

Christ the Healer



Notes for your edification

By

Geoffrey Bull

Copyright © 2011 Geoffrey Bull

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without permission in writing from the publisher.

PO Box 549 Cowaramup

Western Australia 6284

geoffrey@geoffreybull.com

Unless otherwise indicated, Scripture quotations in this publication are taken from the *NASB – New American Standard Bible*, copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.

NKJV – Scripture quotations marked (*NKJV*) are taken from the *New King James Version*, copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

KJV – Scripture quotations marked (*KJV*) are taken from the Holy Bible, *King James Version*.

Course Outline

Purpose of the course:

Through His death on the cross, burial and resurrection, Christ came to restore to mankind that which was lost in the Garden of Eden. That which was lost was:

- Man's innocence – for sin and the Satan nature entered man and man became unrighteous
- Relationship with God – for man in sinning cut himself off from fellowship with God
- Health and wellbeing – for sickness came as a by product of sin
- Dominion – for Satan became god of this world

Christ shed His blood, gave His life, as a propitiation for our sin and made it possible for our relationship with God to be restored. He died **for us** for the forgiveness of our sins. He who was spiritually alive laid down His life **for us**, so that He could give His life **to us** and live **in us** so that we could live by and enjoy His abundant life. The abundant life of Christ is a righteous, healthy overcoming life for spirit, soul and body.

This course is designed to help us understand how we can live the abundant life in Christ and walk in health and well being and how we can be channels through which Christ can touch others in need with life and health.

Key Verses:

Ex 15:26 ... *"I, the LORD, am your healer."*

Gal 2:20 ... *"I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave Himself up for me"*

1 Pet 2:24 ... *"He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed"*
(NKJV ... *"by whose stripes you were healed"*)

Isa 53:5 ... *"He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed".*

Ps 107:20 ... *"He sent His word and healed them, and delivered them from their destructions"*

Ps 103:3 ... *"Who pardons **all** your iniquities, Who heals **all** your diseases"*

Prov 3:5-8 ... *"Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; Fear the LORD and turn away from evil. It will be healing to your body and refreshment to your bones"*

3 John 2 ... *"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers"*

CONTENTS

	Page
Lesson 1 Introduction	1
Lesson 2 Bodily Healing is an Integral Part of the Atonement	6
Lesson 3 The Kingdom Of God is Within You	19
Lesson 4 Created Whole and Redeemed to Walk in Wholeness	29
Lesson 5 Releasing the Healing Flow	39
References	49

Lesson 1 Introduction

Jehovah Rapha – The Lord our Healer

Let us start off in the Old Testament where we learn things about Christ from the types and shadows presented there.

In Exodus Chapters 12-14 we have the account of the Passover Lamb and the exodus of Israel from Egypt. The Passover Lamb is a type of Jesus.

- The lamb died for the household. Through the blood applied to the doorposts, they escaped the wrath of God. This foreshadows the blood shed on the Cross - Christ died for us. His shed blood spared us God's wrath, His blood was the payment for our sins – a satisfaction of the righteous judgment of God. Our sins are forgiven.
- God provided sustenance for the Israelites, or life, to get them out of Egypt and out of captivity. He told them to roast the lamb and eat its flesh for nourishment for their journey. You take the lamb (Christ) into you as life. He is the ... *"power that works within us"* (Eph 3:20)
- The lamb is the total answer. They killed one lamb for two purposes: for the Passover and for the journey.
- In his epistles Paul calls life's journey a "walk" or a "race". What is the sustenance for that walk? It is not us trying in our strength to walk for God. That was never God's plan for us. Christ is not only the Lamb who's blood was shed for the forgiveness of our sins, but He is also the life within us, from whom we make the journey.
John 6:51, 56 ... "I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh ... He who eats My flesh and drinks My blood abides in Me, and I in him". Christ is the life in us.
- On the outside it looks like us, but on the inside it's Him. We have the Lamb of God within us.
- Unless you have Christ within, you'll always be operating in the realm of captivity. It's impossible for us to generate the life. It has never been the Father's plan that we generate the life. His eternal plan has always been that we live by His life.
- Rom 5:10 ... *"For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life"*. We are reconciled, brought back into relationship and fellowship with God, by Christ's death, and are saved, made new and made whole, by Christ's life. That is true eternally and it is true in the here and now. We are saved by Him who is the life within is. We don't have to *try* to live the life, or *try* to live for God, because Christ *is* the life in us. It's the life we can't produce and the *only* life we have. Christ in you, the hope of glory! What's more, the word "saved" (Gr. *Sodzo*) is an all encompassing word that literally means: to save, rescue, cure, heal, deliver, set free from. The life of Christ within us saved, cures, heals and delivers us. His life makes us whole.

Then after the Israelites had crossed over the Red Sea and had escaped from Pharaoh and Egyptian bondage they began their journey through the wilderness. In Exodus 15 we then find something very significant:

Ex 15:22-26 ... *"Then Moses led Israel from the Red Sea, and they went out into the wilderness of Shur; and they went three days in the wilderness and found no water. When they came to Marah, they could not drink the waters of Marah, for they were bitter; therefore it was named Marah. So the people grumbled at Moses, saying, "What shall we drink?" Then he cried out to the LORD, and the LORD showed him a tree; and he threw it into the waters, and the waters became sweet. There He made for them a statute and regulation, and there He tested them and He said, "If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; **for I, the LORD, am your healer**".*

The **very first** name by which God reveals Himself to the Israelites after the exodus is His name Jehovah Ropheka (Jehovah Rapha) The Lord our Healer! Later on He revealed Himself by a number of other names, but immediately after redeeming them from the bondage of Egypt the very first name by which He reveals Himself is "Healer". Immediately after saving them from the tyranny of Pharaoh, God draws their attention to the fact that He prioritises the importance of their health and wellbeing. To endure the desert they must be strong. What God wants them to know is that their redemption, health and well-being are directly linked. In the first place God made our bodies to be fully functional and strong, and He has also made every provision in order that they remain sound, healthy and strong. It has only ever been His plan that we are whole in spirit, soul and body.

Later in Deuteronomy we read:

Deut 8:2-4 ... *"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not. He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD. Your clothing did not wear out on you, **nor did your foot swell these forty years**.*

The Lord our Healer kept the children of Israel in health all those years ... *"nor did your foot swell these forty years"*.

The fact that our redemption and healing are provisions made by Christ through the cross is further confirmed by Isaiah's words:

Isa 53:5 ... *"He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed".*

It is **so important** that we understand that the work of Christ on the cross has made provision for us to be whole in spirit, soul and body. Healing, having sound minds and healthy bodies, is an integral

part of the atoning work of Christ. Just as we believe in Christ for salvation we are to believe in Him for our healing in soul and body.

When we are born again we are made new in spirit. Christ comes to reside in us.

Gal 2:20 ... *"I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave Himself up for me"*

2 Cor 5:17 ... *"Therefore if anyone is in Christ, he is a **new** creature; the old things passed away; behold, new things have come".*

1 Cor 6:17 ... *"the one who joins himself to the Lord is one spirit".*

Our spirit is one with Christ and it is new. Not the old fixed up, but the old nature of Satan thrown out and the divine nature, Christ, placed in us. So in spirit we are whole eternally.

When we are born again although our spirit is made new, our soul (our mind, will and emotion part) and body are still the same as they were before we were saved. However, and it is a very big however, Christ through His work on the cross has made provision for us to be healed and whole in soul and body.

An illustration will help explain. Imagine if you were very, very poor. Starving, nowhere to sleep, ragged clothes, with no hope of help coming soon. Then someone places a million dollars in your bank account. If that person does not tell you that he has made this provision for you, even though you are a genuine millionaire, you will continue to live in poverty. But if that person does tell you there's a million dollars in your bank and you don't believe him and do nothing about finding out whether the money is there, you will also continue to live in poverty. It's only when you go and check out your bank balance and learn how to draw on that account that your days on poverty will be over.

It's exactly that way in your spiritual bank account. When you were born again your account was credited with ... *"**every** spiritual blessing in the heavenly places in Christ"* (Eph 1:3). The word declares what some of those riches include:

Isa 53:5 ... *"He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed".*

Ps 103:3 ... *"Who pardons **all** your iniquities, Who heals **all** your diseases"*

What that says is that in Christ provision was made that **every** transgression, iniquity and sin was once and for all dealt with and taken away and pardoned, but not only that, for provision was also made for our well-being and healing of **every** disease. That means every mental, emotional or physical disease is catered for in Christ's atoning work for us on the cross. Now, if we don't know this we will remain as we are. We may be born again and new in spirit but still have our old unrenewed minds, hurt emotions and unwell bodies, even though we have every spiritual blessing in Christ deposited in our account.

But we can praise the Lord for His Word, for it has been declared quite clearly in the Word that we are recipients of these blessings and all it requires for us to enjoy health and well-being is for us to appropriate the blessings. If we learn to draw on these riches that are ours in Christ we can walk in wholeness in spirit, soul and body. Not only for ourselves, but we can share His life and healing power with others who may be in need.

As born again believers we are containers of The Great Physician, Christ. He lives in us and he wants us to be whole in mind and body so that he can get about and live through us. He has work to do through us. If we are unwell in soul or body we may restrict our usefulness to Christ to express Himself through us, limiting His ministry through us, as well as just finding ourselves to be unwell.

What we want to consider in this brief course is how to appropriate what is ours in Christ and to enjoy prosperity of soul and body, as this is God's will for us, as declared by the apostle John:

3 John 2 ... *"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers"*

The Tree of Life

For a moment we need to return to the scripture we read in Ex 15:22-16, for there is more there for us to consider. The waters of Marah were bitter but the tree of the Lord's choosing that was thrown into the water to make it sweet.

Our lives were "bitter" with sin and the consequences of sin. We were lost in spirit and unwell in soul, with corrupt bodies. But then, at the Father's bidding provision was made and Christ, the Tree of Life was hewn down from His place in heaven and cast into our world of sin and our "bitterness" was turns into "sweetness". The "Tree" was also the cross of Christ, through which we were blessed with ... *"every spiritual blessing in the heavenly places in Christ"*.

THE BRANCH OF HEALING

There is a healing branch that grows
Where every bitter Marah flows;
This is our health-renewing tree,
"I am the Lord that healeth thee."

