

How to Keep
Your Healing

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Introduction

The aim and purpose of this booklet is to enable those who have received healing, to keep it. You're probably already aware that you have an enemy. Although not visible through our natural eyes, satan is very real and will take advantage where he can. He relies on you not knowing the truth as his biggest strategy is deception. He is cunning and will try to place already healed symptoms back on you, or bombard you with feelings or patterns that the Lord has already healed. If this happens then you need to take action.

We're all in a spiritual battle and the enemy, if allowed, will try to deceive us and rob us - because it is one thing to receive something from God and another to maintain it. People receive healings, as a result of prayer, by other faith filled Christians but once they return home they may be surrounded by doubt and unbelief and the enemy will capitalise upon this.

We need to understand that the nature of the enemy is to '**steal, kill and destroy**' **John 10:10**. He is a trespasser, and will do all he can to stay, so you must use your Godly authority to command him to go. The enemy is crafty he will continue to steal your healing and blessings unless you use your Godly authority. If your car was stolen and then returned to you, you wouldn't carry on leaving the doors open and the keys in the ignition for it to be stolen again, would you?

This is not to make you fearful because **2 Timothy 1:7** teaches us that "**God has not given us a spirit of fear, but of power and of love and of a sound mind**". Jesus made a '**public spectacle**' **Colossians 2:15**, of the enemy by dying on the cross and as a consequence we operate from His victory!

I'm Healed!

Our awesome God is today healing the sick, cleansing the lepers, raising the dead and casting out devils. He is mending the wounded and putting the broken back together like never before. The Bible tells of the many miracles and healings that Jesus performed, and He said we would do greater works than He did. **John 14:12** says *“Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father”*. The Great Commission as suggested in the book of Mark is still in effect today.

It is vitally important that as Christians we understand that through Jesus' death on the cross we can be healed, we can receive the healing touch of our Lord and Saviour Jesus Christ.

It is not God's Will that anyone is sick in mind, soul or body, it is not His Will that anyone is hurting, in bondage or addicted to anything, Jesus came so that we could have life and life in abundance.

Matthew 8:17 tells us that *“He took our sicknesses and removed our diseases”*. There was nothing that Jesus didn't die for. The different types of healings are:

Physical Healing: The Body can be healed supernaturally of sickness and infirmities. God being so good even created the body to heal itself in some instances.

Emotional / Inner Healing: Damaged emotions affect how we live; they can also affect our relationship with God and others. Healing is usually needed in areas where there is suffering, pain, worry or fear. Deep wounds caused by painful memories need a healing touch by Jesus.

Spiritual Healing: Someone who's in bondage, habitual sin, or addicted to substances, alcohol, drugs etc. may need deliverance and inner healing.

Who you are In Christ Jesus

Apart from the Lord, we are nothing and can do nothing. But in Christ, the Word of God tells us of all kinds of wonderful things that we can achieve, if only we believe and trust in his promises.

Read and meditate on the following affirmations of 'Who you are Jesus Christ':

1 Corinthians 2:16 - *"I have been given the mind of Christ"*

Ephesians 1:3 - *"I have been blessed with every Spiritual Blessing"*

Romans 5:1 - *"Since I am in Christ, by the grace of God I have been justified, completely forgiven and made righteous"*

Romans 6-1-6 - *"I died with Christ and died to the power of sin's rule over my life"*

Romans 8:1 - *"I am free forever of condemnation"*

1 Corinthians 2:12 - *"I have received the Spirit of God into my life that I might know the things freely given to me by God"*

1 Corinthians 2:16 - *"I have been placed into Christ by God's doing"*

1 Corinthians 6:19.20 - *"I have been bought with a price; I am not my own, I belong to God".*

2 Corinthians 1:21 - *I have been established, anointed and sealed by God in Christ*

2 Corinthians 5:14, 15 - *"Since I have died, I no longer live for myself but for Christ"*

2 Corinthians 5:21 - *"I have been made righteous"*

Galatians 2:20 - *"I have been crucified with Christ and it is no longer I who live, but Christ lives in me. The life I am now living is Christ's life"*

