



## 10 Days of Healing

PASTORS GEORGE & TERRI PEARSONS

### DAY 6—Who Heals All Our Diseases

#### A. Psalm 103:1-5—Who Heals All Our Diseases

1. Let's meditate on these verses together.
2. NKJV: "Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's."
  - a. All that is within me is blessed and declares God's healing love.
  - b. My organs are blessed.
  - c. My mind is blessed.
  - d. My nerves are blessed.
  - e. My bones are blessed.
  - f. My heart is blessed.
  - g. My eyes are blessed.
  - h. My ears are blessed.
3. Verse 2: "Bless the Lord, O my soul, and forget not all His benefits."
  - a. *Benefits* (HEB) = treatments, acts of goodness, services
  - b. Healing and wellness are covenant benefits that Jesus paid the price for us to have.
  - c. Psalm 84:11: "The Lord God is a sun and shield: the Lord will give grace and glory: no good thing will he withhold from them that walk uprightly."
4. Verse 3: "Who forgives all your iniquities, who heals all your diseases."
  - a. AMPC: "Who forgives [every one of] all your iniquities, who heals [each one of] all your diseases."
  - b. Sin gets in the way of receiving. The Father, by the blood of Jesus took care of that; you have to turn from sin and take hold of forgiveness.
  - c. *Heals* (HEB) = mend, cure, physician, thoroughly make whole
  - d. *Diseases* (HEB) = sickness, malady
5. Verse 4: "Who redeems your life from destruction, who crowns you with loving kindness and tender mercies."
  - a. Redeems: Adam sold us all to Satan. Jesus bought us back at a higher price—His life and blood.
  - b. AMPC: "Who redeems your life from the pit and corruption, Who beautifies, dignifies, and crowns you with loving-kindness and tender mercy."
  - c. *Crown* (HEB) = surround, enclose, compass
  - d. God's love is our defender and shield.





6. Verse 5: "Who satisfies your mouth with good things, so that your youth is renewed like the eagles."
  - a. *Satisfy* (HEB) = fill to satisfaction, have plenty of, full, satiate
  - b. The mouth is the outlet for your spirit and for your mind.
  - c. AMPC: "Who satisfies your mouth [your necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!"
    - i. Not only good things to eat, but good words to say.
    - ii. Words become things. God puts the words in our mouths that will produce the things that He wants us to have.
  - d. Psalm 91:16 (NKJV) "With long life I will satisfy him, and show him My salvation."
    - i. It's the quality of life that produces an endurance of life.

## B. There Is Provision for the Whole Person: Spirit, Soul and Body

1. 1 Thessalonians 5:23-24: "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. Faithful is he that calleth you, who also will do it."
2. 1 Peter 2:24-25, AMPC
  - a. "He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness" (=spirit).
    - i. Your spirit was regenerated when you accepted Jesus.
  - b. "By His wounds you have been healed" (= body).
  - c. "For you were going astray like [so many] sheep, but now you have come back to the Shepherd and Guardian (the Bishop) of your souls"
    - i. Your soul is your mind, will and emotions.
3. Exodus 23:25-26 (NIV): "I will take away sickness from among you, and none will miscarry or be barren in your land. I will give you a full life span."
4. Deuteronomy 7:15 (NKJV): "And the Lord will take away from you all sickness, and will afflict you with none of the terrible diseases of Egypt which you have known, but will lay them on all those who hate you."
  - a. NIV: "The Lord will keep you free (immune) from every disease."
  - b. NLT: "The Lord will protect you from all sickness."
  - c. MSG: "God will get rid of all sickness."
5. Psalm 105:37 "He brought them forth also with silver and gold: and there was not one feeble person among their tribes."
  - a. *Feeble* (HEB) = totter, waver, faint, fall down, lame, weak; weakness of the legs, especially the ankles
6. Jeremiah 30:17 (NKJV): "'I will restore health to you and heal you of your wounds,' says the Lord."
  - a. MSG: "As for you, I'll come with healing, curing the incurable."
7. Acts 10:38 "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."



