

# **What the Bible teaches about health and healing**

*By Samantha Savige*

## **What is God's will about health and healing?**

We live in a world oriented toward sickness and disease. All around us the seeming inevitability of illness and frailty is proclaimed. For many people, ill-health is perceived as merely another stage in the life span with unrelenting implications. There is a prevalent world viewpoint that sickness can benefit people in some way. Humanistic thought seeks to find meaning in ill-health and view it as a catalyst for self-enlightenment. Alternatively, others ascribe it to the sovereign will of God—and interpret illness as His tool for teaching the “important lessons” in life. However this erroneous viewpoint requires a Biblical answer. Sickness and disease cannot be viewed as good things, and James 1:17 tells us that “Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.” Anyone who has ever been ill must honestly attest that it is not a good thing. Incapacity, pain, disability (any state other than wholeness) is neither good nor liberating. Rather, its fruits are sorrow and misery.

The truth of the matter is that it is God's will that Christians live without sickness and disease in their lives, as evidenced by the following Scripture: “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” (3 John 2). The Bible is filled with healing promises, and it is God's will that we know them and walk in the knowledge of this truth.

The Bible reveals the proper way to receive healing, and how to live victoriously in divine health. This is something every Christian should understand because many false ideas have abounded regarding this important area. God is compassionate, so He certainly does not desire that His people should suffer

from bad health and all that is associated with it. It is reassuring to know that He is still a miracle worker, and His promises in the Holy Bible never change. God's compassion and power are shown in the statement: "I *am* the LORD that healeth thee." (Exodus 15:26b). The Bible reveals that Christ is the Healer, who brings deliverance into the lives of the sick and infirm. Indeed, God's power transforms people's lives, and it is good news to know that nothing has changed with respect to His will to heal. Today, there does not remain a single sickness, disease or infirmity that is too great for the power of God to deal with.

### **Why do people suffer sickness and disease?**

Sickness and disease are part of **the curse**. The curse is the outworking (result) of the law of sin and death, being God's judgment upon mankind against the sin of Adam. The curse entered into the world at the Fall of Man, as Romans 5:12a explains, "Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men". Obviously, Adam's transgression of the Word of God had tragic consequences for the human race. God's perfect creation became corrupted and death entered the world when man chose to follow the words of Satan, a fallen angel, rather than the Word of God.

"And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed *is* the ground for thy sake; in sorrow shalt thou eat *of* it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field" (Genesis 3:17–19).

There is not one good thing associated with the curse. The Bible shows us that all sicknesses and diseases are connected with it. Mankind, in a rebellious state, suffers its effects.

“If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD; Then the LORD will make thy plagues wonderful, and the plagues of thy seed, *even* great plagues, and of long continuance, and sore sickness, and of long continuance. Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. Also every sickness, and every plague, which *is* not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.”  
(Deuteronomy 28:58–61)

Rebellion against God in the Garden of Eden brought death, sickness and suffering of all kinds into the world. The Bible reveals that sin has tragic consequences: “For the wages of sin *is* death” (Romans 6:23a). Sickness and disease, which are definitely not good things in God’s sight, came into the world as a result of transgression of God’s Word.

Satan, who is the administrator of the curse and the ruler of the world system (see 2 Corinthians 4:4—Satan is referred to as the “god” of this world, with a lower case “g” as he is not God Almighty), uses sickness and disease to inflict suffering and oppression. This is revealed in Scripture: “How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.” (Acts 10:38). The facts are clear that Satan oppresses and Jesus delivers. However, many people practise abuse of their own body, which creates an opening for sickness and disease to enter.

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to

the Spirit shall of the Spirit reap life everlasting.” (Galatians 6:7, 8)

People reap what they sow; therefore, the Bible commands us to treat our bodies properly and offer them as a living sacrifice to God. “What? Know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.” (1 Corinthians 6:19, 20). It logically follows that mistreating the body will contribute to poor health. Ultimately though, it is the state of the heart (the inner man i.e. spirit and soul) that determines what happens in this area.