Ephesians 1:4 - *"I was chosen before the foundation of the world to be holy and I am without blame before him"*

Ephesians 1:5 - *“I was predestined - predetermined by God - to be adopted as God’s son/daughter”*

Ephesians 1:7 - *“I have been redeemed and forgiven and I am a recipient of Lavish Grace”*

Ephesians 1:13, 14 - *“I have been given the Holy Spirit as a pledge guaranteeing my inheritance to come”*

Ephesians 1:19, 20 - *“ and his incomparable power for us who believe. That power is like the working of his mighty strength, which he executed in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms”*

Ephesians 2:5 - *“I have been made alive together with Christ”*

Ephesians 2:6 - *“I have been raised up and seated with Christ in heaven”*

Ephesians 2:18 *“I have direct access to God through the Spirit”*

John 4:4 - *“The one who is in me is greater than the one who is in the world”*

Your Godly Authority

Authority is not acquired by following a set formula. It is a realisation of who Jesus Christ your Saviour is, and of who you are in Him. You need to know who the enemy is, but more importantly, you need to know the authority you have as a child of the Most High God. You need to enforce your authority in order to overcome the enemy's tactics:

Luke 10:19 - 20 *"I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy. Nothing will harm you, however do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven"*

Mark 16:17-18 *"And these signs will accompany those who believe: in my name they will drive out demons: they will speak in new tongue, they will pick up snakes with their hands: and when they drink deadly poison, it will not hurt them at all: they will place their hands on sick people, and they will get well"*

Luke 9:1 *"When Jesus called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases, and he sent them out to preach the kingdom of God and to heal the sick"*

Matthew 10:7-8 *"As you go, preach this message: "The Kingdom of Heaven is near." Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give"*

Matthew 12:28 -29 *"But if I drive out demons by the Spirit of God, then the kingdom of God has come upon you: Or again, how can anyone enter a strong man's house and carry off his possessions unless he first ties up the strong man. Then he can rob his house"*

Matthew 28:28 -30 *"Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you. And surely I am with you always to the very end of the age"*

Fight the Good Fight of Faith

Matthew 17:20 *"Because you have so little faith, I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you".*

The mustard seed analogy shows us how even the smallest seed has the potential to be great and powerful. Apostle Paul said we must **"fight the good fight of faith"** 1 Timothy 6:12. We must fight like a Christian, even with faith the size of a mustard seed, to stay healed. You need to rise up in who you are in Jesus Christ, asserting your Godly authority, to tell the enemy that 'Jesus paid the full price on the cross with the blood He shed, and you are not accepting **the pain, sickness, symptoms or thoughts** back. In the name of Christ Jesus you are keeping your healing.

You have to remember that the only way to fight a Spiritual Battle is with Spiritual Weapons. When you stand your ground against the enemy you need to fight with the Sword of the Spirit, the Word of God. Hebrews 4:12 tells us that **"the word of God is alive and active, sharper than any double-edged sword..."**

Confess the word of God out loud because there is power in it! Faith is active and needs to be released and applied. Decree and declare in faith the following:

Isaiah 53:5 *"I am healed by the stripes of Jesus"*

Jeremiah 17:14 *"Heal me O Lord and I shall be healed, save me and I shall be saved, for you are my praise"*

Jeremiah 30:17 *"The Lord has declared that He will restore me to health and heal my wounds"*

Philippians 4:13 *"I can do all things through Christ who gives me the strength"*

1 John 4:4 *"Greater is He that is in me than he that is in the world"*

As you proclaim the Word of God, your faith will rise up and your Godly authority will kick in, but the enemy may not give up straight away - he will try and fight anything good in your life.