There is an old appointed way
For those who "hearken and obey";
Above the gate these words we see,
"I am the Lord that healeth thee."

There is "an ordinance" that has stood
Since Israel crossed the parted flood,
It stands today for you and me,
"I am the Lord that healeth thee."

There is a great Physician still
Whose hand has all its ancient skill;
At His command our pains will flee,
"I am the Lord that healeth thee." (A.B. Simpson)

The provision has been made for our well-being, now we must take possession.

The Word Brings Healing

Christ within the believer is the healer. As we renew our minds in the Word we will release His faith and healing power. We live by His life and by His faith (Gal 2:20). We are not to operate through a faith generated by self effort. It is important for us to have it settled for once and for all that the only life we have is Christ and we live by His life and His faith. This is the first step toward the renewing of your mind. Rest in Him, trust Him implicitly and let His Word renew your mind. His Word is healing.

Ps 107:20 ... *"He sent His word and healed them, and delivered them from their destructions".*

Our well-being starts with a renewing of the mind. This is the pathway to learning how to appropriate the blessings we have in Christ. John makes it clear that our health is linked to the renewing of our minds.

3 John 2 ... *"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers"*

Our thought patterns have a lot to do with the things that take place in our lives.

Rom 8:6 ... *"For the mind set on the flesh is death, but the mind set on the Spirit is life and peace".*

For every effect in our lives a thought pattern precedes and maintains it. We don't have to conform to the ways or thinking of the world where fear, sickness and death reign. We can be transformed by the renewing of our minds.

Rom 12:2 ... *"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect".*

The transformed mind that results in the transformed life is the Christ life in operation in accordance with the plan the Father had for us from eternity past.

We must be clear at this point that the matter of the transforming of the mind should not be confused with positive thinking, mind over matter or any other attempts to gain healing through self effort.

Having said this, it is clear, even from the secular world that thought patterns of fear, anger, criticism, bitterness and resentment can contribute to disease and illness in our bodies, minds and emotions. It is only by yielding our minds to the Christ within that we can overcome these enemies in the mind.

Christ alone heals and only when we give our minds to Christ is He manifested.

John 8:31-32 ... *"If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free".*

Lesson 2 Bodily Healing is an Integral Part of the Atonement

By His Stripes We are Healed

Isa 53:4-5 NKJV ... *"Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, and **by His stripes we are healed**".*

1 Pet 2:24 NKJV... *"who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—**by whose stripes you were healed**".*

Firstly, let us consider some of the words used in these passages to obtain clarity in what is said here.

Isaiah 53:4

The word translated here as "griefs" comes from the Hebrew word "choli" which literally means "sickness, affliction, disease or griefs". It comes from the root word "chalah" which means "to be weak or sick".

Similarly, the word "sorrows" comes from the Hebrew word "makob" which means "pain, sorrows, sufferings". This word comes from the root word "kaab" which means "to be in pain".

The word "borne" comes from the Hebrew word "nasa" which means "to carry, carry away or lift up". It brings the idea of the scapegoat on which the sin was laid so it could carry it away into the wilderness never to be seen again.

Then, the word "carried" comes from the Hebrew word "sabal" which means "to bear", with stress on the process of bearing or transporting a load, and is a figure of servitude, containing the thought of "bearing of punishment".

So if we apply these literal meanings to Isaiah 53:4 we could paraphrase the passage as follows:

... "Surely our sickness, affliction and diseases He took upon Himself and bore them away never to be seen again, and our pain, sorrows and sufferings He carried in our place".

Isaiah 53:5 and 1 Pet 2:14

Spirit – His wounding and bruising dealt with our sin. He took the punishment for our sin so that in spirit we could be made new creatures. Our sinful nature was poured into His body and when He died our old nature died and in its place we were made brand new, the divine nature birthed in us and we were made righteous.

Soul – He was chastised for our peace. Peace of mind and emotional wellbeing is ours because of the chastening He took on our behalf.

Body – By His stripes, His scourging, we are healed. Provision was made by His sufferings for our physical or bodily wellbeing.

These three verses confirm very clearly that the work of Christ on the cross made provision for our wellbeing in spirit, soul and body. This is the true gospel.

Sadly there are many really good Christians that either don't believe what the word says or have been wrongly taught that the work of the cross was for our spiritual wellbeing only. This is so sad in this generation where there are so many people who are sick, diseased and mentally and emotionally unwell. They are people who live in the midst of plenty but starve to death. They live at the divine fountain of life and health, but are dying with disease and sickness. They are the recipients of "another" gospel (Gal 1:8, 9).

The Cup

Now come with me as we take a look at the events that took place during the last few hours of Jesus' life and let's see exactly what He went through on our behalf. What was in the "cup" that He drank in Gethsemane's garden; what occurred in Pilate's court; and what happened on the cross? We need an indelible picture printed on our minds so that we never again doubt what was provided for us by Christ. Let the word of God reveal the truth so that Satan's lies will never hold sway over you again regarding the matter of the provision for bodily healing through the atoning work of Christ.

Now picture this with me. It's late and dark when Jesus and His eleven disciples leave the upper room and head for Gethsemane. Judas had left them earlier. He was off making arrangements with the high priest and his cohorts for Jesus betrayal. An air of insurrection can be felt and people in Jerusalem fear that there is something uncanny and unusual going on. They are hiding away and peeping out from the safety of their homes. They fear the Roman soldiers may be up to no good and want to avoid any violence that may erupt.

As Jesus enters the garden of Gethsemane, with a heavy heart He motions to His disciples to pray with Him. He tells them that He really needs them to stand with Him in prayer and asks if they will watch and pray. Within minutes most of them are sound asleep! He takes Peter, James and John deeper into the garden and asks them to watch and pray while He goes on alone to pray. Jesus returns a little later to find that they also have fallen asleep. He wakes them up and rebukes them for their lack of diligence in prayer.

His heart is very heavy. This is the occasion for which Jesus came to earth. This is the night for which He became incarnate in young Mary's womb in Nazareth some thirty three years previously. It's not the first time He has faced this situation, for He had lived through two previous Passover nights during His ministry years. But this is the night that the Lamb that was slain from the foundation of the world is destined to die. This is the night the Lamb will be slain. He knows it and He is very lonely and pensive.

His disciples are all asleep and so He returns to the heart of the garden alone to pray. He kneels down. In those days among the Jews it was usual to stand when praying (Matt 6:5; Lu 18:11). Kneeling was formerly only used in prayer as an expression of deep emotion or earnestness (Acts 7:60). Jesus was burdened and heavy in heart. He knelt and prayed.

Before Him there was as it were a cup set before Him by the Father. Feeling the heavy load of sin set before Him, Jesus addresses the Father. He confirms with the Father that He is the Lamb that is to be

slain and He acknowledges that He is on earth for this purpose. He says there is no other reason for Him being here and that He is prepared to die. Twice before, on the last two Passover celebrations, He had been in this position, and again on this night as He looks at the Cup and in an attitude of humility and submission He makes the statement: *"If it be your will Father, take this cup from Me"*. He is prepared to live another year among sinful men. He knows another Passover feast will come in a year's time and He will face this situation again if the Father again removes the cup from Him on this occasion. But this night He hears no reply from the Father. Finally Jesus lowers His head and utters the words, *"nevertheless not My will, but Thine be done"* (Lu 22:42). He reaches out and takes the cup.

What was in this ominous cup? Isaiah prophesied concerning the cup in the words of Isa 53:4 ... *"our sickness, affliction and diseases He took upon Himself ... our pain, sorrows and sufferings He carried"* and Isa 53:11-12 ... *"He will bear their iniquities" ... "He Himself bore the sin of many and interceded for the transgressors"*. Peter spoke of the cup 1 Pet 2:24 ... *"He Himself bore our sins in His body on the cross"*. Our iniquities, our sin, our shame, our sickness, afflictions and diseases, our pain, sorrows and sufferings were all in that cup.

Stop and look back over your life. Go back as far as you can remember and work your way forward to the present. Think about the pain and suffering you have been through; the sickness, the headaches, the back aches, the blood and pain that has come from wounds, the stomach aches, the bad coughs and chest pains, the diseases, the fevers and the sleepless nights that pain has caused. Think of every evil thought and foul word you have uttered, the horrible things you have done, the lies, the criticism, the unkind acts, the selfish acts, the deceitful things you have said and done and the sins you have committed. Every one of these things from as far back as you can remember right up to the present and all the wrong you may commit from now onwards; it was all in that cup.

Think about the injustices you have suffered; the emotional pains you have been through because of unkindness and lies levelled against you; the hurts you have been thorough because of the evil acts of others towards you; the bullying you faced and abuses you suffered.

Then add it all up, as if it all occurred at one instant in time, into one big pain, one big suffering, and one big disease and imagine bearing that all at one time. You couldn't bear it; it would drive you raving mad. But that was what was in the cup that Jesus faced that night. But it was more than that, for not only *your* sin, sickness and suffering was in the cup, but those of *all mankind* from all the ages past, present and future. Every sin, pain, sickness and suffering, from Adam to the time Jesus returns to take us to be with Him for eternity, was all in the cup Jesus drank that night.

The Father took all the sin and sickness of the human race and poured it into Jesus' perfect sinless body. He who knew no sin became sin (2 Cor 5:21). He who knew no sickness became sickness. He who was eternal Life became death. It was **all** poured into Him that night.

The Scouring

Jesus drank the cup and then Judas appeared and placed the kiss of betrayal on His cheek. The soldiers dragged Him off to face the high priest, then to Annas and back to Caiaphas who finally sends Him to Pilate. The crowds of bloodthirsty Jews have been gathered and they surround Jesus calling out for His death. All they want is blood. Pilate can't find fault in Him but he surrenders to the

wishes of the crowd and, unknowingly, to the will of the Father and has Jesus scourged. The Father was in control here. His Lamb was being offered up not only for us but also for the Father. The Father had to have a Lamb so that justice was satisfied and so that He could have the right to look within you and see your sin, your aches and pains, your diseases and sickness, your weaknesses and oppressions, and so that He could reserve the right to deliver you from sin and to heal you. He needed Pilate that night to carry out His will that He could be just in forgiving us and in healing us.