### **Why is the state of our heart (inner man) important for our health?**

“A sound heart *is* the life of the flesh: but envy the rottenness of the bones.” (Proverbs 14:30)

The “heart” is the Biblical word for the inner man, which is made up of the spirit and soul. The state of the heart will govern the decisions a person makes, which in turn has implications upon health. Unregenerate man chooses to live without God, remain in the curse, fearful of sickness, disease and death. Unregenerate man has a sinful heart, and lives with the destructive power of sin in operation. “For when we were in the flesh, the motions of sins, which were by the law, did work in our members to bring forth fruit unto death.” (Romans 7:5). The power of righteousness contributes to life and the power of sin towards death. Importantly, it is the heart which *believes* things, and what the heart believes influences what will happen to a person. For example, with the heart many people *believe* sickness and disease are inevitable, or can only be dealt with on a purely natural level (with great dependence upon the medical profession). Alternatively, with the heart others *believe* in the power of God, the ability to live free of sickness and

disease, or if needed, receive complete healing and restoration. Obviously, this is dependent upon a person's knowledge of, and faith in, the Word of God.

Faith is necessary to ensure that every course of action will be in accordance with the will of God. People receive, and walk in, the promises of God **by faith**. That is, believing and trusting in the Word of God and its absolute truthfulness. Faith is a spiritual force which grows in the heart. It is the power to believe. Faith is described in the Bible: "Now faith is the substance of things hoped for, the evidence of things not seen." (Hebrews 11:1). For people to become believers there is an order:

(1) the Gospel is preached.

It is essential for the Gospel to be preached for people to believe it: "How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher?" (Romans 10:14). The Word must be sent out to enable people to take hold of it and believe it: "He sent his word, and healed them, and delivered *them* from their destructions." (Psalm 107:20).

(2) the Word is believed.

"And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment." (1 John 3:23). Belief in Christ leads to righteousness (being right in God's sight): "Even as Abraham believed God, and it was accounted to him for righteousness." (Galatians 3:6). Wholeness comes through belief in God's Word.

(3) the heart is changed through God's power.

God changes the heart, and washes a person clean of sin as the Word of God is believed and Christ received as Saviour. The heart is made new by God, and the person becomes a new creature in Christ, with the measure of faith to believe the Word of God: "Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new." (2 Corinthians 5:17).

(4) the heart is sustained through faith in the power of God.

The power of God sustains a person through life's trials, and He encourages us to lean on Him: "Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved." (Psalm 55:22). Faith abiding in the heart will lead to victory over sickness and weakness: "The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?" (Proverbs 18:14).

(5) the power of God is manifested through the heart into every area of a person's life.

Wise decisions are made from a believing heart. God will bring blessing and deliverance into our lives as we choose to trust His Word: "Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper." (2 Chronicles 20:20b).

Faith comes by hearing the Word: "So then faith *cometh* by hearing, and hearing by the word of God." (Romans 10:17). It is important to expose ourselves continually to the Word of God, meditate upon it, memorise it and speak it out. This required discipline and application: "Keep thy heart with all diligence; for out of it *are* the issues of life." (Proverbs 4:23). The things which affect us in life stem from the heart, because every decision is influenced by what we believe.

Every human has the capacity to believe God, which is what we *should* be doing constantly, because God's Word is the truth (see John 17:17). It is necessary to

demonstrate faith in the area of healing so that we can fully receive the promises of God in an obedient, believing way. Health and healing is extensively covered in the Bible. God's Word is His will, and it has many references revealing the will of God for health. The Gospels, for instance, reveal the many miracles of healing and deliverance Christ performed in His earthly ministry. Every one of His promises is received by faith, including salvation. There are many promises related to our health and healing. The Bible states, for example,

“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I *am* the LORD that healeth thee.” (Exodus 15:26)

The Bible tells us explicitly that the Lord God is our Healer. This fact is received by faith. Obedience to God is necessary to keeping a pure and sound heart, which, in turn, is necessary for the life (health) of the flesh. Exodus 15:26 talks about giving ear (listening) to God's commandments. As the Word is studied and listened to, and given its due priority in our lives, the fact is that our faith will grow. If a Christian diligently studies the Biblical doctrine of healing and health their faith will grow in this area. The Bible is a living, powerful, spiritual book (see Hebrews 4:12), and as Romans 10:17 reveals, faith comes by hearing the Word. The Word has a positive effect upon us, spirit, soul and body. “It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life.” (John 6:63). God's words are supernatural words with supernatural power.