He may try and rob you of your belief in the Word of God. He may tell you that it does no good and won't change anything. He may even cause you to forget to read the affirmations or feel as though you don't want to read them - even though you know it's the way to keep your healing. The enemy wants to know if you really believe what Jesus said - he tests your faith.

John 8:36 tells us *'if the Son sets you free, you will indeed be free.'*

We all need to develop Godly habits to strengthen us in our daily walk with the Lord. So that when the enemy comes prowling, we are prepared with all the Spiritual Weapons at our disposal!

Make Living by the Scriptures a Way of Life

Strengthen your faith with the following Bible passages, they provide insight into the Lords protection for us and reveal the power of the name and blood of Jesus Christ.

PsaIm 91: 1-6	Mark 16:17	Eph. 6:1-20
Romans 8: 28-29	John 10:27-29	Exodus 12:23
Rev. 12:11	Eph. 2:6	Col. 3:16
Luke 10:17	Isaiah 54:11-17	

Also, remember that God's word does not return void and meditating on scripture is like a healing balm for the soul (mind, will, emotions). **Proverbs 4:20-22** *"My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body."*

Develop a discipline of reading, studying and meditating on the Word of God. It may be hard work initially but growing as a disciple of Jesus Christ doesn't just happen, it's a journey. The promises God has for us as his children are endless and limitless.

Pray Without Ceasing and Rejoice Continually

1 Thessalonians 5:16-18 states ***'Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.'***

Apostle Paul, in the above scripture, is suggesting that we develop a prayer life which consists of rejoicing, thanksgiving and praying to God about everything, without ceasing.

We are to embrace a lifestyle of praise and rejoice in God who is worth celebrating. He delights in us so we can delight in Him. **Philippians 4:4** instructs us to ***'Rejoice in the Lord always and again I say Rejoice.'*** When we rejoice in the Lord we receive Joy which is part of God's nature, and He in turn ***'rejoices over us with singing'*** **Zephaniah 3:17**. Praising the Lord repels the enemy, fills us with an overwhelming sense of joy and matures us as Christians – make praise and worship your priority!

The second part ***'to pray without ceasing'*** is not referring to us incessantly talking out loud to God all day long, nor is it about us being in a position or posture of prayer. To pray without ceasing is a permanent place of surrender to the Lord; it is being 'God aware' – converse with Him as He likes to talk to you.

John 10:3-4 tells us that ***'the sheep hear His voice, and he calls His own sheep by name and leads them out. When He has brought out all his own, he goes before them, and the sheep follow him, for they know His voice'***.

Prayer should always be our first response in every situation. Apostle Paul told the **Colossians 4:2**, to ***'devote yourselves to prayer, being watchful and thankful.'*** Therefore, should your thoughts turn to worry, fear or discouragement then you are to take every thought captive and surrender them all to God. We are commanded to rely on the grace of God and not ourselves. Furthermore, give thanks to God for everything, even in trial as this will dislodge the enemy's plans – as he doesn't have much success with thankful men or women.

Fellowship With Others

Acts 2:41-47 ‘...*They devoted themselves to the apostles teaching and to the fellowship; to the breaking of bread and to prayer... they continued to meet together in the temple courts...*’

Fellowship is about Christians coming together as the body of Christ to praise and worship God, to encourage each other with love, prayer and intercession.

Christian fellowship is a crucial part of our faith journey as **Proverbs 27:17** tell us that ‘*iron sharpens iron.*’ We as the body of Christ, being sharper, will become more effective with our families and within our sphere of influence.

We need to praise and worship, we need to dwell in an atmosphere of fellowship, we need the encouragement we receive from our Christian brothers and sisters and more importantly fellowships provide opportunities to love other Christians.

