:26).
- * I am kind and tenderhearted to others. I forgive them

- as God in Christ has forgiven me (Ephesians 4:32).
- * I can do all things through Christ who strengthens me (Philippians 4:13).
 - * I ask God to set a guard over my mouth. He keeps watch over the door of my lips (Psalm 141:3).
 - * I let the peace of Christ rule in my heart. As a member of one body, I am called to peace and I am thankful (Colossians 3:15 NIV).
 - * I walk in a manner worthy of the Lord, pleasing Him in all respects. I bear fruit in every good work and I am increasing in the knowledge of God (Colossians 1:10 NAS).
 - * I am being strengthened with all power according to His might. I have great endurance and patience (Colossians 1:11 NIV).
 - * God has not given me a spirit of fear. He gives me power, love, and self-discipline (2 Timothy 1:7 ESV).
 - * God loads me daily with benefits. He is my salvation (Psalm 68:19).
 - * I am God's servant and He takes pleasure in my prosperity (Psalm 35:27).
 - * I meditate on God's word day and night. I am successful and prosperous (Psalm 1:2-3, Joshua 1:8).
 - * God makes all grace abound toward me so that I always have all sufficiency and an abundance for every good work (2 Corinthians 9:8).
 - * God abundantly blesses my provision (Psalm 132:15).

- * I honor the Lord with my wealth and the first fruits of all my produce. Therefore, my barns will be filled with plenty. My vast will overflow with new wine (Proverbs 3:9-10).
- * I bring the whole tithe into the storehouse. He opens the windows of heaven for me and pours out a blessing so great that I don't have enough room for it (Malachi 3:10).
- * I prosper in all things. I remain in health just as my soul prospers (3 John 1:3).
- * I give and I receive. Good measure, pressed down, shaken together, running over, will it be put into my lap (Luke 6:38).
- * Jesus Christ is generous in grace. Though He was rich, yet for my sake he became poor, so that by His poverty He could make me rich (2 Corinthians 8:9).
- * Christ redeemed me from the curse of the law by becoming a curse for me (Galatians 3:13 NIV).
- * I experience all blessings as I obey the Lord my God (Deuteronomy 28:2 NLT).
- * I am blessed in the city and blessed in the country (Deuteronomy 28:3).
- * I am blessed from the fruit of my body. I am blessed with today's equivalent of the produce of the ground, the increase of my herds, my cattle, and the offspring of my flock (Deuteronomy 28:4).
- * My kneading bowl and basket are blessed. It is the means by which I am tangibly increasing

- (Deuteronomy 28:5).
- * I am blessed when I come in and blessed when I go out (Deuteronomy 28:6).
 - * The Lord causes my enemies who rise against me to be defeated before my face; they come out against me one way and flee before me in seven ways (Deuteronomy 28:7).
 - * The Lord commands His blessing on my storehouses and in all that I set my hand to do, and He blesses me in the land that He is giving me (Deuteronomy 28:8).
 - * The Lord has established me as a holy person to Himself. I keep His commandments and walk in His ways (Deuteronomy 28:9).
 - * All the people of the earth see that I am called by the name of the LORD. (Deuteronomy 28:10)
 - * The Lord grants me plenty of goods, in the fruit of my body, in the increase of my livestock, and in the produce of my ground (Deuteronomy 28:11).
 - * The Lord opens to me His good treasure, the heavens to give the rain to my land in its season, and to bless all the works of my hand (Deuteronomy 28:12).
 - * I lend to many nations but I will not borrow. (Deuteronomy 28:12)
 - * The Lord makes me the head and not the tail, above and not beneath (Deuteronomy 28:13).
 - * I am my Father's child. I am always with Him and all that He has is mine (Luke 15:31).
 - * God blesses me and surrounds me with favour as a

shield (Psalm 5:12).

- * My ways please the Lord and He makes even my enemies to be at peace with me (Proverbs 16:7).
- * God's doing I am in Christ Jesus. He became to me wisdom, righteousness, sanctification, and redemption (I Corinthians 1:30).
- * The God of hope fills me with all joy and peace, abounding in hope by the power of the Holy Spirit (Romans 15:13).
- * The Lord of peace is peace. In every way, He always gives me His peace (2 Thessalonians 3:16).
- * I always rejoice and pray without ceasing. In everything, I give thanks for this is the will of God in Christ Jesus for me (I Thessalonians 5:16-18).
- * I have a steadfast mind. He keeps me in perfect peace because I trust in Him (Isaiah 26:3).
- * The joy of the Lord is my strength (Nehemiah 8:10).
- * I am confident of this very thing, that He who has begun a good work in me will complete it until the day of Jesus Christ (Philippians 1:6).
- * God works in me both to will and to do His good pleasure (Philippians 2:13).
- * I do all things without grumbling or complaining so that I will prove myself to be blameless and innocent.
- * I am a child of God who is above reproach in the midst of a crooked and perverse generation, among whom I appear as lights in the world (Philippians 2:14-15).