God desires that we listen to His Word and pay attention to what it says about our health. “If any man have an ear, let him hear.” (Revelation 13:9). God wants us to obediently listen to Him and obey His Word—faith grows in this way. He

also wants us to have a correct knowledge and understanding of health and healing, and the blessings which are available to us. God does not force His will upon us. We must seek and find for ourselves (Luke 11:9, 10). All of life's answers are found in the Holy Bible.

It is important that we approach the Word with “a willing mind” (see 2 Corinthians 8:12), and a diligent attitude. *We must approach the Word ready to believe it.* To disbelieve the Word undermines us and gives ground to the devil in our lives. “He that diggeth a pit shall fall into it; and whoso breaketh an hedge, a serpent shall bit him.” (Ecclesiastes 10:8). This refers to the fact that disobedience will cause a break in the “hedge” of protection that the Word encompasses us with (see Psalm 5:12). Obedience is necessary to maintain this protection “Lest Satan should get an advantage of us: for we are not ignorant of his devices.” (2 Corinthians 2:11). Deception is one of his greatest devices. This involves trying to convince people that the Bible is not true. This is contradictory to what Scripture says. God wants us to trust His Word in all circumstances, and reject the devil's lies. Faith pleases God, whereas unbelief (which is sin) does not (see Hebrews 11:6). Diligent attention to the Bible increases our faith. This is important because we can walk in divine health *by faith*, and receive healing *by faith*. The way to give attention to the Bible is by listening to, reading, and meditating upon it.

“My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they *are* life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it *are* the issues of life.” (Proverbs 4:20–23)

The Bible reveals an important key here. The Word of God must come into the heart, the believer must be diligent to guard the heart, and then health and life is manifested. Diligent attention to the Word brings good things for believers. The



words of God are vital, “For they *are* life unto those that find them, and health to all their flesh.” (Proverbs 4:22). The heart must be “kept diligently” to ensure victory is not compromised. That is, sickness and disease cannot reside in the body, nor torment in the mind, when the heart is kept sound and pure through obedience of the Word. “And ye shall know the truth, and the truth shall make you free.” (John 8:32). This includes freedom from oppressive sicknesses and diseases.

### **Has healing always been available to God’s people?**

Healing has been a part of both the Old and New Testaments. God has always been merciful and caring toward His people, and provided the way to live free of sickness and disease. In the Old Testament, the Lord revealed to the Israelites:

“And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.” (Exodus 23:25)

“There shall nothing cast their young, nor be barren, in thy land: the number of thy days I will fulfil.” (Exodus 23:26)

“And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all *them* that hate thee.” (Deuteronomy 7:15)

The key to partaking in these blessing was, and still is, reliant on obedience and listening to God’s Word. Exodus 23:25 specifies that His people should serve Him. This involves acting on the Word, not hearing it only. “But be ye doers of the word, and not hearers only, deceiving your own selves.” (James 1:22). Obedience to God is the key. “But whoso looketh into the perfect law of liberty, and continueth *therein*, he being not a forgetful hearer, but a doer of the work,

this man shall be blessed in his deed.” (James 1:25). It is the Word which makes people free from sickness, disease and mental problems as shown in John 8:32.

By receiving the Word of God, the Israelites could live healthy and prosperous lives: “He sent his word, and healed them, and delivered *them* from their destructions.” (Psalm 107:20). Psalm 105:37 reveals that when God brought the children of Israel out of Egypt, “*there was not one feeble person* among their tribes.” Divine health was for the children of Israel, and is for us today, being conditional upon obedience to God. Sound health was the covenant provision for the children of Israel and as long as they obeyed God, they walked in that blessing.

The Old Testament, therefore, had great blessings for God’s people in the area of health and healing. The same blessings pertaining to health are available to us today in the New Testament. The Word continues to bring health and deliverance to those who listen and obey. The sequence of faith and its operation can be seen in Romans 10:13–17. The Bible reveals that New Testament believers now have a better covenant with God, established upon better promises. “But now hath he obtained a more excellent ministry, by how much also he is the mediator of a better covenant, which was established upon better promises.” (Hebrews 8:6). Sickness and disease are a part of the curse. Thankfully, the Bible reveals:

“Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed *is* every one that hangeth on a tree” (Galatians 3:13)

Christ has paid the price for man to be completely delivered from the curse and to live with sound hearts and bodies. “But he *was* wounded for our transgressions, *he was* bruised for our iniquities: the chastisement of our peace *was* upon him; and with his stripes we are healed.” (Isaiah 53:5). The Lord has accomplished the “opening of the prison to *them that are* bound” (Isaiah 61:1).