The scourge was like a cat-o'-nine-tails, a multi tailed whip with shards of metal and bones fixed to the tips of each strand. When the whip hit a person's back it was then pulled rapidly across the back so that the shards ripped the flesh. Jesus faced forty lashes of the whip and His back was shredded to pieces and His blood was splattered all over the place. That scourging was a bloodletting event. God allowed all this so that there was a fountain of blood issuing from those stripes on Jesus back.

Picture that scene. Hear the whistling sound of the whip as it passes through the air and the thud it makes when it hits the back of Him who was already suffering the agony of the contents of the cup He had drunk in the garden. See Him reel in agony as the shards rip open His back.

You must hear and picture this so that when someone says God cannot heal, or healing is not part of the atonement, that you can ask that person if God has quit saving people. The Father cannot forget that sound and the sight of His Son's suffering that night. If you take away any part of the sacrifice the Lamb made that night you make the sacrifice of no avail.

The next time you or anyone else says God cannot heal and healing is not part of the atonement, I trust you'll hear the sound of the scourge screaming through the air. The scourge is not a committee of theologians who know better than God and who make a decree that healing is not included in Jesus atoning work. The scourge is the voice of the Father saying that He is going to save us from sin and heal us from our ailments. It is His voice saying, "By Jesus stripes you are healed".

Don't say that miracles stopped on the day the last apostle died. That theological position has nothing to do with the Lamb's sacrifice. Don't say people are not healed in this day and age. That's a lie from the pit of hell. If that was true then we should stop preaching that you are saved by the blood, because the Lamb who was sacrificed bearing our sins was also the Lamb who bore our sickness, diseases and sorrows.

The Cross

As if the cup and the scourging were not enough, the Lamb of God was then nailed to a cross and left to suffer and die. Finally, a spear was thrust through His side to see if He was dead or alive and the result was clear that He had yielded up His life on our behalf and for our salvation – spirit, soul and body.

Salvation comes from the Greek word "sodzo". That word means "to cure", "to heal", "to deliver", "to set free from", "to restore to health", "to save" and may be summarised by the term "deliverance from sin and sickness".

Religion and theology may have changed but God's word is forever settled. What Jesus did for us has never changed.

The problem is that many doubt that God heals because they focus wrongly on the **methods** in which healing take place. Some consider that if you have to go to a doctor it is the doctor that is healing you. So they say God no longer heals so we have to go to a doctor for healing. This is the confusion and trap that Satan has set. THE METHOD OF HEALING IS IRRELEVANT. It does not matter whether hands are laid on you, whether you are anointed with oil, whether it is the prayer of faith of others, or medicine or an operation – all healing comes from Christ and His sacrifice. God alone can heal.

Belief or Denial

That Passover night the Father poured all our sin and sickness into His dear Son and Jesus became a sacrifice for our sin, sickness and disease. He perfectly atoned for us; for spirit, soul and body. His work of atonement made the provision for the great **exchange** to be made in spirit. Not the old spirit healed or fixed up. The old Satan nature was put to death and we became recipients of a brand new divine nature (2 Cor 5:17). Healing or restoration was the provision of the atonement for our soul (mind, will and emotions) and our bodies. He was chastised for our peace (that's the healing or restoration or renewal of mind and emotions) and by His stripes we were healed (that for healing of body).

If we deny the full work of atonement, if we say Christ bore my sin but not my sickness we insult our dear Lord. It is a terrible affront to God to deny that bodily healing is a part of the atonement. To tell the Father who poured all the sin, sickness, and pains of mankind, all the sin and consequence of that sin, into the body of His only begotten and dearly loved Son, and Who then watched His innocent and pure Son suffer and agonise so terribly to the point of death that you don't believe or don't accept that healing of your body and peace for your soul was included in that atoning work is to kick Him in the teeth and openly insult His grace and love. We glorify sickness and say it is more powerful than He is. Shame on us if we ever do that.

It would be the same as if you were swimming in the sea and a shark was heading for you and a life saver saw what was happening and rushed over towards you and put himself between you and the shark and he got bitten badly and you got away without being attacked and then later when the life saver was rescued and taken to land that you walked past him as he lay bleeding to death on the stretcher and you walked past him without stopping to say thank you. And later when the press interviewed you, you denied that he had rescued you and said he was just out there swimming for his own pleasure, so you saw no reason to thank him or acknowledge he had saved you from being attacked. Imagine the affront this would be to his wife and children and to his parents. Imagine how sad and hurt they would be that you couldn't even acknowledge what their loved one had given himself so you didn't have to go through the pain and be without a limb or two like he was now as he lay there on the stretcher. In a similar way, imagine how the Father feels when we deny that healing for our bodies is included in the sacrificial work of Christ.

So many people are happy to accept that Jesus died so we could be free from sin, so that we could be born again and have His life to live by, but they can't, or don't want to, accept that He also suffered and died so that we could be healthy and sound in soul and body. Is that because we can't see sin itself but we can only see and feel the consequences of sin? Because we can't see sin we are happy to accept that Jesus dealt with our sin and that it has been taken out of the way, but because

we can see and feel sickness, pain and bodily or mental disorders we believe what we see and feel over what the word says concerning the provision for our healing.

Is it because we are only looking with the natural eye and not the eye of the spirit?

2 Cor 4:18 ... *"while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal"*.

Rom 8:6 ... *"For the mind set on the flesh is death, but the mind set on the Spirit is life and peace"*

Right from the beginning God has always presented us with the free will to choose what we believe, but He has also provided us with life and hope if we choose it.

Deut 30:19 ... *"I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. So **choose life** in order that you may live, you and your descendants"*.

Christ is the provision for life and health that the Father has made for us and all He asks is that we believe and receive Him. The atonement is for spirit, soul and body. Our salvation is threefold, spirit soul and body. To deny this is to deny the word of God.

Isa 49:16 NIV ... *"I will not forget you! See, I have engraved you on the palms of my hands"*.

That "engraving" was done by the nails that pierced His hands. He says to us, "I have engraved *you* on the palms of My hands. Not just your name, although that is there, but *you*; your person, your image, your case, your circumstances, your sins, your temptations, your weakness, your wants, your sickness, your diseases, your everything. It was all poured into Him and as a reminder of His love for you and all He has done for you through His atoning work, He has *you* engraved, inscribed in the palms of His hands. He says to you and to me today that we can live in the abundant life He has provided. He says, "I will not forget you". When we call on Him for health and strength He says I'll remember and answer you.

God Prioritises Health

Right through the word, God places a priority on our physical and mental wellbeing as well as our salvation from sin and our re-birthing.

In fact the Saviour Himself, the one through whom we have the provision of salvation for spirit, soul and body, comes from a lineage which started with physical healing. So let's go back and look at Abraham and Sarah where it began.

Matt 1:1-2 ... *"The record of the genealogy of Jesus the Messiah, the son of David, the son of Abraham: Abraham was the father of Isaac, Isaac the father of Jacob, and Jacob the father of Judah and his brothers" ...*

Gen 12:1-4 ... *"Now the LORD said to Abram, Go forth from your country, and from your relatives and from your father's house, to the land which I will show you; and I will*

make you a great nation, and I will bless you, and make your name great; and so you shall be a blessing; and I will bless those who bless you, and the one who curses you I will curse. And in you all the families of the earth will be blessed. So Abram went forth as the LORD had spoken to him; and Lot went with him. Now Abram was seventy-five years old when he departed from Haran".

This passage is speaking prophetically about the nation of Israel but more than that about the Saviour who will come from this lineage ... *"in you all the families of the earth will be blessed"*... this was a prophetic word that *in him* was the lineage that would bring forth the Messiah, Jesus Christ.

Gal 3:16 ... *"Now the promises were spoken to Abraham and to his seed. He does not say, "And to seeds," as referring to many, but rather to one, "And to your seed," that is, Christ".*

Christ is the one through whom all blessings come.

So God is telling Abraham he and his wife Sarah will bear a child and from that lineage blessing will come. So in obedience to God, off they go on their journey of faith. Then, after a while God speaks to Abraham again.

Gen 15:1-6 ... *"After these things the word of the LORD came to Abram in a vision, saying, Do not fear, Abram, I am a shield to you; Your reward shall be very great." Abram said, "O Lord GOD, what will You give me, since I am childless, and the heir of my house is Eliezer of Damascus?" And Abram said, "Since You have given no offspring to me, one born in my house is my heir." Then behold, the word of the LORD came to him, saying, "This man will not be your heir; but one who will come forth from your own body, he shall be your heir." And He took him outside and said, "Now look toward the heavens, and count the stars, if you are able to count them." And He said to him, so shall your descendants be." Then he believed in the LORD; and He reckoned it to him as righteousness".*

And a little later God speaks to Abraham again.

Gen 17: 15-17, 19, 21 ... *"Then God said to Abraham, "As for Sarai your wife, you shall not call her name Sarai, but Sarah shall be her name. I will bless her, and indeed I will give you a son by her. Then I will bless her, and she shall be a mother of nations; kings of peoples will come from her." Then Abraham fell on his face and laughed, and said in his heart, "Will a child be born to a man one hundred years old? And will Sarah, who is ninety years old, bear a child?" ... But God said, "No, but Sarah your wife will bear you a son, and you shall call his name Isaac; and I will establish My covenant with him for an everlasting covenant for his descendants after him ... But My covenant I will establish with Isaac, whom Sarah will bear to you at this season next year".*

Then God appears again

Gen 18:10-14 ... *"He said, "I will surely return to you at this time next year; and behold, Sarah your wife will have a son." And Sarah was listening at the tent door, which was behind him. Now Abraham and Sarah were old, advanced in age; **Sarah was past***

childbearing. Sarah laughed to herself, saying, "After I have become old, shall I have pleasure, my lord being old also?" And the LORD said to Abraham, "Why did Sarah laugh, saying, 'Shall I indeed bear a child, when I am so old?' **Is anything too difficult for the LORD?** At the appointed time I will return to you, at this time next year, and Sarah will have a son".

"Past childbearing" is a translation of the words that literally meant she was "past the manner of woman", meaning she had gone through menopause.

Rom 4:19-21 ... "Without becoming weak in faith he contemplated his own body, now as good as dead since he was about a hundred years old, and the deadness of Sarah's womb; yet, with respect to the promise of God, he did not waver in unbelief but grew strong in faith, giving glory to God, and being fully assured that what God had promised, He was able also to perform".

They were old, Abraham was impotent and Sarah was past menopause.