- * I hold fast to the word of life. In the day of Christ's return, I will have reason to glory because I did not run or labor in vain (Philippians 2:16).
- * I always rejoice in the Lord and my gentle spirit (graciousness or forbearance) is known to all people (Philippians 4:4, 5).
- * I am anxious for nothing, but in everything by prayer and supplication with thanksgiving, I let my requests be made known to God. And the peace of God, which surpasses all comprehension, will guard my hearts and minds in Christ Jesus (Philippians 4:6-7).
- * I choose to meditate on anything that has virtue or is praiseworthy. I think about things that are true, noble, just, pure, lovely, and of good report (Philippians 4:8).
- * I press on, that I may lay hold of that which Christ Jesus has also laid hold of me forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus (Philippians 3:12-14).
- * The Lord is my God! He is mighty to save. He rejoices over me with gladness and singing. I am quieted by His love (Zephaniah 3:17).
- * God instructs me and keeps me as the apple of His eye (Zechariah 2:8).
- * I am a crown of glory and a royal diadem in the hand of the LORD (Isaiah 62:3).

- * I am no longer called, forsaken or desolate. My new names are Hephzibah (my delight is in her) and Beulah (married). He delights in me and I am married to Him (Isaiah 62:4)!
- * God rejoices over me as a bridegroom rejoices over his bride (Isaiah 62:5).
- * The Lord has chosen me for Himself as His special treasure (Psalm 135:4).
- * I speak God's word and hearing the word increases my faith (Romans 10:17).
- * God satisfies my mouth with good things and renews my youth like the eagles' (Psalm 103:5).
- * I declare God's word about who I am, what I have, and what I can do in Christ Jesus who gives me strength. I am established as His daughter in all ways and I shine in His light (Job 22:8, Isaiah 60:1).
- * I speak God's word and His angels do the voice of His word (Psalm 103:20).
- * I speak God's word and it does not return to Him void. His word accomplishes what He pleases and it prospers in the thing for which He sends it (Isaiah 55:11).
- * I persist in speaking God's word until it accomplishes its purpose. It is like fire. It is like a hammer that shatters a rock (Jeremiah 23:29).
- * The Lord has given me the tongue of the disciples. I know how to speak a word in due season to those who are weary (Isaiah 50:4).

- * The Lord God awakens me every morning to fellowship with Him, and He opens my ears to hear as the learned (Isaiah 50:4).
- * I speak pleasant words that are sweet to the soul and healing to the bones. I am wise and I bring healing (Proverbs 16:24, Proverbs 12:18).
- * I have a wholesome tongue which is a tree of life to myself and others (Proverbs 15:4, Proverbs 11:30, Proverbs 18:21).
- * I speak words of life. I am satisfied with the good by the fruits produced by my words (Proverbs 12:14, Proverbs 18:20).
- * As I speak God's word, He sends it to heal and deliver me from my destruction (Psalm 107:20).
- * God forgives all my iniquities and heals all of my diseases (Psalm 103:3).
- * God redeems my life from the pit. He crowns me with loving-kindness and compassion (Psalm 103:4).
- * Christ bore my sins in His own body on the cross and I am healed by His stripes (1 Peter 2:24).

HOW TO STEWARD YOUR HEALING

*"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, pleasing and perfect will of God.**"*
Romans 12:2 ESV

The renewing of our minds.

When man turned from God's grace and purpose, the world under his dominion came under the influence of lies, lack, and limitation. When Jesus redeemed us from the curse, the planet was restored to hope. That is why:

“The creation waits in eager expectation for the sons of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time”
Romans 8:19-22 MSG.

God's good, pleasing and perfect will for us is wholeness, restoration to His original design, and the re-invasion of His Kingdom into every aspect of this world. To walk in this will of God we need to be renewed in the following thought processes;

1. How do I view God and His plans and purposes, myself, and my relationships?

How I view God and how I believe He sees me, has a great deal on how I will see myself, believe in my health, and

perceive people, which in turn will affect every aspect of my life.

"For I know the plans I have for you"--this is the LORD's declaration--"plans for your well-being, not for disaster, to give you a future and a hope". Jer. 29:11CSB

2. How do I view my body as a temple of the Holy Spirit?

The Spirit that raised Jesus from the dead lives in me. The Greater One lives in me, and my body is the temple of God so I must treasure it.

He loves me but do I love myself? If I do, do I love myself enough to take diligent care of it? My body is a house given to me as a care taker by God. Then I must be conscious of what I do with my body, how I treat my body and what I take into my system.

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own" 1 Cor. 6:9ESV

3. Health Care: You have the primary responsibility for the condition of your temple; choose health care wisely. If you have been under professional care you should have them check out your healing and verify it. If you have been taking prescribed medications for your condition, you need to work with your health care professional before

discontinuing the drugs. Drugs have strong effects on your body's chemistry. They should be used wisely as well as discontinued wisely. We, in The Healing Cave, will never advise the discontinuing of medications; that is between you and your medical professional.

