

Give Thanks for Your Healing

Praise and thanksgiving are basic element in your life. (Php 4:6; Col 4:2; 1 Ti 2:1)

We must thank the Lord morning, noon, and night for our salvation through Jesus Christ, our Lord. We must be devoted in our gratitude as we persevere and hold fast to our faith. (Col 1:12)

We must thank him for his love and grace, and for his faithful guidance and care. (Ps 92:2)

We must express our gratitude for the Word of God (1 Th 2:13) and for his spiritual gifts (1 Co 14:18).

As a New Testament believer we must give thanks in the name of the Lord Jesus (Col 3:17).

As you give thanks for your healing, you are claiming and possessing your healing. Fervently, repeatedly, daily give thanks to your heavenly Father for making you whole and completely restored in Jesus' Name. The devil will try to send doubt and phantom symptoms to your body. Command the devils scheme to be dissolved and to be voided by the blood of Christ. Speak words of faith, "I am healed by the stripes of Jesus. I am healed by His blood! (Isaiah 53:5)

Confess Your Healing

What does it mean to "confess" your healing? To confess is to pronounce, to delineate the boundaries of your faith, based upon the inheritance you received at the time of your salvation. Complete healing and restoration of mind, body, and soul is one portion of your inheritance as outlined in Psalms 103.

Are you fully convinced and persuaded that the stripes Jesus bore on His back at Calvary were for your healing? If so, then confess this with your mouth as a daily reminder to Satan, your enemy, whose main goal, is steal, kill, and destroy you!

Choose several healing scriptures to memorize and to confess daily for your well-being:

- *Psalm 107:20**
- *Matthew 4:23**
- *Mark 1:34**
- *Mark 10:52**
- *Luke 9:11**
- *Acts 14:9**
- *1 Peter 2:24**
- *Proverbs 12:18**

Practice Forgiveness

“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.” Matthew 6:14-15

Christians must be ready and willing to forgive the offenses of others. If one is unwilling to forgive those who do us wrong, God will not forgive us our offenses, and our prayers will be to no avail. (Mt 18:35; Mk 11:26; Lk 11:4)

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” Matthew 5:23-24

Forgiveness is an attitude of the heart, which greatly affects the wellness of our mind, soul, and body. Heart attitudes of lust, bitterness, resentment, anger, jealousy, self-pity, selfishness, envy, etc., hinder one’s healing. The results of unforgiveness produce stress, perpetual conflict, and the resistance of Jesus’ divine love and healing. These heart attitudes are blessing blockers!

Practice Good Health Habits

DO NOT STOP TAKING YOUR MEDICATIONS WITHOUT A DOCTOR’S CONSENT!!!!

Stop for a moment and take time to evaluate your daily health habits:

- *Do you eat a balanced diet?**
- *How much processed food do you consume daily?**
- *How much junk food do you consume daily?**
- *How much water do you drink daily?**
- *Do you exercise daily in comparison to your daily food intake?**
- *How much uninterrupted sleep do you get daily?**

It is important to eat a healthy diet, drink plenty of purified water, and get adequate sleep in addition to a proper amount of cardio vascular exercise. Purified water is a cleanser to your entire health system; however, it also provides maximum health for your spine, as the discs in your spine are comprised of at least 85% water, which forms the vital cushioning between your vertebrae. Take a moment and evaluate your body weight. Excess weight disrupts your blood sugars, your cardiovascular system, your joints and your overall health. For every pound you lose, three pounds of pressure are relieved off your joints in your body! Take care of your body, the temple of the Lord!

Meditate on God's Word

As you meditate upon God's Healing Scriptures, your entire being will reap the benefits of restoration. To meditate is to ponder, to consume, to process to a point of absorption. In faith, you declare and decree that you are completely healed! Listed below are various healing scriptures which you will want to include in your very own healing declaration:

1 Peter 2:24; Mark 9:23; Psalm 107:20; and James 4:7.

Declaration:

In the Name of the Lord Jesus Christ, I exercise my God-given authority over this body of mine. Sickness and disease, I speak to you, and I refuse to allow you to stay! This body, my body, this temple, belongs to God!

Satan, you have no right to trespass on God's property. I have authority over you, in the Name of Jesus Christ of Nazareth! You know it! God knows it! And I know it! Now, get out, leave my body. I declare and decree that you shall not come nigh my dwelling! I declare this body healed of the Lord Jesus Christ from this day forth!