



*Transforming society through the  
power of the Gospel*

# God wants you healed!

A quick course on receiving God's healing

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## I Introduction

There is a lot of confusion, even among Christians, about healing and what God's plan is for us in this area. We hear conflicting reports from family, friends, pastors and priests which leave many people without hope or expectation that God will heal them.

The good news is that we can turn to the Bible to see what God says. It's always best to use the Bible, God's Word, as our final authority on what we accept as truth and how we live out our lives.

Before we talk about healing, let's take a moment to establish some foundational principles about God and His Word.

### a) God's Word

God's purpose for His Word is to fully instruct us in everything we need to know to live a successful, godly life. Nothing is in God's Word by accident, and we need to take seriously the promises and instructions it contains. All of God's commands are for our benefit and are motivated out of His amazing love for us.

#### *2 Timothy 3:16-17*

*All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.*

#### *Proverbs 4:20-22*

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

God is very serious about His Word, He even goes so far as to place His Word above His name!

#### *Psalms 138:2*

*I will worship toward Your holy temple, And praise Your name For Your lovingkindness and Your truth; For You have magnified Your word above all Your name.*

God's name is "Yahweh" or "I am who I am". God has committed to interact with man according to His Word and He has by choice limited His actions to match with what He has said. Because of this, we can always know God's perspective on something through His Word and we can be confident that He will act according to His Word with us. The statement; "you never know what God's going to do" is NOT scripturally correct.

#### *Matthew 24:35*

*Heaven and earth will pass away, but My words will by no means pass away.*

#### *Psalms 89:34*

*My covenant I will not break, Nor alter the word that has gone out of My lips.*

Having established God's Word as our source of truth, let's go and look what the Word says about God and His nature. If we are to trust God, we need to understand that God is 100% good, and that He only wants good things for us. If you are not totally sure that God has good intentions towards you, you'll struggle to believe and trust Him for help.

## b) God's goodness

### *1 John 1:5*

*This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all.*

### *James 1:17*

*Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning*

The Bible is clear that God is 100% good, He is light and there is no darkness in Him at all. God is the giver of good gifts, He does not send bad things to “teach us a lesson”, He uses His Word to teach us things (see 2 Tim 3:16-17 above).

### *Psalms 34:8*

*Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him!*

### *Jeremiah 29:11*

*For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.*

God is good, and only wants good things for us. It is the devil who wants bad things for us. We need to recognise what is from the devil and not blame God.

### *John 10:10* [brackets added by me]

*The thief [the devil] does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

Jesus was clear that stealing, killing and destroying, are the work of the devil. Jesus says He came to give us an abundant life. Wherever God is at work, there is life!

### *Hebrews 1:1-4*

*God, who at various times and in various ways spoke in time past to the fathers by the prophets, has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds; who being the brightness of His glory and the express image of His person, and upholding all things by the word of His power, when He had by Himself purged our sins, sat down at the right hand of the Majesty on high, having become so much better than the angels, as He has by inheritance obtained a more excellent name than they.*

Jesus is the perfect representation of God. If you want to know what God is like, look at the life and ministry of Jesus. As we read the Gospels (Matthew, Mark, Luke and John), we get the inside story on who Jesus was and how He treated people. I encourage you to read these Gospels, specifically watching how Jesus behaved and using that to see how God wants to treat you.

The things we are saying here may contradict what you have been taught before. If you are struggling to accept them, I encourage you to ask God in prayer to show you whether what is written here is true or not. Also go back to God's Word for yourself and study it out. Remember that God is only going to do what He says in His Word, not what our aunty, friend or anyone else says He should or shouldn't do.

## II Healing

### a) Healing is a part of Jesus' atonement on the cross

Now that you know that God will always act according to His Word, and you know that God is a good God, let's look at what He promises about healing.

The prophet Isaiah, when he foretold the coming Messiah, spoke of Him taking away our sins and healing us.

#### *Isaiah 53:3-5*

*He is despised and rejected by men, A Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.*

Throughout scripture we find forgiveness of sins and healing are mentioned together. This is because sickness (and all the other bad things), entered the earth through the sin of Adam and Eve. When Jesus dealt with sin for all time on the cross by taking the sins of the whole world upon Himself, the legal right for sickness to affect us was removed. Healing was a part of the atonement of Jesus on the cross!

Isaiah says that at the time that Jesus was beaten with Roman whips, making stripe marks on His body, there was a symbolic exchange, where Jesus gave us His health and took our sickness. He has paid the price for us to be free from sickness. Both Matthew and Peter confirmed this for us in the New Testament:

#### *Matthew 8:16-17*

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

#### *1 Peter 2:24*

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

### b) We receive our healing through faith in what Jesus did

Just as we receive Jesus as our Lord and Saviour by faith and are saved, so we must also receive His gift of healing by faith. We walk in all the gifts and blessing of Jesus by acknowledging that we have them by faith.