## 10 Days of Healing

PASTORS GEORGE & TERRI PEARSONS

### DAY 7—God's Prescription for Good Health (Part I)

#### A. Proverbs 4:20-22—God's Prescription for Good Health

1. "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."
2. *Health* (HEB) = medicine, remedy, cure
3. Take God's Word as faithfully as you would a prescription.
4. There is no limit to the amount of God's medicine that you can take.
  - a. You cannot overdose on God's Word.
  - b. So, take as much as you need.
5. The more you take, the more powerful you will become.
  - a. Hebrews 4:12 (AMPC): "For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analyzing and judging the very thoughts and purposes of the heart."
  - b. Psalm 107:20: "He sent his word, and healed them, and delivered them from their destructions."
    - i. He didn't say, "Sent his word to heal."—that leaves room for possible failure.
    - ii. He sent His Word—and it did its job.
  - c. Remember—Jesus is the Word made flesh. When Jesus healed people it was the Word at work. The Word at work in our lives is Jesus healing.

#### B. Proverbs 4:20—Attend to My Words

1. Give your undivided attention to God's Word.
  - a. "Dr. Lilian B. Yeomans, a medical doctor who received divine healing for herself and then devoted her life to ministering and teaching this subject, would teach what she called 'healing classes' in the daytime during her revival meetings. She wrote in one of her books to this effect, 'I almost become angry sometimes. For when we are studying the Word of God on such an important subject as healing for the body, you can tell people are not paying a bit of attention to it. They will thumb through the songbook, stare off in space, look out the window or chew gum. And then those same people want you to pray the prayer of faith for them. Yet, they don't want to do anything themselves.'" —from *God's Medicine* by Kenneth E. Hagin



2. Give your time to sowing God's Word into your heart.
  - a. 1 Peter 2:2: "As newborn babes, desire the sincere milk of the word, that you may grow thereby."
  - b. Matthew 4:4 (NKJV): "Man shall not live by bread alone, but by every word that proceeds from the mouth of God."
3. The result of sowing the word of healing into your heart will be a harvest of healing in your body.

### C. How Do We "Sow," or "Plant," God's Word in Our Hearts?

1. Proverbs 4:20-21 (NKJV): "My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart."
2. Joshua 1:8 (NKJV): "This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."
3. There are 4 ways: ears, eyes, mouth and thoughts.
4. How do you keep the Word in your mouth? By putting it in your heart until it's in there in such abundance it will come out your mouth.
5. Sometimes what you say is to sow the Word down into your heart.
6. Once the Word gets in your heart in abundance, it will fill your mouth, and that Word will work for you.
7. Don't be a passive listener.
  - a. Listen to the Word with the intention of believing it, receiving it and acting on it.
  - b. Be an aggressive, voracious listener.
  - c. Open your ears to God's Word. Be correctable.
8. Romans 10:17 (NKJV): "Faith comes by hearing, and hearing by the word of God."
  - a. This takes time. Give it time.
  - b. Don't give "spiritual drains" equal time.
9. Mark 4:23-25 (AMPC): "If any man has ears to hear, let him be listening and let him perceive and comprehend. And He said to them, Be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you—and more [besides] will be given to you who hear. For to him who has will more be given; and from him who has nothing, even what he has will be taken away [by force]."
  - a. You have two sets of ears—outer ears, and the ears of your heart.
  - b. Let God's Word in.
  - c. Get all other things out.
10. Proverbs 4:21: "Let them not depart from thine eyes; keep them in the midst of thine heart."
11. Proverbs 4:22 (AMPC): "For they are life to those who find them, healing and health to all their flesh."



## 10 Days of Healing

PASTORS GEORGE & TERRI PEARSONS

### DAY 8—God's Prescription for Good Health (Part 2)

#### A. Proverbs 4:20-22—God's Prescription for Good Health

1. "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."
2. *Health* (HEB) = medicine, remedy, cure
3. Take God's Word as faithfully as you would a prescription.
4. Mark 4:23-24 (AMPC): "If any man has ears to hear, let him be listening and let him perceive and comprehend. And He said to them, Be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you—and more [besides] will be given to you who hear."
5. Joshua 1:8 (NKJV): "This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."
  - a. Keep the Word in your mouth.
  - b. Keep the Word in your thoughts and reasoning.
6. There is no limit to the amount of God's medicine that you can take.
  - a. You cannot overdose on God's Word.
  - b. So, take as much as you need.
  - c. The more you take, the more powerful you will become.
7. God's Prescription for Good Health:
  - a. Attend to My Words.
  - b. Incline your ears to My sayings.
  - c. Set yourself to hear and expect insight and answers from the Lord.
  - d. Luke 8:18 (NLT)—"Pay attention to how you hear."