"When anyone has a swelling or a rash or a bright spot on his skin that may become an infectious skin disease, he must be brought to Aaron the priest or to one of his sons who is a priest. The priest is to examine the sore on his skin, and if the hair in the sore has turned white and the sore appears to be more than skin deep, it is an infectious skin disease. When the priest examines him, he shall pronounce him ceremonially unclean. LEV. 13:2-3 NIV

4. Eating Patterns: What is a healthy diet? Is choosing food appropriate for my condition. Minimize the intake of stimulants, chemicals, and addictive substances. Weight issues such as overweight/over eating, underweight, under eating, binge eating can have adverse effect to your health. Hence pay attention to food quality, intake and variety. God created food to nourish us. Will I keep the temple clean and healthy?

5. How do I view the world around me?

My Space, my Job, and my Home: As a light and salt of this

world we influence the atmosphere around us rather than the atmosphere around us influencing us. We are a walking revival. I will come together with people of “like precious faith.” Our transformation will affect the city. We influence through love and honor in action.

My Nation and the World: Gods plan of redemption and transformation covers the whole world, and I am part of the process of bringing it.

*“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. “You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. **Matthew 5:13-16***

Our faith to be healed and stay healthy is not based on our works, but the works of Jesus on the cross. He paid for our sin, and the reason we have been brought back to God is not because of something we did, but what Jesus did. God “has reconciled us to Himself through Jesus Christ” (2 Corinthians 5:18). The work is something that He did so that

we can be confident in its completion, sufficiency, and perfection. The price Jesus paid is all-sufficient, there is no need to wonder if we have a good standing with God. We are co-heirs with Christ, sons of the living God, recipients of all the righteousness of God in Christ Jesus! This causes us to abound in humility and gratitude rather than to wallow in entitlement and arrogance.

More so, because of what Jesus has done on the cross, we can confidently believe that He has fully paid for our sins and their negative effects -. Sin brought death; but Jesus' death and resurrection brought us life, in all areas of our experience. He purchased redemption for our bodies as much as for our spirits and souls. Our new creation identity is based on His finished work.

6. Thanksgiving and gratitude

It is important to keep a thankful heart when expecting healing and after being healed.

Thanksgiving is the response of the heart and the key to increase, thanksgiving prepares us for what God is doing, points us to what He has done. For instance, if I am thirty percent healed as I thank God it will increase to sixty percent as I continue, I am to continue until it is one hundred percent and thereafter continue for sustenance.

When we focus our attention and gratitude on what God is doing in and around us, it positions us to enter into the things we joyfully hoped for. For example: when I experience any amount of relief from pain or sickness, I

become aware of the benefits of healing He has already purchased for me. I'm beginning to experience the healing as I am thanking Him, declaring every bit of relief I feel. When we focus on the amount of pain or sickness that we have, we magnify what we perceive God has NOT done yet, rather than magnifying what we know He has done. As we thank Him for what He has done, we begin to experience an increase in relief. The more we thank Him, the more our experiences of His healing grace increases. Thanksgiving is simply woven into the experience of grace, as God's purpose is communion with us. That's a win-win situation!

“In everything give thanks for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:18).

“Rejoice in the Lord always. Again I will say, rejoice! Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Philippians 4:4,6-7).

Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. And they lifted their voices and said, Jesus,

Master, have mercy on us! "So when He saw them, He said to them, go, show yourselves to the priests. "And so it was that as they went, they were cleansed (this word means purified). And one of them, when he saw that he was healed (this word is cured), returned, and with a loud voice glorified God, and fell on his face at His feet, giving Him thanks. And he was a Samaritan. So Jesus answered and said, were there not ten cleansed (purified)? But where are the nine? Were there not any found who returned to give glory to God except this foreigner? ' And He said to him, arise, go your way. Your faith has made you well' (Luke 17:12-19)

The word 'made well' is SOZO: rescued from perishing, restored, whole; full salvation, healing, deliverance.

Sickness and pain are **NOT** our identities! It is important to surround ourselves with encouraging, faith-filled people in a healthy environment. There is a thief who comes only to steal, kill, and destroy. He operates through deception and fear, and all familiar spirits of sickness lie. We will not let the return of any symptoms bring fear, but will resist them with the truth that God has healed us. It is especially beneficial to daily read and declare positive truth over ourselves - health, home, and finances reaffirmed with thanksgiving.

We were created to love and be loved. Our bodies were created to breathe clean air and drink fresh water, to move and be active, and to rest and sleep. All of these must become daily parts of our healthy lives. Anxiety, stress, lies, and fears rob us of joy and peace, and health. We must continually renew our minds and learn to make new choices in all aspects of life: physical, mental, emotional, and spiritual.

May you go forward in health, filled with hope, experiencing the grace of God, walking in your new creation identity, and overflowing with thanksgiving in Jesus name, Amen?

RECOMMENDED MESSAGES FOR HEALING:

Biblical basic for healing, Kay Benson-Akhigbe II

Basis for healing, Kay Benson-Akhigbe II

Kingdom path way to healing, Benson Akhigbe II

Maintaining your healing and health, Benson Akhigbe II

Removing hindrances to healing miracle, Benson Akhigbe II

Dealing with depression, Otasowie Kezia Okparume

Exactly what is forgiveness, Kay Benson Akhigbe II

What is forgiveness, Kay Benson Akhigbe II

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