Hebrews 10: 24-25 says ‘*And let us consider how we may spur one another on towards love and good deeds. Let us not give up meeting together. As some are in the habit of doing, but let us encourage one another and all the more as you see the day approaching*’

Be On Your Guard to Resist the Enemy

James 4:7 tells us to '***Submit yourselves therefore to God. Resist the devil, and he will flee from you.***'

In order to submit to God we have to humble ourselves in obedience to Him. 1 Peter 5:5 tells us that '***God opposes the proud but gives grace to the humble.***' Having a humble and submissive heart is a choice. We need to ask for the grace so that we can submit ourselves to God and in doing so we will receive peace, insight and knowledge so that we can resist the devil.

Ephesians 6:10 tells us we are to stand '***strong in the Lord and in the power of His might***'. We need to understand the significance of 'Our Godly Identity', 'Our Godly Authority' and 'What the Cross of Jesus Christ' has accomplished for us. Knowing this will enable us to stand firm resisting temptation because the devil is already defeated and will flee.

You could be surrounded by any number of temptations depending on the area the Lord has healed. Temptations lure Christians away from their faithful, obedient walk with the Lord. It is vital therefore that we identify sources of temptation in our lives so as to avoid situations that may present a problem. If you have areas of weakness seek the Lord for His Grace and Wisdom, He will have the solution to help you overcome.

If the Lord has set you free and you subsequently find yourself in a moment of weakness, unable to resist the temptation, you must immediately confess your failure and take a firm stand once again. Resist the devil and tell him to depart. Re-read the promises of who you are so that you regain your balance and spiritual strength. Do not give in to self-pity - this is one of satan's trump cards. Remember Jesus forgives our sins. This is why He died on the cross whilst we were still sinners. Go to the Sacrament of Reconciliation, if you are Catholic, and remember to forgive yourself.

Spiritual Armour

Ephesians 6:10-20 confirms that we fight not against flesh and blood but against spiritual enemies - so we need to use the spiritual weapons we have at our disposal. We need the strength of God because we can do nothing in our own strength. Therefore put on the whole '**Armour of God**' as follows:

The Belt of Truth

The belt of truth is first part of the armour that keeps all the others together. **John 8:32** tells us that '**you will know the truth, and the truth will set you free.**' The belt of truth is not just about honesty in words, it applies to our actions and the way we conduct our lives. **John 14:6** tells us that Jesus Christ is the truth whereas satan is the father of lies. Keep the belt of truth firmly fastened around your waist so that you can withstand the tricks of the enemy.

The Breastplate of Righteousness

An essential part of a soldier's equipment is the breastplate which protects all the vital organs eg the heart and lungs. Apostle Paul wrote that righteousness is the Christian's breastplate. We have automatic righteousness from God through Jesus Christ, who became sin for us, nailed it to the cross with his death and rose from the dead to give us eternal life. Therefore have faith, confess your sins and live holy in God's eyes.

The Slippers of Peace

Footgear is also very important. The soldier wears sturdy, protective shoes in order that they can stand firm in battle. As Christians, we also need to stand firm against our enemy. Scripture names Christian shoes as '**the preparation of the gospel of peace**' this means that our feet have a firm foundation planted in the word of God. Shoes enable us to walk over some rather difficult ground without any fear, so too does the Gospel of Peace. We can take that peace into every situation in our lives.

The Helmet of Salvation

A soldier may be able to withstand some injuries to his body but a blow to the head could be severe. In the same way the Helmet of Salvation is a protective headgear designed to protect the mind: as this is where the enemy attacks and bombards with his lies. Apostle Paul in 1 Thess 5:8 tells us to put on '*...the hope of salvation as a helmet*' Jesus acquired our salvation on the Cross and He is the hope of our salvation.

The Shield of Faith

The shield in Roman Times was typically 2.5ft wide and 4ft tall made with layers of wood, leather trim and bound with rawhide or bronze stiches. The shield was the only manoeuvrable part of a soldier's equipment and it was designed to protect them from arrows or javelins – sometimes the arrows were alight and so the material had to be able to absorb the flame.