#### B. Proverbs 4:21—Let Them Not Depart From Your Eyes

1. Keep your eyes trained on the Word of God.
  - a. Do not look at circumstances or feelings that appear contrary to your healing.
  - b. 2 Corinthians 5:7 "We walk by faith, not by sight."
  - c. Keep the Word of healing before you at all times.
  - d. "If you can see it, you can have it." —Keith Moore
2. Matthew 6:22: "The light of the body is the eye: if therefore thine eye is single, thy whole body shall be full of light."
  - a. The eye is the gateway to the body.



- b. If your eye is on the darkness—the sickness that is in your body—there will be no light to expel that darkness.
  - c. Make your eye be single on the Word of God and your whole body will be full of light.
- 3. Deuteronomy 6:6-9 (NKJV): “And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.”
  - a. To look at sickness brings death.
  - b. To look at God’s Word brings life.
- 4. When you see yourself, how do you see yourself?
  - a. Do you see yourself healed, right before God, walking in love?
  - b. A victor over or a victim to symptoms and circumstances?
  - c. Every day the world will try to tell you something that contradicts what God says about you.
- 5. Romans 4:16-19 (NKJV): “Therefore it is of faith that it might be according to grace, so that the promise might be sure to all the seed, not only to those who are of the law, but also to those who are of the faith of Abraham, who is the father of us all (as it is written, ‘I have made you a father of many nations’) in the presence of Him whom he believed—God, who gives life to the dead and calls those things which do not exist as though they did; who, contrary to hope, in hope believed, so that he became the father of many nations, according to what was spoken, ‘So shall your descendants be.’ And not being weak in faith, he did not consider his own body, already dead (since he was about a hundred years old), and the deadness of Sarah’s womb.”
- 6. Abraham saw himself as the father of many nations when it was impossible in the natural.
- 7. Romans 4:20-21: “He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; and being fully persuaded that, what he had promised, he was able also to perform.”
- 8. The Word will change the way you see yourself on the inside.
- 9. The Word will adjust your thinking, your words and your attitude to what God says about you.

### C. Proverbs 4:21—Keep Them in the Midst of Your Heart

- 1. Allow God’s Word to abide by meditating and acting on what you see and hear.
- 2. The portion of God’s Word that you act on is the portion of His Word that is living in you.
- 3. Continually feed yourself with God’s Word in order to keep the Word producing the force of faith.
- 4. This is to be a lifestyle.
- 5. Proverbs 4:23 (AMPC): “Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.”
- 6. The Lord told Pastor Terri, *If you will use your mouth to put the Word of God in your heart when you don’t need it, then your heart will put the Word in your mouth when you do.*



## D. Keep Your Mouth Only on the Word

1. Joshua 1:8—Don't let the Word depart out of your mouth.
2. Matthew 12:34 (NKJV): "...Out of the abundance of the heart the mouth speaks."
3. Proverbs 18:21: "Death and life are in the power of the tongue...."
4. Psalm 34:13 (NLT): "Keep your tongue from speaking evil"—about yourself.
5. Continually attending to the Word with your eyes, your ears and your heart will cause you to live in divine health.
6. It will be hard for you to get sick as it was once difficult for you to be healed.
7. The power of the Word will continually make life and health in your body.
8. The forces of life and power coming out of your heart will be in direct proportion to the amount of God's Word that goes into your heart.
9. There is no limit to the amount of God's medicine that you can take.
  - a. You cannot get an overdose.
  - b. The more you take, the more powerful you will become.

## E. God's Prescription for Good Health

1. Attend to God's Word.
2. Incline your ears to God's Word.
3. Don't let God's Word depart from your eyes.
4. Keep God's Word in the center of your heart.

## Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





## 10 Days of Healing

PASTORS GEORGE & TERRI PEARSONS

### DAY 9—The Language of Health

#### A. Psalm 103:1-5—Bless the Lord, O My Soul: and All That Is Within Me

1. “Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle’s.”
  - a. David spoke to his thoughts and emotions.
  - b. Don’t highlight what the devil is doing, the way you feel or how things look. Declare the Blessings of the Lord.
2. Mark 11:23-24 (NKJV): “For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”
  - a. Your words remove things or draw things to you.
  - b. The world continually speaks what they have.
  - c. “Every time we start vacation, the kids get sick.” “I’m never chosen.”
  - d. “Everyone is out to bless me!” —Mylon Le Fevre
3. I overheard a man at the dentist office who was having extensive work done to his teeth.
  - a. “Bad things begin to happen in your body after you become 60 years old.”
  - b. My spirit was alarmed.
  - c. I said, “No, I don’t receive that in Jesus’ Name!”
4. I began to refresh myself in what I have learned about the power of words.
  - a. I strengthened my confession of faith.
  - b. I took authority and dominion over my body with my words.
5. Hebrews 4:12: “For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart.”
6. We’ve talked about ears, eyes, heart and mouth. But our mouths—or what we say—needs extra attention.
7. James 1:26 (NIV): Those who “do not keep a tight rein on their tongues deceive themselves...”
8. Keeping the Word in our mouths is being a doer of the Word.
  - a. “If your faith doesn’t move your mouth, it will never move your mountain.” —Mark Hankins.
  - b. “Never run toward a giant with your mouth closed.” —Mark Hankins





9. Proverbs 6:2 (NKJV) "You are snared by the words of your mouth; you are taken by the words of your mouth."
  - a. (WEB) "You are trapped by the words of your mouth; you are ensnared with the words of your mouth."

## B. Matthew 12:34-37—By Your Words

1. Romans 4:17—Abraham called "those things which be not as though they were."
  - a. Faith sees it done.
  - b. Faith sees the end from the beginning, speaks the end from the beginning, and those words carry you to the end.
2. Matthew 12:34-37: "O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh. A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things. But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned."
  - a. Draw out words of faith from your heart.
  - b. When the pressure is on, choose to speak right words, faith-filled words.
  - c. Verse 37 (NLT): "The words you say will either acquit you or condemn you."
  - d. Don't be casual with your words.
  - e. The flow of the world is negative. When you don't say what God says, you can wind up with problems.
  - f. AMPC: "For by your words you will be justified and acquitted, and by your words you will be condemned and sentenced."
3. The world and most Christians generally talk like that man at the dentist's office.
4. They do not realize the power in their words.
5. By your words you are healed and by your words you are sick.
  - a. "That just burns me up."
  - b. Align your words with what God says because God stands behind His Word.
6. "No one has a choice of whether or not they live by words, but they do have a choice of what words they live by." —Kenneth Copeland
  - a. I choose to speak God's Word over my body.

## C. Mark 11:22-23—Faith, for Anything, Is Released Through Words

1. NKJV: "So Jesus answered and said to them, "Have faith in God. For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says."

## D. Words of Health in Proverbs

1. Proverbs 10:11: "The mouth of a righteous man is a well of life."
  - a. NLT: "The words of the godly are a life-giving fountain."
2. Proverbs 12:14: "A man shall be satisfied with good by the fruit of his mouth."



- a. NIV: "From the fruit of their lips people are filled with good things."
3. Proverbs 12:18: "The tongue of the wise is health."
  - a. AMPC: "The tongue of the wise brings healing."
4. Proverbs 18:7: "A fool's mouth is his destruction."
5. Proverbs 10:20-21: "The tongue of the just is as choice silver: the heart of the wicked is little worth. The lips of the righteous feed many: but fools die for want of wisdom."

## E. Psalm 91:1-3

1. AMPC: "He who dwells in the secret place of the Most High shall remain stable and fixed under the shadow of the Almighty [Whose power no foe can withstand]. I will say of the Lord, He is my Refuge and my Fortress, my God; on Him I lean and rely, and in Him I [confidently] trust! For [then] He will deliver you from the snare of the fowler and from the deadly pestilence."

## Notes

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## Our Covenant of Health

### SCRIPTURE CONFESSIONS

My God is the Lord that heals me (Exodus 15:26).

He has taken away sickness from my midst (Exodus 23:25).

He has taken away all sickness from me, including all the evil diseases of Egypt (Deuteronomy 7:15).

I choose life. He is the length of my days (Deuteronomy 30:19-20).

The Lord has given me rest according to all He has promised. Not one word of His good promise of health has failed (1 Kings 8:56).

No evil will befall me. Neither shall any plague come near my dwelling (Psalm 91:10).