The statement, "*is anything too difficult for the Lord*" also appears in Luke 1:37 where it refers to God's promise to Elizabeth that she, who was also barren, was to bear a son called John (the Baptist). She too was healed so that she could give birth to the man who was to announce the coming of the Saviour and Healer.

Gen 21:1-2 ... "Then the LORD took note of Sarah as He had said, and the LORD did for Sarah as He had promised. So Sarah conceived and bore a son to Abraham in his old age, at the appointed time of which God had spoken to him".

So finally, to the ninety year old woman who had gone through menopause and an impotent man of one hundred years, Isaac is born. That meant God had healed and restored Sarah and Abraham physically to be able to bear a child!

The lineage of Christ the Saviour, the Redeemer and Healer of mankind began with God physically healing Sarah's womb and Abraham's reproductive system. Why did God not choose a young couple to get this lineage off to a start? Because He wanted us to know that healing is an integral part of His plan of salvation for mankind and that He is the God of the impossible, for with him nothing is impossible.

At that same time, in Genesis, we see the first mention of healing (the first time the word healing is used) when God healed Abimelech and his wife and his maids whose wombs had been closed.

Gen 20:17 ... "Abraham prayed to God, and God healed Abimelech and his wife and his maids, so that they bore children".

I think the reason that incident involving Abimelech occurred was simply so that God could have it made very clear that He is the Healer and He healed the barren wombs, including Sarah's.

From this first mention of healing and the story of Sarah's and Abraham's healing we see healing threaded throughout the scriptures.

In Exodus 15, immediately after the Passover and exodus of the Israelites from Egypt God reveals Himself as Jehovah Rapha, the Lord who heals.

In Numbers 12 we have the story of Miriam who became leprous because she spoke against Moses. But God in His mercy healed her, showing us that even when we become sick as a result of our sin we can call upon God for forgiveness and healing.

In Deut 32:39 God says ... *"it is I who heal"*.

In 1 Samuel 6:1-9 we read of the healing of the Philistines when they returned the ark of the Lord. This shows that God is healer of all people, believers and sinners, just as He is Saviour of all mankind.

In 2 Kings 20:1-6 we read ... *"In those days Hezekiah became mortally ill. And Isaiah the prophet the son of Amoz came to him and said to him, 'Thus says the LORD, 'Set your house in order, for you shall die and not live.''" Then he turned his face to the wall and prayed to the LORD, saying, "Remember now, O LORD, I beseech You, how I have walked before You in truth and with a whole heart and have done what is good in Your sight." And Hezekiah wept bitterly. Before Isaiah had gone out of the middle court, the word of the LORD came to him, saying, "Return and say to Hezekiah the leader of My people, 'Thus says the LORD, the God of your father David, "I have heard your prayer, I have seen your tears; behold, I will heal you. On the third day you shall go up to the house of the LORD. I will add fifteen years to your life, and I will deliver you and this city from the hand of the king of Assyria. Then Isaiah said, "Take a cake of figs." And they took and laid it on the boil, and he recovered"*.

Now I need to sidetrack for a minute because this story reminds me of how God healed my father and added around 17 years to his life, extending it until just short of his 90th birthday.

My father, who spent his entire life faithfully serving God on the mission field, had a hobby. He made bible cases and other useful things out of leather or synthetic materials. The pieces of the bible cases were sewn together with leather thronging. This required many small holes to be punched out of the leather along the edges of the pieces that were to be sewn together. He used to punch out each hole one at a time, a laborious process.

Then one day he got an idea and went to a second hand shop to see if he could buy an inexpensive drill press. He found one, paid for it and took it to my brother-in-law, a fitter, to modify it to hold a whole row of punches. My brother-in-law took one look at it and told my dad the frame was cracked through and that the press would not work. So dad took the drill press back to the shop where he bought it.

Dad explained nicely to the shop keeper the problem and handed him the drill press. The shop keeper picked it up and threw it at my dad, swore at him and told him it was his tough luck and that he was to go away. Dad picked up the drill press from where it landed on the floor and placed it on the counter and continued to reason with the man. The shop keeper in a temper came around and grabbed hold of my dad, punched him in the stomach, winding him completely, and then forcefully threw him out of the shop. Dad landed heavily and broke his arm at the elbow in three places.

In hospital the attending doctor not only realized the arm was broken and attended to it, but had the wisdom (no doubt quickened from above) to put dad through a scan of the abdomen to check for potential soft tissue and organ damage. The scan revealed something quite unexpected and unrelated to the fall. There was an aneurism of the aorta. The aorta was blown up like a balloon and ready to pop at any moment. Dad was taken into theatre and the aorta repaired then the arm bones wired together.

The doctor later said he may have had only hours, days or at most weeks to live had this gone undetected.

Dad's response to the whole ordeal was that he was not angry at the shop keeper, but was thankful that God had used him as an instrument to give him a longer life. It was not his time to go, God had many more years of faithful ministry for him to undertake. After his recovery, dad went back to the shop to give the man a gospel tract in the hopes that the man would read it and come to salvation. Back home he prayed for the man's salvation and that of his shop attendants.

God's ways are higher than our ways. Before the diagnosis of the aneurism we all would have only seen the incident as an evil attack and thought bad of the shop keeper. But all along our Heavenly Father knew dad's condition and used this to heal him and prolong dad's life and to bring God glory. What is important to draw from this experience is that the method God uses to bring healing is not the main issue; the important thing is that God is the healer no matter what method He uses. The existence of the aneurism was one of those mysteries that only God knew about and for which He ultimately brought healing to my dad and blessing to dad and all of our family, and glory to God. Dad prayed daily for good health and God could have miraculously healed and repaired the aorta without dad even knowing of its existence, but that's not the method God chose. I don't know for sure, but it could have been the way God chose for the sake of the shop keeper. We don't know, but dad's prayers for him and the gospel tract he gave the man may have resulted in his salvation. What is certain is that regardless of the method, God alone is the healer.

Dad lived on until he was just short of turning 90, when he went to be with the Lord. As the end of his favourite Psalm says:

Ps 91:14-16 ... *"Because he has loved Me, therefore I will deliver him; I will set him securely on high, because he has known My name. He will call upon Me, and I will answer him; I will be with him in trouble; I will rescue him and honour him. With a long life I will satisfy him and let him behold My salvation."*

Looking back at the incident involving Hezekiah we also see that God used a simple poultice to bring Hezekiah back to health, not a prayer of healing or supernatural sudden healing from the laying on of hands of the prophet. God is healer regardless of the method He chooses for our healing.

Now back to looking at healing through the scriptures.

The Psalms have many references to healing.

Ps 30:2 ... *"O LORD my God, I cried to You for help, and You healed me"*.

Ps 41:3 ... *"The LORD will sustain him upon his sickbed; in his illness, You restore him to health."*

Ps 103:2-5 ... *"Bless the LORD, O my soul, and forget none of His benefits; Who pardons all your iniquities, Who heals all your diseases; Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; Who satisfies your years with good things, so that your youth is renewed like the eagle".*

Proverbs show God's desire is for us to walk in health in soul and body and show this to be a by product of our walk in righteousness and wisdom.

Prov 3:5, 7, 8, 13, 16 ... *"Trust in the LORD with all your heart and do not lean on your own understanding ... Do not be wise in your own eyes; Fear the LORD and turn away from evil. It will be healing to your body and refreshment to your bones ... How blessed is the man who finds wisdom and the man who gains understanding ... Long life is in her right hand; In her left hand are riches and honor.*

Prov 4: 20-22 ... *"My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your sight; Keep them in the midst of your heart. For they are life to those who find them and health to all their whole body".*

The prophets Isaiah, Jeremiah, Hosea and Malachi speak of healing.

Jer 30:17 ... *"For I will restore you to health and I will heal you of your wounds, declares the LORD".*

Hos 11:3 ... *"Yet it is I who taught Ephraim to walk, I took them in My arms; But they did not know that I healed them".*

That was because they lacked knowledge, and that's also why many are not walking in health today.

Hos 4:6 ... *"My people are destroyed for lack of knowledge".*

Mal 4:2 ... *"But for you who fear My name, the sun of righteousness will rise with healing in its wings; and you will go forth and skip about like calves from the stall".*

The Gospels mention healing over and over and show the emphasis Christ placed on people's wellbeing and that He showed that healing is an integral part of the gospel.

Matt 4:23 ... *"Jesus was going throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom, and healing every kind of disease and every kind of sickness among the people".*

Matt 8:16-17 ... *"When evening came, they brought to Him many who were demon-possessed; and He cast out the spirits with a word, and healed all who were ill. This was to fulfill what was spoken through Isaiah the prophet: "He himself took our infirmities and carried away our diseases".*

This is very clear and leaves no mistake as Jesus links the Isaiah passage with physical healing for the present. The atoning work of Jesus is for spirit, soul and body and it's for us to appropriate now.

Matt 9:2-7 ... *"And they brought to Him a paralytic lying on a bed. Seeing their faith, Jesus said to the paralytic, "Take courage, son; your sins are forgiven." And some of the scribes*

said to themselves, "This fellow blasphemes." And Jesus knowing their thoughts said, "Why are you thinking evil in your hearts? Which is easier, to say, 'Your sins are forgiven,' or to say, 'Get up, and walk'? But so that you may know that the Son of Man has authority on earth to forgive sins"—then He said to the paralytic, "Get up, pick up your bed and go home." And he got up and went home".

Matt 9:35 ... "Jesus was going through all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom, and healing every kind of disease and every kind of sickness".

Matt 10:7-8 ... "And as you go, preach, saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse the lepers, cast out demons. Freely you received, freely give".

Luke 9:11 ... "He began speaking to them about the kingdom of God and curing those who had need of healing".

Luke 10:9 ... "and heal those in it who are sick, and say to them, The kingdom of God has come near to you".

We also do well to consider the words of Jesus in John 10:10 and Paul in 2 Tim 1:8-10.

John 10:10 ... "The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly."

2 Tim 1:8-10 ... "Therefore do not be ashamed of the testimony of our Lord or of me His prisoner, but join with me in suffering for the gospel according to the power of God, who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity, but now has been revealed by the appearing of our Saviour Christ Jesus, who abolished death and brought **life** and **immortality** to light **through the gospel**."