Our shield of faith acts in the same way. When the fiery darts of the enemy take flight, they will hit the shield of faith and be extinguished on impact. The enemy wants you in turmoil and will endeavour to tempt you with fears, worries and despairs – we have to stand firm in Jesus who is our faith and extinguish every flaming dart with the shield of faith.

The Sword of the Spirit

A sword in itself is a mighty weapon but the Sword of the Spirit is no ordinary sword: it's the Word of God and as we've already discussed it's sharper than any double edged sword. The Sword of the Spirit is mightier than any other weapon because it's used in the name of Jesus and powered by the Holy Spirit. Studying, reading and meditating on the Word of God will keep the sword sharp.

Renewing Your Mind and Guarding Your Thought Life

Romans 12:2 *'Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God'*

Do you ever think about the consequences or impact that your thoughts can have? Do you know that you can choose your thoughts? Apostle Paul tells us in the above scripture that we are to be transformed by the renewing of our mind. Detrimental thoughts are toxic to our mind and body: we were not created to harbour poisonous thoughts because they affect our attitudes, actions and reactions to other people.

Renewing the mind is a biblical process; more than just positive thinking - it's a vital step to believing God promises and it has a lot to do with our viewpoints and attitudes.

Proverbs 23:7 says, *'For as he thinks in his heart, so is he.'* Our thinking sets the course for our lives. God's will is for us to prosper in all areas of our life but we will prosper to the degree that our souls prosper (**3 John 2**). The soul is our mind, will, and emotions and the mind is where the battlefield is - this is where our thoughts are.

The battlefield is in the mind and where the enemy attacks: satan puts wrong thoughts in our mind, so what is in your mind can and will spill out of your mouth. We have to be on our guard and renew our minds with the Word of God so we can think as He thinks. Transformation happens when we apply God's word to our lives and change our thought patterns.

Take note of anything that doesn't line up with the word of God: old negative patterns: thoughts, feelings, attitudes and take action as they can be changed - your brain can be re-trained.

Ungodly Beliefs

An ungodly belief is a negative statement or lie which is in your heart. It could be against yourself, others, or people in authority or even God.

You probably won't even realise that your holding onto them as they are usually established when we are not fully focused. Yet they need to be repented and renounced because our God is so awesome, His greatest gift was our free-will and He will never violate that.

Ungodly beliefs are usually formed through word curses from either yourself or someone else. Depending on your experience they also appear to be absolutely true but false based on what the word of God says about us:

No one loves me. I will fail/I am a failure.

God doesn't love me I am alone

We know that God loves us as we are His children and we will not fail as we can do all things through Christ who strengthens us. We can't be alone when Jesus said he would neither leave us nor forsake us.

We need to ask the Holy Spirit to reveal any ungodly beliefs we have believed, as well as any negative expectations within us.

Prayer to renounce ungodly beliefs:

In the name of Jesus Christ, I repent and renounce all ungodly beliefs which I have made, knowingly or unknowingly, against myself. I specifically renounce..... (Name those ungodly beliefs which you have made and which you know to be wrong). I ask You Lord to totally cleanse me and set me free.

Inner Vows

Inner vows are like oaths we make to ourselves: by definition they're formed through our reactions to an event or circumstances. These vows don't need to be spoken into the atmosphere they could be spoken internally. A typical inner vow would be a determined statement or inner declaration that sounds something like:

"I will never be like her"

"I will never trust anyone (or God) again"

"I will never be like ..."

"I will never do that"

There is no end to the inner vows we make and they don't expire unless we repent and renounce them. Typically children are more likely to make inner vows because they don't want to grow up to be like their parents, grandparents etc. Ironically they usually become what they vowed they wouldn't - almost like a reverse curse.

Prayer to renounce inner vows:

In the name of Jesus Christ, I repent and renounce all vows which I have made, knowingly or unknowingly, against myself. I specifically renounce..... (Name those vows which you have made and which you know to be wrong). I ask You Lord to totally cleanse me and set me free.