My God satisfies me with long life and shows me His salvation (Psalm 91:16).

The Lord heals all my diseases (Psalm 103:3).

He sent His word and healed me and delivered me from my destructions (Psalm 107:20).

I shall live and declare the works of the Lord (Psalm 118:17).

God's Word is health and medicine to all my flesh (Proverbs 4:22).

The tongue of the wise is health (Proverbs 12:18).

Jesus bore my griefs, sickness, weakness and affliction. He carried my sorrow and pain. He was wounded and tormented for my transgressions. He was bruised for my iniquities. The chastisement of my peace was upon him. With his stripes, I am healed and made whole (Isaiah 53:4-5).

God has restored my health. He has healed my wounds (Jeremiah 30:17).

I am strong (Joel 3:10).

Affliction shall not rise up a second time (Nahum 1:9).

The Sun of righteousness shall arise in me with healing in his wings (Malachi 4:2).

Jesus healed all who were sick. He bore my infirmities and sicknesses (Matthew 8:16-17).

Jesus healed every sickness and every disease (Matthew 9:35).

When I lay hands on the sick in the Name of Jesus, they recover (Mark 16:18).

The power of the Lord is present to heal me (Luke 5:17).

The same spirit that raised Jesus from the dead dwells in me and makes alive my mortal flesh (Romans 8:11).

Jesus went about doing good, healing all who were oppressed of the devil (Acts 10:38).



I am crucified with Christ. Christ Jesus lives in me. The life I live in the flesh, I live by the faith of the Son of God who loved me and gave Himself for me (Galatians 2:20).

Christ has redeemed me from the curse of the law, being made a curse for me. The blessing of Abraham has come upon me through Jesus Christ. Healing is a part of the blessing (Galatians 3:13-14).

The prayer of faith saves the sick and the Lord raises him up (James 5:15).

By the stripes of Jesus, I have been healed (1 Peter 2:24).

I prosper and I am healthy, even as my soul prospers (3 John 1:2).

## Notes

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## 10 Days of Healing

PASTORS GEORGE & TERRI PEARSONS

### DAY 10—Take Authority Over Your Body

#### A. Isaiah 53:4-5—God's Will Is Healing

1. "Surely he [Jesus] hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. 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."
  - a. *Griefs* (HEB) = sickness, disease
  - b. *Sorrows* (HEB) = pains, suffering
2. 1 Peter 2:24: "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."
  - a. This is past tense.
  - b. By the Holy Spirit, Isaiah saw ahead to what Jesus would do.
  - c. Then Peter saw Jesus pay the price for our redemption.
  - d. When Jesus did it, we were healed.
3. Healing belongs to us—it is God's will according to God's Word.
4. But we will never walk in the fullness of health until we possess it by faith.
  - a. Mark 5:34—Your faith has made you whole.
  - b. James 5:15 (MEV): "The prayer of faith will save the sick."
5. You must take authority over your own body.

#### B. Genesis 1:28—Subdue the Earth

1. "And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it...."
2. Man was told to subdue the earth.
  - a. *Subdue* (HEB) = dominate; if it gets out of line, put it back
  - b. *Earth* (HEB) = ground
3. Genesis 2:7 "And the Lord formed man of the dust of the ground."
4. You are a spirit, you have a soul, which is your mind, will and emotions, and you live in a physical body.
5. Our bodies were made out of earth. Our bodies are natural and are subject to spiritual authority.
6. We must subdue that earth.
  - a. We must take authority over our body.
  - b. If it gets out of line, we use our faith to put it back.



### C. I Corinthians 9:27—Paul Took Authority Over His Body

1. "I keep under my body, and bring it into subjection...."
  - a. *Under* (GK) = subdue
  - b. *Body* (GK) = physical body
  - c. *Subjection* (GK) = make it fully compliant to the will of the Master
2. Our physical senses can be trained to know right and wrong (Hebrews 5:14).
3. What is the Lord telling you about your health and taking care of yourself?
4. Standing in faith for healing includes doing what the Lord tells you to do about your body.
5. Paul refused to allow his body to dominate him.
  - a. NLT: "I discipline my body like an athlete, training it to do what it should."
  - b. BBE: "I...keep it under control."
  - c. AMPC: "But [like a boxer] I buffet my body [handle it roughly, discipline it by hardships] and subdue it..."
6. He brought his body into subjection to his spirit.
7. This was more than just the dictates or desires of his flesh.
8. It included his physical health.