Therefore as redeemed people, born-again Christians do not have to live with any affliction of disease and mental problems in their lives.

“The Spirit of the Lord *is* upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord.”  
(Luke 4:18)

God wants His people to live without the significant problems that sickness and disease can bring. It is important for us to believe and receive that God is our Healer and Redeemer.

“Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies”  
(Psalm 103:3)

The Scripture shows us that God wants His people to be filled with joy whilst living in a godly way for Him. “That your days may be multiplied, and the days of your children, in the land which the LORD sware unto your fathers to give them, as the days of heaven upon the earth.” (Deuteronomy 11:21). “My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee.” (Proverbs 3:1, 2).

God does not want the lives of Christians prematurely cut short by sickness and disease. Personal tragedy, such as sickness, can severely hinder the work of God in a believer’s life. Believers should take hold of the fact that long life is a sure promise, available through the Word of God. The Scripture shows that it has

a positive effect not only upon our spirit, but also upon our flesh (see Proverbs 4:22).

It is also important to know and believe that God does not fail to bring His promises to pass. All of His promises in Him are “yea” and “amen” (2 Corinthians 1:20). Scripture reveals that they will always come to pass:

“there hath not failed one word of all his good promise, which he promised” (1 Kings 8:56)

“not one thing hath failed of all the good things which the LORD your God spake concerning you; all are come to pass unto you, *and* not one thing hath failed thereof.” (Joshua 23:14)

“So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper *in the thing* whereto I sent it.” (Isaiah 55:11)

We can trust God completely with our lives, in the knowledge that He will always come through for us with healing and restoration. He is unfailingly trustworthy. Our responsibility as believers is to diligently “keep our hearts” pure by maintaining a believing attitude concerning all things in the Bible.

### **What does the Bible reveal about God as our Healer?**

God is our Healer. He is more powerful and has more knowledge of the intricacies of the human body and mind than any human doctor. We should be trusting and turning to the Lord in the first instance of any manifestation of

sickness, disease or mental problems. There is no medical condition which is too complex for the Lord to deal with.

The Bible clearly states “I *am* the LORD that healeth thee.” (Exodus 15:26). God is the Healer of all diseases (see Psalm 103:3), and the one who delivers from all types of bondage and oppression (mental and physical). Among those conditions Christ healed the Bible mentions palsy, leprosy, fever, blood loss, plagues, blindness, lunacy, deafness, dumbness, lameness and infirmity.<sup>1</sup>

“And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.” (Matthew 4:23)

On Earth, Christ had a ministry of healing and deliverance. Through Christ’s ministry on Earth, we can see that it is of utmost importance for people to **willingly seek out and receive** healing from God Himself, rather than seeking after man and his devices. For example, people willingly sought out Christ, or were brought into Christ’s presence to be healed because they acknowledged Him as Healer, as the centurion did: “but say in a word, and my servant shall be healed.” (Luke 7:7).

Healing is received by faith, as is deliverance—for example, from tormenting thought patterns. Satanic strongholds, such as this, are broken and removed by the faith in the power of God. When the woman with the issue of blood loss touched the hem of Christ’s garment to be healed, Christ said to her: “Daughter, be of good comfort: thy faith hath made thee whole; go in peace.” (Luke 8:9).

The healing of physical or mental conditions is accomplished by faith—trusting God and believing in Him (see Psalm 107:20). The Bible promises that “In

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<sup>1</sup> See Matthew 15:31 for example.

righteousness shalt thou be established: thou shalt be far from oppression; for thou shalt not fear: and from terror; for it shall not come near thee.” (Isaiah 54:14). God has promised that the things which cause mental torment shall be far from His people, and this includes oppressive physical conditions.

Believers must allow the power of God to work in their lives without undermining it. Some people do oppose themselves through unbelief and resistance to His will as Scripture shows: “In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth” (2 Timothy 2:25). God is willing and able to deliver and believers need to be ready to receive.

“How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.”  
(Acts 10:38)

This verse also reveals the nature of sickness as a form of oppression. Steadfast faith in God allows people to receive miracles and deliverance from such oppression. Remember, it is the Word which heals, so our hearts need to be filled with the Word (see Psalm 107:20). By hearing the Word, faith will increase in the human spirit. Believers must know the Word of God to walk in freedom from sickness and disease. According to John 8:32, it is the truth **we know** that makes us free.