The steal, kill and destroy Jesus spoke of are things that happen in the **here and now** (not in heaven throughout eternity). So, in contrast to and in place of what the devil brings us here and now, the **abundant life** is something Jesus brought for us to enjoy **here and now** (as well as for eternity). And Paul states clearly that the gospel, the good news concerning Christ, is the message that Jesus brought us both **life** and **immortality**. Life is for here and now and immortality is for eternity when we leave this world.

Those scriptures make it abundantly clear that physical healing is an integral part of the gospel and the atoning work of Christ.

The Acts also has many records of healing where God performed healing through the believers.

John eventually sums up our Lord's thoughts on healing:

3 John 2 KJV ... "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth".

Conclusion

When God created man in the first place He made man in His image and likeness. There was no sin, sickness or anything “broken” in that man. But Adam chose not to believe God and sin and the consequences of sin (sickness, disease and mental and emotional disorders) entered the scene. Jesus atoning work reversed this so that man could be restored to his former glory. It is God’s will that we are born again and become new creatures, and not only that but, that we also walk in physical and mental wellbeing here and now. It never was His desire that man should live in sin and the consequences of sin but that we should be whole in spirit, soul and body, now and forever.

Christ came to bear away our sin and sickness so that we could in exchange have abundant life. He who is the Healer as well as the Saviour and Lord came to reside in us and be the Life in us. Life in our spirit, flowing out to our soul and body. All He asks of us is that we believe His word. We are to be like Abraham of whom it was said, “*Abraham believed God*” (Rom 4:3).

If we simply believe God, over what we see or feel physically, but simply and implicitly trust Him, trust what He has said in His word, we will then see the rivers of life being released from Him who is the Healer who resides within us and we will walk in the health and wellbeing He has purchased for us by His atoning work. For, by His stripes we are healed.

Lesson 3 The Kingdom of God is Within You

Luke 17:21 NKJV ... *"nor will they say, 'See here!' or 'See there!' For indeed, the kingdom of God is within you".*

Governments are established for the control and care of people. Political ideologies, ethnic traditions and personal ambitions have influenced these control systems down through the ages. Often there has been bloodshed and strife in the constant search for a more perfect form of government. However, the only government that is perfect, just and reliable is God's government. His government is based on the loving, giving work and way of the cross and is beneficial to all to embrace it.

The Government of God

Isaiah and Jeremiah provide us with some insight into God's government.

Isa 9:6-7 ... *"For a child will be born to us, a son will be given to us; and the government will rest on His shoulders; and His name will be called Wonderful Counsellor, Mighty God, Eternal Father, Prince of Peace. There will be no end to the increase of His government or of peace, on the throne of David and over his kingdom, to establish it and to uphold it with justice and righteousness from then on and forevermore".*

Jer 31:33 ... *"But this is the covenant which I will make with the house of Israel after those days," declares the LORD, "I will put My law within them and on their heart I will write it; and I will be their God, and they shall be My people".*

You may well ask, "What are the laws of this government that is within us? How do they operate and how do they benefit us?"

This government is referred to in the scriptures as the kingdom of God. This kingdom is the government of the new creation race.

2 Cor 5:17 ... *"Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come".*

Col 1:13 ... *"For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son".*

Jesus told Nicodemus in John 3:3 that entry to this kingdom is gained by being born again. Every born again person is member of this new creation race and the kingdom of God is their government.

This kingdom is not an earthly kingdom focused on sorting out this world and its affairs, it is non-material and is a government or kingdom of a Person. The law of this kingdom that is written in our hearts is a Person and that Person is Christ. ... *"Christ in you, the hope of glory (Col 1:27).*

The government of God is the operation and manifestation of His Son. The kingdom is the realm and reign of His Son, and that kingdom is within every believer. When Christ, the incorruptible "Seed", was birthed in us, when we were born again, the Father took His government and kingdom and

placed it in the us in the form of His Son. At that point we were translated or transferred into the kingdom of His beloved Son.

1 John 3:2 ... *"Beloved, now we are children of God"*.

The kingdom of God is simply the life of Christ in us, right now. Understanding this and operating in this knowledge is what causes the government of God to function in and through the believer.

This law that is written within us, that Jeremiah spoke of, is Christ resident in the believer and operating through the believer as the believer's only source and expression of life. This government works by the Word hidden in our hearts and the mind of Christ that operates that Word. The government of God is Christ operating through the believer in his or her daily activity. When we understand that we have no other life than the life of Christ and that whatever we do is an expression of Him then we put into operation the laws of His government and kingdom. It is the consciousness that when we get up each day and go about our daily duties that it is Christ in us as us in action that brings into action His government.

Christ the Victor

Through the work of the cross Christ triumphed over Satan, sin and the consequences of sin. Those who are born again, those who are containers of Christ, are participants in a government that rules over the entire universe. The born again in whom the laws of this kingdom are in operation stand firm and live from a position of victory over Satan, sin and sickness. We live and fight from a position of victory, not for a position of victory.

By the renewal of the mind, which comes from being aligned with the Word and through the revelation of the Holy Spirit, and living in constant union with Him who is our life, the believer is able to experience the destruction of all fortresses and attacks levelled against him or her.

Daily we are to pray the prayer Jesus taught His disciples, "Thy kingdom come, Thy will be done" and in doing so we will see the kingdom of God coming forth within us. This prayer will make us conscious that the divine government, the Word, will operate from within us and that the Truth will set us free from all attacks against the kingdom of God. The believer, in whom Christ dwells, overcomes by a mind that is set on the Spirit (Rom 8:6), which is aligned with the Word. This is a mind that rules over the flesh, the body and things material. This is a believer who is operating from a spirit of wisdom and revelation in the knowledge of Christ and understanding and releasing His mighty power that works within us. For this believer there is no attack, no situation or circumstance that cannot be overcome by the release of the laws of the kingdom within him or her.

2 Cor 4:18 ... *"while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal"*.

The "unseen" is not the "invisible". When a sailor looks through the telescope and sees the distant land that is not visible to the naked eye he is looking at the "unseen" not the "invisible". Alternately, when a scientist looks through the microscope and sees the germs and little things that the naked eye cannot see he is looking at the "unseen", not the "invisible". Similarly, when we look through the eye of the spirit we see the "unseen", that which the natural eye cannot see.

We don't deny what is happening when we are under attack, but we choose to look through the seen, the temporal, to the unseen, to the eternal, to the truth that is forever settled in the heavens and we rest in and live by that truth. When we are facing a physical attack, illness, then the truth we look to is that, *"by His stripes we are healed"* (1 Pet 2:24). That is the truth that sets us free.

We believers have the privilege of living in both realms ... in the natural and in the spiritual realms.

- The invisible, eternal realm is changeless, timeless, it's the realm of the Spirit and of God's absolutes, it's the realm of ultimate reality, of completeness and wholeness, where things are settled, finished. It's the realm of I AM, where things ARE. The term "I AM" calls our attention to God's timelessness, His self-completeness and His absolute love.
- In contrast, the natural and visible realm is temporary, or uncertain. It's the natural realm of matter and appearances, with a beginning and end, a past, present and future, where there is birth, life, death, sowing, growing and reaping. A realm of activity, process and need, where we are BECOMING.

At the appointed time Jesus moved from the eternal (spirit realm) to temporal (natural) realm ... John 1:14. ... *"And the Word became flesh, and dwelt among us"* ...

Jesus experienced all we experience in the natural or visible realm. He had a past, present and future. He experienced growth, pains, temptations and had needs. He came to show us what real man looked like and how he was to live. He also came to provide a way for us to be restored to the Father and to live by His abundant life.

And now, in the Father's eyes, according to that which is settled in the eternal realm, the truth concerning us (the born again) is that:

- We are new creation people (2 Cor 5:17)
- We are His righteousness (2 Cor 5:21)
- We are complete in Him (Col 2:10)
- By His stripes we are healed (1 Pet 2:24)

These are **already** true of us in the spirit or eternal realm, in God's eyes. As sons and daughters He has birthed, as new creatures, these are the eternal unchanging truths concerning our identity. Our identity is established in Christ.

In the natural or temporal, however, we are in the **process** of change, we are growing, our minds are being renewed. We are learning to appropriate the provisions made for us on the cross.

There are some important facts we must know concerning the two realms we live in:

1. God has designed us to operate by **faith** ... *"Now faith is the substance of things hoped for, the evidence of things not seen"* (Heb 11:1). By faith we see through the visible, natural and temporal to the unseen and eternal. Jesus of Nazareth did this when He looked at dead Lazarus, the withered hand, the dead girl, the deaf, the lame, or the 5 loaves and 2 fishes. He did not deny the existence of these things, but He did not see these things as ultimate, He saw beyond the outward appearance to

what His Father was doing in the realm of the Spirit (The Father abiding in Jesus was doing His works – John 14:10). Jesus only did and said what He saw or heard in the Father. The Father was saying I want Lazarus and the girl raised from the dead, the withered hand, the deaf ears and the blind eyes healed and the multitude fed. Jesus brought the truth, the reality of the spiritual and eternal realm into the natural, visible, temporal realm and met the needs in the here and now. He invites you and me to do the same. He who is the Healer and Saviour, who has paid the price for your healing as well as your salvation, lives in you and as you abide in Him and look past the infirmities that are hassling you to Him and to the truth which is eternally settled, and as you ask in His name He will do it and you can bring the answer from the eternal into the temporal and walk in health and strength. Jesus said, *“Truly, truly, I say to you, he who believes in Me, the works I do shall he do also”* ... (John 14:12).

2. We all have failures, sins and shortcomings and these are realities in the seen or natural realm. If we focus on these, we will see this as our identity. But this is a false identity, not the true identity that God gave us when we were born again. Now, unless we understand our true, eternal identity, we will habitually draw from our false or temporal identity, regardless of how good or bad it is. Our focus will be on trying to clean up our act so we can be good enough for God to accept. We will be trying in our strength to do that which only Jesus can do. This is wrong. We can't do anything to attain that which is already established. According to God we are accepted in the Beloved (Eph 1:6). According to God, by Jesus stripes we are healed (1 Pet 2:24, Isa 53:5).