Positive Godly Belief Examples

If you feel...	Then decree & declare...	And study what the word of God says to affirm your new Godly belief..
Fear	I don't need to be frightened of anything, especially [name the fear, things, people etc] because I belong to Jesus. Fear of man has no place in my life.	<p>Song of Sol. 2:16 <i>"I am my beloved and He is mine.</i></p> <p>1 John 4:18 <i>"Perfect love casts out all fear</i></p> <p>John 15:12 <i>"Love one another as I have loved you"</i></p>
Self-pity	I am wanted, I am included, I am loved I don't need to feel lonely, left out, unloved, unwanted or rejected anymore.	<p>Isa 62:4 <i>"No longer will you be called deserted or desolate.. but the Lord delights in you"</i></p> <p>Eph 1:6, Luke 12:8 <i>Accepted by the Beloved.</i></p>
Anger	I don't need to feel Angry because God cares for my every need. If I have been wronged I will surrender the situation to God so He can handle it and take control. I will keep my peace.	<p>Deut 32:4 <i>"A God of faithfulness, without injustice. All His ways are just"</i></p> <p>James 1:19-20 <i>"...human anger does not produce the righteousness that God desires"</i></p>
Self- Condemnation	Jesus said he would not condemn me so I won't condemn myself. I will refrain from speaking negatively about myself.	<p>Rom.8:1 <i>"There is no condemnation to them that are in Christ Jesus"</i></p> <p>Isa.44:22 <i>"I have swept away your sins..."</i></p>

Unbelief	I can do all things with the help of Jesus. I will not give it to feeling inadequate, inferior or doubting what God can do in my life.	Phil 4:13 <i>"I can do all things through Christ who strengthens me."</i>
Unloving	I receive God's love and because He loves me - I can love others. I will speak positively about other people and myself and if I can't show love in my words I will demonstrate love in my actions.	Eph 1:17-18 <i>"He will give me the spirit of wisdom and revelation. He will enlighten the eyes of my heart so that I know."</i> Rom 5:5 <i>"His love shed abroad in my heart by the Spirit"</i>
Over - Sensitivity	I won't analyse everything said to me but will pass it on to the Lord. I will ask for Heavens Help so I can love others who have hurt me. I will try to make my actions and reactions Godly.	John 8:32 <i>"You shall know the truth and the truth will set you free".</i> Eph 4: 22 <i>"Put off your old nature.. and put on the new".</i>
Self-centeredness	I have the fruits of the Holy Spirit to help me be less selfish and considerate to others.	Gal: 5-22 <i>"Fruit of the Spirit"</i>

More examples and scriptures to study

I have value and worth and I do count.	Eph 2:19 Eph 1:3-6 2 cor 5:18-21
I have a Godly purpose in life.	2 cor 5: 18-20
I can be confident because I matter.	Eph 2:10 Phil 4:13 Phil 4:19
I will have Godly friendships	I thess 4:9 I john 4:19 Rom 5:5
I don't need to strive to be accepted	Rom 4:5 Eph 2:8-9 2 Cor 5:21 Gal 2:16
I am not always wrong as the Spirit of Truth lives in me.	1 cor 1:26-30 John 16:13 John 8: 31-32
I can communicate effectively in all circumstances	Ps 81:10 Is 32:4 Jere 1:6-8
I have Holy Boldness and Holy Confidence	I John 5:4 I John 2: 27
I can do all things through Christ who strengthens me and I am more than a conqueror	I John 5:4-5 Eph 3:20 Phil 4:13
I do not need to be worried or anxious about anything as God knows my every need and has provided for every situation I will ever face if I just keep my eyes on him and trust what the word of God tells me.	Phil 4:6
I do not need to fear as My God is for me.	2 Tim 1:7
I belong and I matter	Is. 42:1 Is. 42:4 I Peter 1:18-19 I Cor 6:19-20
I will make it and I can be confident in this knowing that I am seated in Heavenly Places.	2 Cor 12:9 Eph 2:10 Rom 4:5