### **Why is it important to maintain faith?**

Although trials may arise, believers need to demonstrate a tenacious faith in God to walk in divine health and receive healing when needed. Christians have an adversary (the devil) who is waiting to take any opportunity to bring trouble into people’s lives: “Be sober, be vigilant; because your adversary the devil, as a

roaring lion, walketh about, seeking whom he may devour” (1 Peter 5:8). Lack of faith, manifested through words of doubt and unbelief, is one such way. Believers need to maintain their confession and make sure that what they are listening to is edifying. Specifically, they must make sure that their words do not contradict the Bible, nor should they fill their minds with anti-faith thoughts. If sickness and disease is present, believers need to consider who their counsellors are. Are they unbelievers? Or God? God’s Word should be our counsellor and the final authority in this matter.

“Counsel *is* mine, and sound wisdom: I *am* understanding; I have strength.” (Proverbs 8:14)

Unbelief will not contribute to an atmosphere of faith. Unbelief hinders people and gives the devil a legal right to act in a situation. “Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.” (Hebrews 4:11). “Take heed, brethren, lest there be in any of you and evil heart of unbelief, in departing from the living God.” (Hebrews 3:12). Unbelief causes people to fall, and miss out on victory. An atmosphere of faith is not fostered by speaking words of unbelief, which is actually sinning against the truth of God’s Word. James 3:14 commands us to “lie not against the truth.” This includes speaking and acting in a way contradictory to the Word. When the Lord Jesus Christ came to attend to the daughter of the ruler of the synagogue described in Luke chapter eight, He would not allow anyone to enter except for Peter, James, John and the father and mother (verse 51). In fact, he put those who wept and bewailed her out before He raised the maiden from the dead.

“And all wept, and bewailed her: but he said, Weep not: she is not dead, but sleepeth. And they laughed him to scorn, knowing that she was dead. And he put them all out, and took her by the hand, and called, saying, Maid, arise. And

her spirit came again, and she arose straightway: and he commanded to give her meat.” (Luke 8:52–55)

Those who were weeping and wailing would not have contributed to a faith-filled environment. Such people laughed at the words of Jesus, who is God! Rather, people who act like this actually introduce doubt and fear. Concerning this event in Luke chapter eight, the Bible states: “But when Jesus heard *it*, he answered him, saying, Fear not: believe only, and she shall be made whole.” (Luke 8:50). Believers who are standing in faith for healing to be manifested need people around them who will actively help them by speaking the Word of God, encouraging and ministering to them, rather than undermining them and introducing fear. Christ’s commandment was to believe only, which leaves no room for ungodly fear of evil.

### **What are the Biblical ways a believer can be healed?**

The Bible shows that Christians have been healed. This is due to the redemptive work of Christ on the cross. He took all sickness and disease upon Himself, having become a curse for us at that time (see Galatians 3:13).

“That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare *our* sicknesses.” (Matthew 8:17)

“Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.” (1 Peter 2:24)

The Bible says that we “were” healed. We have already been healed. We should not take back into our hearts and bodies something Jesus has already dealt with. Right now, we can walk in victory in the area of health and healing. “And the



inhabitant shall not say, I am sick: the people that dwell therein *shall be* forgiven *their* iniquity.” (Isaiah 33:24). We should not consider ourselves as sick people when the Bible tells us we were healed.

God has made provision for people of differing levels of faith. He wants us to walk in wholeness and He has provided a number of ways in which we can accomplish this.

- *Believers can pray to the Father in the name of Jesus for the manifestation of healing.*

As believers, we have the authority to do this. The Bible encourages us to ask of God the Father, and when we ask, we should be ready to receive.

“And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give *it* you. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.”  
(John 16:23, 24)

Wholeness brings joy to people, whereas sickness and disease do not, and God wants us to have fullness of joy. It is comforting to know that we can freely ask of God, and that He hears the prayers of His people. He encourages us to ask for things we need, and this includes the manifestation of healing.

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being

evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?" (Matthew 7:7–11)

Healing and wholeness are good gifts which God wants us to partake of. He does not want us to miss out on sound health. All those who come in faith will receive without partiality, as Scripture shows in Luke 6:19, "And the whole multitude sought to touch him: for there went virtue out of him, and healed *them* all."