In the unseen and eternal realm, God has already perfected us. On the cross he said, *“It is finished”*. Every provision was complete. In the seen and temporal realm, God is busy bringing that perfection, provision or completion, into view. From God's point of view, in the eternal or unseen realm, we are a finished product. At the same time, in the seen or temporal, He is continuing to work the truth deeper into us, to conform us to His image. This is the process of the renewing of our minds. With reference to our physical and mental wellbeing, He wants us to take the truth from the spirit and establish it in our minds and from there to release it to benefit our bodies.

3. God has designed us so that we can find fulfilment only in the eternal realm. The natural realm offers many pleasures, but none ultimately satisfy. We only find abundant life in the eternal, in God. He is life.

The total answer, the ultimate answer, is in a Person, Jesus Christ. He is our Saviour, our Lord and our Healer. It's part of God's program to make us dissatisfied with what the temporal realm offers, so that we might seek life in Him. ... *“He who has the Son has life”* (1 John 5:12). And we have that life in every dimension – spirit, soul and body.

A life of faith, our true identity, and our fulfilment in life are all established in the eternal realm. The truths from this realm can only be understood through REVELATION by the Holy Spirit.

So we are to be completely dependent on the Holy Spirit to be our teacher, to teach us Christ, and the truth of who we are in Christ. We are to pray and ask for ... *“a spirit of wisdom and of revelation in the knowledge of Christ”* ... (Eph 1:17-23).

Spiritual growth is a process of replacing what you see or feel outwardly with eternally established truth, and living out of that reality. As you come to know and understand the life of Christ within, that life will flow out of you in your words and actions. We live what we believe. What you put into

your mind and think about will influence your feelings, actions and ultimately your wellbeing. Jesus said, *"He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water"* ([John 7:38](#)).

We will never know abundant life, the outflow of the life of Christ within us, until the unseen and eternal realm is second nature to us, influencing our every day actions and experiences. Until then, we will be living according to feelings and external appearances, and these will never lead us to live the abundant life God desires us to live. God wants to bring us to the point where we are living according to His original intention and plan for our lives. Where we see ourselves as He sees us. He wants us to rest in Him, in the eternal, and experience His fullness, His sufficiency, His provision within us. He wants us to walk in wholeness in spirit, soul and body, here and now.

A truth of utmost importance that we can know from the unseen and eternal realm is that we and Christ are one, or in union. [1 Cor 6:17](#) ... *"the one who joins himself to the Lord is one spirit"*. You and He are one. When we begin to know and live out of that truth, all the promises of the word become daily realities. It's no longer God up there somewhere and me down here, or God out there somewhere where I have to go searching for Him all the time. We live in union. In this world of the natural and temporal He operates in and through you. *"Christ **in you**, the hope of glory"* ([Col: 27](#)) ... *"It's no longer I who live, but Christ lives in me and the life which I now live in the flesh I live by the faith of the Son of God"* ([Gal 2:20](#)). We live by His life and by His faith.

Jesus Heals Every Kind of Disease and Every Kind of Sickness

When Jesus was on earth as a man He went about healing the sick. On some occasions He healed **all** in the crowd that were sick.

[Matt 4:23-24](#) ... *"Jesus was going throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom, and healing every kind of disease and every kind of sickness among the people. The news about Him spread throughout all Syria; and they brought to Him all who were ill, those suffering with various diseases and pains, demoniacs, epileptics, paralytics; and He healed them"*.

[Matt 8:16-17](#) ... *"When evening came, they brought to Him many who were demon-possessed; and He cast out the spirits with a word, and healed **all** who were ill. This was to fulfill what was spoken through Isaiah the prophet: "He Himself took our infirmities and carried away our diseases"*.

Not only does this scripture unquestioningly link the atonement with physical and mental healing but it also shows that healing is available for all.

[Matt 12:15](#) ... *"Many followed Him, and He healed them **all**"*.

On other occasions He healed some and not others.

[Mark 1:34](#) ... *"And He healed many who were ill with various diseases, and cast out many demons"*.

[Mark 3:10](#) ... *"for He had healed many, with the result that all those who had afflictions pressed around Him in order to touch Him"*.

Sometimes He only healed one or two out of the whole multitude, like the occasion he healed the woman with the issue of blood and Jairus' daughter (Mark 5:21-43).

There were some that He ignored and did not heal even though He saw them frequently, like the man lame from birth who was daily placed on a pallet at the Gate Beautiful at the entrance to the Temple. However, He did eventually heal this man through Peter and John when the time was right (Acts 3:1-4:22).

Now these examples do not say that Jesus cannot heal everyone who is ill, or that there are some diseases He does not heal. These examples clearly show that He healed *every* kind of sickness and *every* kind of disease, there is nothing that He can't heal. It is clear that bodily healing and deliverance from demonic oppression is part of the atoning work of Christ on the cross and is available for all. What these examples show is that there is no question but that Jesus heals and delivers, yet He does this in His way and in His time in accordance with His eternal purpose.

The lame man at the Temple gate (Acts 3 & 4) is a good example. Jesus did not heal him during the time of His earthly ministry because He knew it was the Father's will that the healing of that man was going to be the 'attention getter' to bring thousands to hear the gospel message and be brought to salvation at the "right time". The timing of that man's healing was to fit into God's greater purpose and agenda.

God's eternal purpose and agenda may be greater than our immediate personal agenda. We are not a "body" people, we are a spiritual people.

1 Pet 2:5, 9 ... *"you also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ" ... "But you are a chosen race, A royal priesthood, a holy nation, a people for God's own possession, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvellous light".*

It is really important that we understand that the Father's greater purpose for us, as well as those around us who we influence, is for us to see Christ as our life and our all and for us to abide in Him and live by His life and by His faith. He wants us to totally trust and rest in Him knowing that He has all things (everything we are facing) under His control. Every circumstance and situation we face is under our heavenly Father's control.

Our relationship with the Father is not about getting things from Him. We don't measure success by how often we get what we want every time we cry out for something from God. That's not to say we must not call upon God for help. He has told us we can come boldly to His throne of grace in time of need and he encourages us to call on Him. But, our relationship is one of love. Unconditional love. It's one where we submit to Him and seek Him. Where seeking Him and submitting to Him and waiting on Him are more important than just getting our needs and desires met the instant we want them met.

Matt 6:33 ... *"seek first His kingdom and His righteousness, and all these things will be added to you".*

His kingdom is the rule and reign of Christ within you.

Our prime objective is to know Him and mature to the measure of the stature which belongs to the fullness of Christ (Eph 4:13). The circumstances and situations we face in our lives are often used by our Father to draw us to Christ. He lives in you. That's where you'll find Him.

Christ who is in us who is our eternal life is also the Healer. When we face adversity, regardless of its form, we are to put our trust in Christ.

On the wall at the Occupational Therapist that I sometimes go to for massage and 'adjustments' of my back and neck there is a beautiful saying:

"Life is not about waiting for the storm to pass; life is about learning to dance in the rain".

What our heavenly Father wants of every child of His is that we learn to face every circumstance and situation in life in His strength. We are partakers of His divine nature (2 Pet 1:4). He has placed His Seed, Christ – The Saviour, The Healer, The Deliverer, The Provider, and The Prince of Peace – in us so that we may partake of His life. He wants us to know the surpassing greatness of His power towards us who believe (Eph 1:19) and to know that by simply trusting in Christ, who is our life and our all, that He will do exceeding abundantly beyond all that we ask or think, according to that power that works within us (Eph 3:20). I am not saying healing comes from the believer; no, it comes from Christ who lives in us and is the only life we have. We are to learn to seek Him, trust Him and live by His life and His faith. He is our answer. He is Victor over all, and in Him so are we.

There's no question that healing is provided for in the atonement. There is no question that Christ can and will heal every kind of disease and every kind of illness. There's no question that the Father's desire is that we walk in health even as our soul prospers (3 Jn 2), because He declares those things in His word. But His foremost desire is that Christ is formed in us and that we have the attitude that was in Christ when he faced adversity:

Heb 12:2 ... *"fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God".*

Jesus, with all our sins and sickness and pains filling His body, with a back that had been beaten black and blue and cut open by the whip, and the pains of the nails in His hands, looked through all these painful things into the heart of the Father and drew strength from Him and trusted in the Father and His eternal plan, and for the joy that represented He bore the pains and suffering knowing it would be temporary and that He would triumph over it all. He looked at that which was unseen and eternal, not at that which was seen and temporal. He took the Father's hand and 'danced in the rain'.

The Power that Works Within Us

Example: A car battery has a negative and a positive terminal. It is only when the negative is connected to the positive that the power flows to energise and start the car's engine and get it mobile. In our world there are all the negative circumstances and situations hounding us and it's only when we reach into Christ and connect to the positive, to the truth, to the eternal, that His power is released and flows and overcomes the evil and sets us free.

The Healer now lives in us and heals through us. As we abide in Him and reach into Him, He flows out from within us – the river of life from within our innermost being – to bring healing, deliverance and the answer to our every need.

All the “storms” of life, the suffering, the pains and the adversity, are all there for a purpose and are under the ultimate control of our Heavenly Father. The purpose is that we abide in Christ, that we trust in Him who is our life, that we reach in to Him and connect our problems to Him so that His mighty power that works within us can be released and can overcome the adversity.

Many spend time and effort trying to get rid of the adversity; trying to pray away the evil, the ‘negative’ in our world. But it’s not the destruction of the negative in this world that brings rest and peace. In Numbers 21 we read of the occasion where the Israelites murmured against God and Moses and God sent the fiery serpents in judgement, causing the bitten people to die. God then made provision for their healing so that they would not have to die if they were bitten. They were to look at the fiery serpent on the pole. The fiery serpent on the pole was a type of Jesus on the cross – as long as they looked to Him they were healed. God did not take the serpents away, He did not get rid of the adversity; In the midst of adversity He made a provision for them to be healed and rendered the poison null and void if they looked to Christ.

Similarly, we are not instructed to spend time trying to get rid of adversity; the negative circumstances and situations we face. We are instructed in God’s word to look to Christ and trust Him and to seek Him and to abide in Him. The only way the ‘negative’ is overcome and an answer to our need is provided is when we connect with the ‘positive’ (Christ) and release His power flow. We live in a sinful corrupt world; that’s not going to change until the end. One day God will consume and totally destroy this evil world by fire (2 Pet 3:7) and there will be a new heaven and a new earth (Rev 21:1). Now we live in perishable, mortal bodies; one day we will get new bodies that are imperishable and immortal. Until then the evil, adversity, sicknesses, destruction and pain is here and we will face the attacks from time to time. However, we face them in Christ’s strength and provision as we trust, rest and abide in Him.