### D. James 3:2-6—We Take Authority Over Our Bodies

1. Verses 2-4 (NKJV): "For we all stumble in many things. If anyone does not stumble in word, he is a perfect [mature] man, able also to bridle the whole body. Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires."
  - a. We can turn around situations in our lives by the words that we speak.
  - b. "You are the prophet of your own life." —Kenneth Copeland
2. Verses 5-6 (NKJV): "Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell."
3. Verse 2: "For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body."
  - a. *Bridle* (GK) = to curb, control, keep in check and restrain
  - b. NIV-84: "If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check."
  - c. AMPC: "For we all often stumble and fall and offend in many things. And if anyone does not offend in speech [never says the wrong things], he is a fully developed character and a perfect man, able to control his whole body and to curb his entire nature."
  - d. Controlling or determining the condition of the body begins by controlling the tongue.
  - e. We align our words to the Word of God.
4. Verse 3—We turn around our body with our words.



- a. Proverbs 18:20-21: "A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."
  - i. What are your words embracing?
  - ii. If you're embracing life, that's the fruit you'll have.
  - iii. If you're embracing death, that's the fruit you'll have.
  - iv. Ask the Holy Spirit to help you hear what you're saying. He'll help you grow and develop in your faith.
- b. Matthew 12:37 (NKJV): "For by your words you will be justified, and by your words you will be condemned."
  - i. Where your health is concerned we can quote this as, "By your words you are healed and by your words you are sick."
- c. Proverbs 12:18 (BBE): "The tongue of the wise makes one well again."
- d. Proverbs 13:3 (NLT): "Those who control their tongue will have a long life."
5. Subdue your body and command it to get in line with God's Word.
  - a. Don't put up with sickness—or any part of the curse.
  - b. Don't allow your body to tell you how it feels.
  - c. You have dominion and control over your body.
  - d. Get aggressive about it.
  - e. "Body—God's Word says you are healed."
  - f. "Marshal yourself under the command of the Holy Spirit." —Gloria Copeland
6. We enforce our covenant right to be healed by speaking the Word.
  - a. By faith, expect your body to obey accordingly.
  - b. John 1:14 (NKJV)—"The Word became flesh"—and it still does.
7. "That Just Burns Me Up."

A woman was experiencing constant fever for months. After a number of tests, her doctor was unable to locate the source. He finally asked her some questions. This line of questioning led to an interesting discovery.

She told him that when she got upset, she would say, "That just burns me up." She got upset often and would say it several times a day.

The doctor was not sure if there was a connection between her words and her fever, but he asked her to do an experiment. "Stop saying, 'That burns me up.'"

She stopped. Within weeks, the fever subsided, and her temperature remained normal.





## Our Confession of Faith

1. In the Name of Jesus, I take authority over my body. I glorify God in my body. I present my body as a living sacrifice, holy and acceptable unto the Lord, for this is my reasonable service.
2. Christ has redeemed me from the curse of the Law. Therefore, I forbid any sickness or disease to come upon this body. Every disease, germ and virus that touches my body dies instantly in the Name of Jesus. Every organ and every tissue of this body functions in the perfection which God created it to function. I forbid any malfunction in this body.
3. The life of 1 Peter 2:24 is a reality in my flesh, restoring every cell of my body. My body is the temple of the Holy Ghost. I make a demand on my body to release the right chemicals. My body is in perfect chemical balance. My pancreas secretes the proper amount of insulin for life and health.
4. That which God has not planted in my body is dissolved and rooted out of my body. I have uninhibited nerve flow. I am alive with the life of God.
5. I have a strong heart. My heart beats with the rhythm of life. My blood flows to every cell of my body, restoring life and health abundantly.
6. My immune system grows stronger day by day. I speak life to my immune system. The same Spirit who raised Christ from the dead dwells in me and is making alive my mortal flesh.
7. Bless the Lord, O my soul, and all that is within me. Bless His holy Name. Bless the Lord, O my soul and forget not all His benefits: who forgives my iniquities; who heals all my diseases; who redeems my life from destruction; who crowns me with loving kindness and tender mercies; who satisfies my mouth with good things so that my youth is renewed like the eagles.

### Notes

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