- *Use the Name of the Lord Jesus Christ against the devil, and actively command that symptoms and problems leave.*

There is deliverance power in the name of the Lord Jesus Christ and believers have the authority to use His name against the devil.

"And these signs shall follow them that believe; In my name shall they cast out devils" (Mark 16:17a)

Miracles have been accomplished in the name of the Lord Jesus, such as the healing of the lame man at the Beautiful gate of the temple in Acts chapter three. This man received strength in his legs and feet and was able to walk for the first time after being lame from birth. Peter used the Name of Christ in this man's situation.

"Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk. And he took him by the right hand, and lifted *him* up: and immediately his feet and ankle bones received strength." (Acts 3:6, 7)

The Scripture further states:

“And his name through faith in his name hath made this man strong, whom ye see and know: yea, the faith which is by him hath given him this perfect soundness in the presence of you all.” (Acts 3:16)

Faith in the name of Christ is necessary for the power of God to be manifested, as the healing of this lame man illustrates.

- *Agree in prayer with another believer.*

A Christian can join their faith with another believer to petition God. It can be very helpful for a believer to know that they have someone else supporting them and believing with them. God states that the health of His children is important, as shown, for instance, in James 5:16a, “pray one for another, that ye may be healed.” It is vital that Christians stand in faith with each other in the area of health and healing along with other matters. This is not something that can be done with people who do not believe in the healing power of God.

“Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For when two or three are gathered together in my name, there am I in the midst of them.” (Matthew 18:19, 20)

If need be, we should not hesitate to undertake this Biblical agreement. The prayer of agreement between two believing Christians is a powerful thing. It is important to understand that we must receive **at the time we pray**. Regardless of whether the manifestation of healing is instantaneous or takes some time, we must believe that we have received of God **at the time** we ask of Him.

“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*.” (Mark 11:24)

This is faith in action. “Now faith is the substance of things hoped for, the evidence of things not seen.” (Hebrews 11:1).

- *Receive the laying on hands in the Name of the Lord Jesus Christ.*

The laying on of hands is a powerful God-given ministry available to all believers (all can perform it and all can receive of it) spoken of by the Lord Jesus Christ — “they shall lay hands on the sick, and they shall recover.” (Mark 16:18)

A believer in need of healing can request another believer to lay hands on them. This provides a point of contact for the release of faith. God uses people as His vessels to impart His power, and through the law of contact and transmission the healing power of God can be ministered in this way.

“Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.” (James 5:16)

God wants us to pray for one another and freely minister in this way to those in need. It is good to know that our fervent (i.e. zeal-based) prayer avails much: “And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he gave committed sins, they shall be forgiven him.” (James 5:15).

- *By using the gifts of healing.*

The gifts of healing are supernatural manifestations of the Holy Ghost’s power operating through a born-again Spirit-filled believer. They are part of the gifts of

the Holy Ghost which are given to profit withal (see 1 Corinthians 12:7). God wants to help people, and believers who have received the baptism of the Holy Ghost and who operate in the spiritual gifts (as He desires all believers to do) can be used of God to perform works of healing.

“To another faith by the same Spirit; to another the gifts of healing by the same Spirit” (1 Corinthians 12:9)

This is outworked as the Holy Ghost moves people to be used in this way. It is the responsibility of all believers to be sensitive to the leading of the Holy Ghost, so as not to stifle the operation of God.

- *Be anointed with oil.*

Believers can approach the Church Eldership to be anointed with oil and receive prayer for healing. Christians should not be reluctant to seek help in this way because the Lord uses this ministerial action to perform great works of healing. Consider the fact that the sick shall be saved and raised up. This offers great hope to people in need of healing. It also reveals that God can work healing miracles toward people at any stage of ill-health. He can raise up the sick and bed-ridden and utterly restore a believer to wholeness.

“Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.” (James 5:14, 15)

The Lord has put the Church Eldership in the position they are in to guide and minister to the Body of Christ. Believers should go to godly ministers if healing is needed because this is a Biblically correct course of action.