Neither a battery with only a ‘positive’ pole nor one with only a ‘negative’ pole would be able to provide the energy to start the engine of the car. We need not fear the ‘negative’, the adversity we face, because we have residing in us the ‘positive’, Christ, who is the overcomer; who is ... *“far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come”* (Eph 1:21).

Every name includes every sickness, every disease, every ailment, and everything that has a name!

The Traps of Seeking the External

There are some traps that we so easily can fall into. One thing that is for certain, Satan does not mind us doing good things, so long as he can do his utmost to keep us from coming to the knowledge that Christ is our life and that in Him we are overcomers.

He is happy if we seek an ‘external’ Christ. He is happy if we look outside for healing. He is happy when we seek blessings outside of the Christ that lives in us. What Satan wants is to separate us from the Christ who is in us. He does not want us to connect with the ‘positive’ terminal (Christ in us). He will even let us use scriptures (albeit out of context) to back what we are doing. For instance:

Many are urged to trust the prayer of faith, to seek a person who supposedly has 'gifts of healing', to trust in the anointing oil, or even to build up their own faith.

We have no faith of our own, and should certainly not waste time trying build some up. The only faith we are to live by is the faith of the Son of God (Gal 2:20). ... *"I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave Himself up for me"*.

We are called to trust implicitly in Him and rest in Him. Do you see the vine branches grunting and working up 'faith' so that the sap from the vine stock will flow through them to produce the fruit of the vine? The branches simply 'abide', remain connected, and the sap automatically flows through them. Rest speaks of an absence of effort other than just being there, abiding and trusting.

We need no external anointing, for Christ is the Anointed one who lives in us (1 John 2:27) ... *"As for you, the anointing which you received from Him **abides in you**, and you have no need for anyone to teach you; but as His anointing teaches you about all things, and is true and is not a lie, and just as it has taught you, you **abide in Him**"*.

Praying for one another and supporting one another in prayer is good. We are encouraged in the Word to pray for one another, but the most effective prayers we can pray for any one are the prayers of Eph 1:17-19, Eph 3:16-19 and Col 1:9-12. These prayers focus on us coming to a revelation of Christ who is in us; that we may know Him and His will and purpose so that He may live and act through us. Being an available and obedient channel through which a supernatural gift of healing can be dispensed is good. To receive healing as a result of a supernatural gift of healing from someone the Lord has directed to you for this purpose is good. But if we seek these things as our source of healing we miss the mark completely. Christ the Healer lives in us and we need to learn to simply abide in Him; trust Him regardless of what we see, feel or hear in the seen or the temporal realm.

Our attitude should be:

Hab 3:17-19 ... *"Though the fig tree should not blossom and there be no fruit on the vines, though the yield of the olive should fail and the fields produce no food, though the flock should be cut off from the fold and there be no cattle in the stalls, yet I will exult in the LORD, I will rejoice in the God of my salvation. The Lord God is my strength, and He has made my feet like hinds' feet, and makes me walk on my high places"*.

If we rest in Him and pray for a spirit of wisdom and revelation in the knowledge of Christ, the Holy Spirit will teach us Christ. We will gain understanding of His purpose and will and how to deal with the situations and circumstances we face. If we are in need of healing He will reveal how and when He will provide the answer. It may be instant and supernatural, it may be through the word, it may be in answer to prayer, it may be gradual over time, it may be through the hands of a doctor, or by some medicine, or whatever other means He chooses (Christ used spit and dirt to make mud and put this into the blind man's eyes once). Whichever it is, it is Christ alone that heals. It is in Him and not in the methods that we must trust.

Life is in the Son

God has given us Christ His Son and He works all things through His Son. We are not to look elsewhere for our answers. When we live by the understanding and knowledge that we are never separated from Christ who is in us and is our very life, we live by the law of the kingdom and government of God. The kingdom of God is within us and that kingdom is the operation and manifestation of the Son. Only when His government operates out of His kingdom within us are we able to function properly in this world and enter His rest.

It is imperative that we renew our minds and understand who and what we are in Christ. As we search the word and the Holy Spirit reveals Christ to us we will discover the truths of the Christ-life and the true kingdom of God will operate within us.

John 8:31-32 ... *"If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free".*

It's as we go to the Word to seek and see Christ and to know Him, that we will function in the life God intends for us to live. As we come to know the Person of the Word as our life, we will become more alert to His kingdom within us and we will know that sickness, disease, and other adversity is subject to the King of the kingdom, Christ. We will hear the living Word shout out to us that He has already overcome sin, sickness and Satan and that we also are overcomers by the living of His life.

When we were born again and started our walk in Christ, we started out as newly birthed children who stood perfect before the Father even though we lived in bodies that were imperfect and had minds that needed to be renewed. But, in the process of time, as we (soul) comes into union with Christ (Spirit), we experience the flow of the river of life from our innermost being; from spirit to soul to body and we are able to live in the abundant life Christ has purchased for us.

Lesson 4 Created Whole and Redeemed to Walk in Wholeness

When God created man in the beginning, man was made in the image and likeness of God. Man, in God's image, was a whole being. Man was not made with a body that was sick or full of diseases. When Adam disobeyed God and chose to go with what Satan said over what God had said, he handed over all his rights to Satan. The result was that sin, the Satan nature, entered man and along with that came the consequences of sin, including sickness, diseases and mental and emotional distresses.

Jesus came to earth to live as the perfect man and to die in our place to pay the price for our salvation and gain the victory over Satan, sin and the consequences of sin and thereby to restore to us **everything** that was lost. He gained for us the right to be whole once again. Through His atoning work on the cross Jesus made the provision for us to be made brand new and complete in spirit by being born again, to be whole in soul (mind, will and emotion) through the renewing of the mind, and to live in healthy bodies through the healing work of His stripes.

One day, when we go to live with God for all eternity, we will surrender these mortal bodies, they will return to dust, and we will put on immortality. We will be given brand new bodies. Those immortal bodies, that we will live in for eternity, will be perfect and will have no need of healing. Healing is the provision from the atoning work of Christ for the mortal or imperfect bodies we live in here and now. These are the bodies that are subject to sickness and disease and mental and emotional disorders and these are the bodies that need a healing touch from time to time to see us through.

These mortal bodies we live in here and now will never be made perfect. They are imperfect as a consequence of sin and are subject to sicknesses and diseases. These bodies will come to an end and be returned to dust. However, Christ has made provision for us to be healed when we come under attack so that we can be restored to health and walk in health and wellbeing. So when sickness or diseases attack us we can appropriate the provisions of the atonement and see Christ deliver us from the illnesses.

Being healed from a disease or illness does not mean we will never be attacked again. For instance, Lazarus was raised from the dead but later at the end of his life span he died a permanent death. His healing did not mean he was going to live forever. In his case that healing or rising from the dead simply gave him some extra quality years with his family and friends. Similarly, the incident involving my father (that we spoke of in lesson 2) that resulted in the doctors finding out about the aneurism of his aorta and the operation that returned him to health did not mean he would never die, it simply was the Lord's provision of healing to restore him to health for many more years of service in the Lord's work as a missionary (an additional 17 years were added until he went to be with the Lord just short of his 90th birthday).

Christ is Our Life

Rom 8:10-11 ... *"If Christ is in you, though the body is dead (subject to disease and death) because of sin, yet the spirit is alive (has Life) because of righteousness. But if the Spirit of Him (Holy Spirit) who raised Jesus from the dead dwells in you, He who raised Christ Jesus*

from the dead will also give life to your mortal bodies through His (Christ) Spirit who dwells in you". (Parenthesis added)

John 14:6 ... "Jesus said to him, "I am the way, and the truth, and the life" ...

1 John 5:11-12 ... "the life is in His Son. He who has the Son has the life" ...

Christ who is life in us, with Whom we have joined and are one spirit (1 Cor 6:17), also gives life, healing, to our mortal body. Our mortal body is this one we live in now.

1 Cor 15:50-57 ... "Now I say this, brethren, that flesh and blood cannot inherit the kingdom of God; nor does the perishable inherit the imperishable. Behold, I tell you a mystery; we will not all sleep, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet; for the trumpet will sound, and the dead will be raised imperishable, and we will be changed. For this perishable must put on the imperishable, and this mortal must put on immortality. But when this perishable will have put on the imperishable, and this mortal will have put on immortality, then will come about the saying that is written, "Death is swallowed up in victory. O Death, where is your victory? O death, where is your sting?" The sting of death is sin, and the power of sin is the law; but **thanks be to God, who gives us the victory through our Lord Jesus Christ**".

Through Christ we have the victory. Ultimately, we have the victory over sin and death because we will be given imperishable bodies, which will house our eternal spirit and soul. But also in the short term, here and now, we have the victory over the consequences of sin (physical and mental sickness and diseases). Through the atoning work of the cross Christ has guaranteed us new imperishable bodies for eternity and healing for these perishable bodies we live in here and now.

2 Cor 4:7-5:5 ... "But we have this treasure (Christ) in earthen vessels (the bodies we live in now), so that **the surpassing greatness of the power will be of God** and not from ourselves; we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body the dying of Jesus, so that the life of Jesus also may be manifested in our body. For we who live are constantly being delivered over to death for Jesus' sake, so that **the life of Jesus also may be manifested in our mortal flesh**. So death works in us, but life in you. But having the same spirit of faith, according to what is written, "I believed, therefore I spoke," we also believe, therefore we also speak, knowing that He who raised the Lord Jesus will raise us also with Jesus and will present us with you. For all things are for your sakes, so that the grace which is spreading to more and more people may cause the giving of thanks to abound to the glory of God.

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal. For we know that if the

earthly tent which is our house is torn down, we have a building from God, a house not made with hands, eternal in the heavens. For indeed in this house we groan, longing to be clothed with our dwelling from heaven, inasmuch as we, having put it on, will not be found naked. For indeed while we are in this tent, we groan, being burdened, because we do not want to be unclothed but to be clothed, so that what is mortal will be swallowed up by life. Now He who prepared us for this very purpose is God, who gave to us the Spirit as a pledge.

