

KEEPING YOUR HEALING REVISED

Since God's desire is to heal when you ask for healing and your obligation is to stand in faith believing you received your healing, below are important steps to keep any healing you have received:

1. Believe in your healing by exercising your faith. That is what Jesus wants you to know when he said, "...all things for which you pray and ask, believe that you have received them, and they will be *granted* you," Mark 11:24. This is done by thinking and acting in the belief you have been healed through everything you do. The next two to three weeks after healing will be an adjustment period. You will need to think and act as a healthy person and not as you did before as an unhealthy person. For example, if your back or leg is healed during ministry session and pain later is felt in that same area, you still need to believe in your healing and allow God to identify additional layers of hurt to be identified and released. Since healing often comes in layers because hurts come in layers, the pain you feel can be another layer of hurt either from the same event or from another event with a similar emotion.

2. Focus on being healthy instead of becoming overwhelmed from a returning pain. Many people lose their healing because as soon as they feel an ache their mind begins to focus on the ache which increases worry that the previous condition is returning. Instead, praise God that your body just identified a another hurt to release! For example, if you experience a small ache, you can say, "In the name of Jesus I send away this pain. I am healed and I will have nothing to do with this pain. Thank you, Jesus, for my healing." If the condition is persistent and will not go away, that can be an indication another trauma layer needs to be revealed and released. For more instruction how to identify and release trauma layers you can read, Chapter 11 in the book, *Breaking Emotional Barriers to Healing*, by Craig Miller.

3. Change your perspective and control over how you perceive healing. Anything not of God, such as physical and emotional conditions were given to you by a person or circumstance during a vulnerable time in your life. Which means you have a choice to not accept and give away what was given to you because it was not yours to begin with. If no one was available to comfort and help you release a hurt earlier in life, you will adapt your life around the hurt to live with it. And the longer you live with the hurt, the more you believe it is part of who you are. As a result, keeping your healing is a life process to identify and release hurts that were given to you some time in your life. As the Great Physician, God, wants your heart, mind, and body to be healed! For more information on this topic, read chapters 1-5 in the book, *Breaking Emotional Barriers to Healing*, by Craig Miller.

4. The well-known healer, Smith Wigglesworth, said many years ago, "If you wait to build your faith till you need it it's too late." This is one reason David was able to defeat Goliath because he had built his faith earlier against a lion and a bear. That's why you need to regularly thank God for your healing and strength, spend quality time in the Bible meditating on the Word of God, and spend time with *like-minded* believers about healing. When you think the way God does you see things differently and it builds your faith. There are many scriptures to encourage your faith about healing. The more you know what the Word of God says about healing the easier it is to walk in your healing. I suggest you start by reading scriptures such as:

Mathew 21:22; Mark 16:15-18; John 14:12-14; Luke 1:37; Luke 4:18; I Peter 2:24; James 5:14-15