#### *Colossians 2:6-7*

*As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.*

#### *Philemon 1:4-6*

*I thank my God, making mention of you always in my prayers, hearing of your love and faith which you have toward the Lord Jesus and toward all the saints, that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus.*

Faith is simply agreeing with what Heaven says about something. When we take the Word of God and plant it deep in our hearts, choosing it as the truth no matter what our five natural senses tell us, then we are operating in faith.

The devil brings bad things against us to make us doubt the goodness and promises of God. The devil knows that a born-again believer who has planted the truth of God in their hearts and minds, and cast out all lies, is unstoppable.

Read the parable of the sower in Mark 4:1-20; Jesus is telling us how to plant the Word of God deep in our hearts so that it bears the fruit of God's life in our lives. He says that the bad things that come, come to steal God's Word, His promises, from us. Sickness, for example, can cause us to question God's commitment to heal us if we are not 100% sure in our hearts about who God is and that He always tells the truth.

**Mark 4:17**

*and they have no root in themselves, and so endure only for a time. Afterward, when tribulation or persecution arises for the word's sake, immediately they stumble.*

c) God's will is for you to be healed

**Psalm 103:1-5**

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

**Matthew 9:35**

*Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people.*

**Luke 5:15**

*However, the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities.*

**Matthew 8:1-3**

*When He had come down from the mountain, great multitudes followed Him. And behold, a leper came and worshiped Him, saying, "Lord, if You are willing, You can make me clean." Then Jesus put out His hand and touched him, saying, "I am willing; be cleansed." Immediately his leprosy was cleansed.*

The Gospels have many examples of Jesus healing. Remember that Jesus does not change, because He is God and God does not change. The sacrifice of Jesus for our healing two thousand years ago is still active today.

**Hebrews 13:8**

*Jesus Christ is the same yesterday, today, and forever.*

It is always God's will for people to be healed and healthy.

### III How to pray for the sick

#### a) Praying for the sick is not just for “Super Christians”

With Jesus healing everyone as part of His going to the cross, any believer can pray for the sick and see them healed. Healing prayer is not reserved for special “super” Christians, we are all able to do this.

##### *Mark 16:16-18*

*He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.*”

We see here that all believers have authority over the devil, access to the gifts of the Holy Spirit (1 Corinthians 12:1-11), access to protection from physical danger and the ability to heal the sick. We only have to believe!

#### b) How to pray

In the story of the fig tree, Jesus gave us an example of how to pray and speak to the things that we want to see change. He demonstrated the power of faith-filled words to transform situations and make physical changes.

##### *Mark 11:12-14*

*Now the next day, when they had come out from Bethany, He was hungry. And seeing from afar a fig tree having leaves, He went to see if perhaps He would find something on it. When He came to it, He found nothing but leaves, for it was not the season for figs. In response Jesus said to it, “Let no one eat fruit from you ever again.” And His disciples heard it.*

##### *Mark 11:20-24*

*Now in the morning, as they passed by, they saw the fig tree dried up from the roots. And Peter, remembering, said to Him, “Rabbi, look! The fig tree which You cursed has withered away.” So Jesus answered and said to them, “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.*

Jesus explained that we need to speak to the mountain, not speak to God about the mountain. The mountains are the obstacles in our lives that are stopping us from going forward, for example sickness. Jesus says have faith in God, speak to the sickness and command it to leave. Remember that Jesus has already paid the price for us to be healed. He took our sickness upon Himself so that we don't have to bear it. We must see sickness as it really is, an illegal burglar in our bodies, trying to steal our lives.

Too many people are praying to God asking Him to heal, when He has already done so two thousand years ago. Instead we should praise and thank God for what He has done and then in faith and confidence command the sickness to leave. We do not use our physical senses to tell us if this is working, we keep looking to God in faith, declaring His Word and things will change.

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c) An example prayer for healing

Thank you, Jesus, that you have already healed me as part of your work on the cross.  
I lay claim to this healing by faith and I declare to my body that you are healed.  
I speak to you [*illness/symptoms/pain*] and I command you to leave my body in Jesus' name.  
I release the life of Jesus into my body and stand on His promises.  
By the stripes of Jesus, I am healed! (Isaiah 53:5, Matthew 8:16-17, 1 Peter 2:24)

Now start to praise Jesus with joy for your healing.

d) The importance of standing on the promises of God's Word

Faith cannot be a loose leaf, blown by the wind, it must be rooted and anchored in the promises of God's Word. Remember, faith is believing and agreeing with what God says. There are many more Bible verses with promises of God's healing than have been quoted in this short document. Praise God that with the Internet and Google, a long list of these verses is just a quick search away. I encourage you to find and read these verses and to meditate on them daily. It is through thinking on them deeply, turning them over and over again in our minds that we get them imbedded deep in our hearts where they become a part of us. Simple mental agreement with something is not faith, being convinced deep in your heart is how faith is released.

*Romans 10:17*

So then faith comes by hearing, and hearing by the word of God.

*Joshua 1:8*

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.