



How to keep your healing or ward off attacks successfully

Keys:

1. Believe God and HIS Word above ALL else!! Even and especially symptoms, emotions, and “facts” Num 23:19 (God is not man that He should lie) John 14:6 (Way, Truth, Life) 2 Cor 1:20 (His promises are yes and amen)
2. Remember we are in a war that WE have won Col 2:15 (Jesus has triumphed and made a spectacle of devil and powers) but it is still a war and requires a determined focus to use the weapons we have. Eph 6:10-18 (spiritual weapons, armor)
3. Decide to look at circumstances spiritually, to see the unseen and eternal (2 Cor 4:18), and to focus on the spirit, not the flesh (Rom 8:6-17)

Steps:

1. Meditate and focus on God’s love and faithfulness and all He has done for you and don’t focus on your “issue” and it will shrink! He is the faithful God who keeps covenant and steadfast love with those who love him (Deut 7:9) He is merciful and gracious, slow to anger and abounding in love and faithfulness (Ps 86:15)
2. Guard your heart and mind with all diligence – What you See, Hear, Speak and Think on! (Philippians 4:6-8)(Romans 1:21)
3. Remember Satan is a liar, so any thoughts that rise up or words spoken through Media, People or Songs that brings fear or doubt is from him. Depression is from him and you must immediately reject it and replace with the Truth of God’s Word (take it captive 2 Cor 10:5, 6) and not just once but continually until it becomes the default thought (Rom 12:2 renew your mind). (Phil 4:8 think on all that is good)
4. Read and listen to God’s Word consistently, regularly, and as continually as possible, thinking on it throughout the day. Choose a few of your favorite “swords” or verses that speak to you specifically in your healing (like ears/eyes/breathing etc) and that counter what you are experiencing then meditate on them, repeat them out loud every time a symptom comes. (Like John 10:10, 1 Pet 2:24, Is. 54:17, James 4:7)
5. Determine to stick to this no matter what! We will reap if we don’t grow weary (Gal 6:9) Decide to choose life (Deut 30:19) every day until you’ve overcome on the outside (physically) what has already been paid for and has already been done on the inside (spiritually). “Discipline is remembering what you want and doing what it takes to achieve it”
6. Speak what you want to see and have, your words are seeds (Gal 6:7, Prov 18:21), not what you have/are experiencing/seeing. (Rom 4:17 speak things into existence) (Mk 11:23 move mountains)
7. Pray in the Spirit and build yourself up constantly. Jude 1:20,21 and Ephesians 6:18
8. Don’t go it alone—belong to a church community as well as partner up with a mature believer to encourage you and hold you accountable in this journey and can pray for you/shine light from Scriptures with you. (James 5:16 fervent prayer of righteous man is effective), (Eccl 4:9-10 -2 are better than 1)
9. Praise God no matter what the circumstances, you feel like or see because giving thanks in them and praising Him is God’s will for you (1 Thess 5:16-18) (Ps 8:2 praise shuts up the enemy) (Ps 30; 31; 34, all about praising God at all times and His praises being on our lips); even when it’s a sacrifice (Heb 13:15); because this is who we are--we have a new identity as a chosen race, priests, holy nation to declare God’s awesomeness (1 Pet 2:9)
10. Sow healing and reap healing—whatever you sow, you reap (Gal 6:7), give and it will be given to you (Luke 6:38), lay hands on the sick and they shall recover (Mk 16:16-18)