- *Know the Scripture and walk in divine health.*

Although healing is a great blessing, the best way a believer can live is to walk free of sickness and disease every day, and continually partake of wholeness. Wholeness is achieved through faith, as Christ stated when He healed the woman with the issue of blood: “And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.” (Mark 5:34). This woman had actively sought out Christ because she believed He could heal her. Christ also said to a man He had made whole: “Behold, thou art made whole: sin no more, lest a worse thing come unto thee.” (John 5:14b). Wholeness comes from believing Christ, and obeying Him, which the Gospels show clearly. Many people, for example, “... besought him that they might only touch the hem of his garment: and as many as touched were made perfectly whole.” (Matthew 14:36). Christ’s healing power was clearly evident: “Insomuch that the multitude wondered, when they saw the dumb to speak, the maimed to be whole, the lame to walk, and the blind to see: and they glorified the God of Israel.” (Matthew 15:31).

To walk in wholeness requires knowledge of the Scriptures, and the choice to believe them. Believers should regularly read the Word of God, and thank Him, for example, for taking sickness away from their midst<sup>2</sup> and being the strength of their life. According to the Scriptures, we have been healed, so we should thank God for this and regularly make this our confession of faith.

“Who his own self bare our sins in his own body on the tree,  
that we, being dead to sins, should live unto righteousness:  
by whose stripes ye were healed.” (1 Peter 2:24)

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<sup>2</sup> Exodus 23:25

Believers must not forget that Jesus became a curse for us and bore every sickness and every disease on our behalf. “Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed *is* every one that hangeth on a tree” (Galatians 3:13).

“That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare *our* sicknesses.” (Matthew 8:17)

It is necessary to see God as our source of strength (Psalm 27:1), and the health of our countenance (Psalm 42:11). He is, in fact, the strength of our life and our sustainer. “O God, *thou art* terrible out of thy holy places: the God of Israel *is* he that giveth strength and power unto *his* people. Blessed *be* God.” (Psalm 68:35).

### **What hinders healing?**

- Doubt and unbelief.

Faith pleases God, whereas doubt does not. Receiving healing and walking in divine health pleases God and this is only accomplished by faith.

“Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.” (Hebrews 3:12)

Believers can miss out on the blessings of God through unbelief.<sup>3</sup> If devilish thoughts of unbelief come to mind, cast them down and take every thought captive.<sup>4</sup> Believers should meditate on and confess the Word of God to fill their

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<sup>3</sup> Hebrews 3:18, 19, Hebrews 4:6

<sup>4</sup> 2 Corinthians 10:3–5

hearts and minds with its healing power. Deceptive thoughts cannot take hold in a heart which trusts in God.

- Ignorance—do not be ignorant of the devil’s devices.

“Lest Satan should get an advantage of us: for we are not ignorant of his devices.” (2 Corinthians 2:11)

Evil thought patterns, idols, worldly entanglement, false teachers/teaching and so on are examples of Satan’s devices. As mentioned, trying to deceive people into believing lies is a major device. The devil also uses illusion — for example, manipulating situations/circumstances — so that a person may think that there is no way the Word of God can come to pass. We cannot allow ourselves to be swayed by appearances, because when we stand in faith on God’s Word, we will always triumph, regardless of how a situation looks.<sup>5</sup> A situation may *look* “hopeless” but it is imperative that we always “walk by faith, not by sight” (2 Corinthians 5:7), because there is always hope with God. Believers cannot afford to be ignorant of Scripture. We need to be aware of His promises, and have a Biblically understanding of the blessings God has provided. Believers need to walk in the power He has bestowed upon us. This includes the power to combat symptoms of sickness and disease. The devil will look for openings and take any opportunity to cause trouble and this includes the introduction of sickness. It is the responsibility of believers to resist the devil and his attacks upon the body. “Submit yourselves therefore to God. Resist the devil, and he will flee from you.” (James 4:7).

- Sin—do not give place to the devil and do not sin.

“Be ye angry and sin not: let not the sun go down upon your wrath: Neither give place to the devil.” (Ephesians 4:26, 27)

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<sup>5</sup> 2 Corinthians 2:14



Sin gives Satan a prime opportunity to introduce sickness and disease. Sin is disobedience to the Word of God. It is therefore vital that we know the Word and live by it, being quick to repent and receive the forgiveness of God if we do sin (1 John 1:9). It is good to know that sin is not inherent in the new spirit of a born-again Christian.<sup>6</sup> The commandment of the Lord to “go, and sin no more.” (John 8:11) is possible for born-again believers to obey because they are changed on the inside. Rather, it is now in our nature to want to obey God, being born of His Spirit. Sin compromises our ability to walk in the divine protection of God, because choices made against God’s law give the enemy the opportunity to attack.

“He that diggeth a pit shall fall into it; and whoso breaketh an hedge, a serpent shall bite him.” (Ecclesiastes 10:8)

Unrepentant sin will result in a break in the hedge, and create a breach in the spirit. This provides an opportunity for the serpent to enter and bite. Believers must continually consider their ways—“Now therefore thus saith the LORD of hosts; Consider your ways.” (Haggai 1:5)—and examine themselves—“Examine yourselves, whether ye be in the faith; prove your own selves.” (2 Corinthians 13:5a)—to ensure that they are walking in uncompromised obedience to the Word of God.

- Wrong confession—being snared by the words of our mouth.

“Thou art snared with the words of thy mouth, thou art taken with the words of thy mouth.” (Proverbs 6:2)

Making wrong confessions (such as defeatist, sickness-laden words) is actually lying against the truth of God’s Word (James 3:14) and becomes a snare for

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<sup>6</sup> 1 John 5:18

people. “A fool’s mouth *is* his destruction, and his lips *are* the snare of his soul.” (Proverbs 18:7). If the soul is snared, then it cannot prosper, and so health is affected detrimentally, as indicated by Third John verse two. Our words have a creative power and the devil will use wrong confessions to facilitate our words coming to pass (see Proverbs 6:2). As believers, we are delivered from snares and should walk in this truth: “Surely he shall deliver thee from the snare of the fowler, *and* from the noisome pestilence.” (Psalm 91:3). We should thus be mindful that our words line up always with the Bible.

- Opposing ourselves.

“In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth; And *that* they may recover themselves out of the snare of the devil, who are taken captive by him at his will.” (2 Timothy 2:25, 26)

Partaking of the sins of others in words or actions is a way in which believers can oppose themselves. God desires that we walk in purity.

“Lay hands suddenly on no man, neither be partaker of other men’s sins: keep thyself pure.” (1 Timothy 5:22)

Believers also oppose themselves through being willing ignorance of God’s Word, and by not upholding God in His rightful place. This includes people having “idols in their heart” (see Ezekiel 14:4–8), which are things (literally *anything*) that become more important than God. God should be the first and foremost priority in our lives. “Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment.” (Matthew 22:37, 38).

## Is Christ still the Healer today?

The Bible reveals that Christ is called the Word of God (see John 1:1, Revelation 19:13), and it is the Word which heals mankind—spirit, soul and body. “And the very God of peace sanctify you wholly; and *I pray God* your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23). Christ never changes. Therefore, if He was the Healer during His earthly ministry, He is still the Healer today. He has not changed in compassion or power.

“Jesus Christ the same yesterday, and to day, and for ever.”  
(Hebrews 13:8)

The Lord Jesus Christ freely healed those who came to Him in faith. Consider the following Scripture: “And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.” (Matthew 4:23).

The virtue of the Lord Jesus Christ enabled people to be healed (Luke 6:19). He dwells in our hearts by faith and the Kingdom of God is within us (see Luke 17:21). Christ is our strength and power.<sup>7</sup> God wants us to always be ready to receive healing when needed. He wants us to walk in the wholeness He has provided for us *every day*. We serve a God who wants us whole and strong.

“Strengthen ye the weak hands, and confirm the feeble knees. Say to them *that are* of a fearful heart, Be strong, fear not: behold, your God will come *with* vengeance, *even* God *with* a recompence; he will come and save you. Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then shall the lame *man* leap as an

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<sup>7</sup> Philippians 4:13, Ephesians 6:10

hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.” (Isaiah 35:3–6)

## **Conclusion**

The Word of God gives people hope. Within it are the revelations that it is God’s will that His people be well and whole, and the Biblical provision for these blessings. The Word reveals several ways to receive healing, and how to put ourselves in the best position to receive. It is indeed possible to walk in divine health through the empowering of God, for “with God all things are possible.” (Matthew 19:26b). It is imperative that our hearts be filled with the Word of faith, and that we keep our eyes focused on God, not circumstances. God’s promises will always prevail and He is to be praised for providing wholeness for us. For all who believe His Word of healing, He is “the LORD that healeth thee.” (Exodus 15:26b).