Yes, the main focus of the work God is doing in us is on the eternal, and the temporal suffering we face is just that, it is temporary. However, the manifestation of Jesus in our mortal flesh is manifestation of Him in and through our spirit, soul and also our bodies. We give testimony of Him through the fruit of the spirit – the love, joy, peace, patience, kindness, goodness, faithfulness and self control He expresses through us. That's our spirit and soul manifesting Him. But we also give testimony of Him and His goodness in our bodies, through walking in health and strength as He keeps us healthy while we are in this mortal body. One day He will give us a new eternal "house", but until then He has made provision for this one to be kept under good repair.

Rom 8:12-39 ... *"So then, brethren, we are under obligation, not to the flesh, to live according to the flesh—for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live. For all who are being led by the Spirit of God, these are sons of God. For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!" The Spirit Himself testifies with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.*

*For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us. For the anxious longing of the creation waits eagerly for the revealing of the sons of God. For the creation was subjected to futility, not willingly, but because of Him who subjected it, in hope that the creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God. For we know that the whole creation groans and suffers the pains of childbirth together until now. And not only this, but also we ourselves, having the first fruits of the Spirit, **even we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our body.** For in hope we have been saved, but hope that is seen is not hope; for who hopes for what he already sees? But if we hope for what we do not see, with perseverance we wait eagerly for it.*

*In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God. **And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.** For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the*

firstborn among many brethren; and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.

*What then shall we say to these things? If God is for us, who is against us? He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? Who will bring a charge against God's elect? God is the one who justifies; who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us. Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? Just as it is written, "For your sake we are being put to death all day long; we were considered as sheep to be slaughtered." **But in all these things we overwhelmingly conquer through Him who loved us.** For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord".*

'Adoption' comes from the Greek word υιοθεσία huiotesia. This compound word comes from two words: uios = 'a son' and tithemi = 'to place', 'set in place'. So the more literal translation would be "placing as a son". So 'adoption' (placing as a son) is a word of **position** rather than of **relationship**.

Through regeneration or being born again we birthed into the family of our Father as His child. So we get into God's family by the new birth. Adoption (the placing of a son) is then an act of the Father by which He gives recognition to His born children an adult standing in the family. We are born into his family as a **child**, we then progress, or mature into '**sons**' – the term for those who have attained adult standing.

So God planned way back before creation, ... "*according to the kind intention of His will*" (Eph 1:5) ... that by His grace we would be not only be birthed as children into His family, but that He, by the teaching and guidance of the Holy Spirit, would bring us to maturity, ... "*to a mature man, to the measure of the stature which belongs to the fullness of Christ*" (Eph4:13).

He wants us to come to maturity so that we can claim our inheritance and enjoy and live from the riches of His grace, and share this wealth with those around us who live in darkness.

God will use the circumstances and situations of life to work together for our good and to bring us to maturity. As His word declares, He wants us to learn to trust Him implicitly, no matter what we face.

1 Cor 1:9 ... "*we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead*".

2 Cor 1:3-4 ... "*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God*".

Sometimes we face afflictions and have to trust God through the process of being brought to healing so that we can encourage others after us who will face similar circumstances.

There is no doubt that God's will and main aim is to conform us to the image of His Son (Rom 8:29), the focus of which is without doubt on the spiritual and soul man. We are to present ourselves as living sacrifices to this end.

Rom 12:1-2 ... *"Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect".*

It is also clear that one day He will also clothe us with an immortal body. This mortal body will return to dust and we will get a new eternal body. But we must not forget that He has made provision for this mortal body to be kept in a good state of repair until that day.

We Were Created to Be Whole, Not Broken

When God created man in the first place He desired and designed man to be whole. Sickness, disease, mental illnesses, depression, ailments and those sorts of things were not part of His plan for the man He created. He wanted us to be whole, complete and well at all times. Since the fall of man into sin and the introduction of the consequences of sin to man's life and being, God has looked on man with mercy and grace and desired to redeem man from sin and the consequences of sin. His desire for us to be whole and well has never changed.

If this was not so then why would God have given us scriptures that encourage healing?

3 John 2 KJV ... *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth".*

Jas 5:14-16 ... *"Is anyone among you sick? Then he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much".*

Just look at Jesus during His earthly ministry. Yes He walked on water, He calmed the storm, He fed the multitudes and He changed water into wine. But the amount of times he did these types of miracles pales into insignificance when compared to the number of times He healed and delivered people from sickness, disease and oppressions. He went about proclaiming the kingdom of God and healing the sick. He spent most of His time with a message and actions that sought to direct people back into spiritual, mental and physical wellbeing. Speaking of Jesus Acts 10:38 says, ... *"He went about doing good and healing all who were oppressed by the devil, for God was with Him"*. That's because He always has and always will want us to be whole and strong.

Just look at the intelligence God has given to doctors and scientists and the many amazing medical breakthroughs He has led them to discover. Look at the bodies we have and the restorative mechanisms that God designed into them. Look at God's instructions to Israel – blood on the door posts to save from death (a type of salvation through the blood) and the body (flesh of the lamb) for their supernatural health and strength for the journey (a type of healing and strength through the broken body on the cross) – and we see God's plan was for salvation and healing in the atonement.

Psa 105:37 NJKV ... *"He also brought them out with silver and gold, and there was none feeble among His tribes"*.

Consider the very name Jehovah Rapha, the Lord our Healer. Why would God give Himself that name if it was not His desire to bring us to health and strength? Whichever way we look at it, God's desire is for us to walk in health and strength physically and mentally in exactly the same way as He desires for us to be whole in Spirit. He is the Healer and He has provided for us to walk in physical, mental and emotional health as well as to be born again and be made brand new and complete in spirit. For anyone to think that God is not interested in our mental, emotional and physical wellbeing and only interested in our spiritual wholeness is simply wrong. Healing is a part of God's nature. It is in God's nature to heal. It's His will and desire for us to walk in health.

Why Are Some Sick?

You may well say that if it is in God's nature to heal and if it is His desire for us to walk in health, then why do many Christians get sick? Well, the answer is in the word in the passage relating to the Lord's Supper in 1 Cor 11:20-34.

First of all let us look at the two elements involved, the body and the blood; the bread and the cup.

1. His blood was shed for the forgiveness of our sin.

Eph 1:7 ... *"In Him we have redemption through His blood, the forgiveness of our trespasses"*.

2. His body was broken so that we may be healed. Jesus linked the bread to physical healing and deliverance in His comment to the Syro-Phoenician woman (Mark 7:24-30) when she asked Him to cast the demon out of her daughter.

Mark 7:27 ... *"it is not good to take the children's bread and throw it to the dogs"*.

The "children" were the Jews the "dogs" were the gentiles. The "bread" referred to the healing she was asking Jesus for, for her daughter. Demon possession or oppression and sickness are alike in that they are the consequence of sin. So Jesus classifies them and treats them as one and the same, as explained in Acts 10:38 where it says of Jesus that ... *"He went about doing good and healing all who were oppressed by the devil"*.

The bread is Christ's body and is the provision for our healing.

The meat of the Passover lamb was for the health and strength of the Israelites as they went on their journey to the Promised Land. This is a type and shadow of Christ's body which was broken and given for our health and wellbeing in our journey as His ambassadors. The bread is symbolic of His body which is the provision for us to live healthy, strong lives.

Because the disciples understood the typology of the Passover Feast and the words of Jesus to the Syro-Phoenician woman, when Jesus took bread, broke it and gave it to the disciples saying ... *"Take, eat: this is My body"* (Mark 14:22 and Matt 26:26) the disciples knew this was the provision of His life, health and strength for their bodies.

The Jewish oral law gave specific instruction for the preparation of the flat bread (matzah) that was used in the Passover Feast. It was unleavened, pierced with holes, striped and baked. Leaven in the bible represents sin. The bread was unleavened as Jesus was pure and without sin. The piercing was representative of the nail holes in his hands and feet and the spear wound in His side. The stripes were representative of the scourging wounds that covered his back and body. The baking represented God's judgement fire that Jesus faced on our behalf because of God's wrath against our sin which He bore in our place.

Now with the understanding that we have redemption through Christ's blood, the forgiveness of our sins and that His body was broken that we might be whole and walk in health, let us look into the reason for illness amongst many believers.

1 Cor 11:20-34 NKJV ... *"Therefore when you come together in one place, it is not to eat the Lord's Supper. For in eating, each one takes his own supper ahead of others; and one is hungry and another is drunk. What! Do you not have houses to eat and drink in? Or do you despise the church of God and shame those who have nothing? What shall I say to you? Shall I praise you in this? I do not praise you.*

*For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "**Take, eat; this is My body which is broken for you; do this in remembrance of Me.**" In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me." For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes.*

*Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. **For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. For this reason many are weak and sick among you, and many sleep.** For if we would judge ourselves, we would not be judged. But when we are judged, we are chastened by the Lord, that we may not be condemned with the world. Therefore, my brethren, when you come together to eat, wait for one another. But if anyone is hungry, let him eat at home, lest you come together for judgment".*

Note in verse 30 Paul doesn't say for **these** reasons, he says ... *"for **this** reason"*. That singular reason was the failure by believers to correctly discern the body of the Lord. What does that mean? It means that they did not know why they were eating the bread, or they did not understand the significance of the bread.

Now contrary to popular teaching in some circles, which teaches that the discerning of the body and judging of ourselves rightly means we are to see if we have sin in our lives and to confess our sin before we can partake of the Lord's Table, this actually has nothing to do with sin and confession of sin. Verse 29 shows us that it is the unworthy eating and drinking that brings condemnation upon us. Judgement is linked to the action of eating and drinking in an unworthy manner.

What was happening was that many of the Corinthian believers were treating the Lord's Supper as a reason to have a good feed and get drunk, which was as selfish approach. They either lacked the understanding of the significance of this celebration and commemoration, or they just did not care about anyone but themselves, or they treated it in a religious, ritualistic manner without giving thought to what they were doing. They were mostly gentiles who did not necessarily have the benefit of knowing the Old Testament scriptures, as the Jewish believers would have had. So possibly they were simply acting in ignorance.

So Paul was not saying that we should not partake of the table if we had some sin problem and were unworthy, rather, he was saying that we should not partake of the table in an unworthy manner. He was saying if you are hungry, eat at home; don't come to the Lord's Table for a meal and to get drunk and thereby act selfishly without regard for others. He was saying that when you partake of the Lord's Supper do it in a kind, grateful and unified manner giving thanks to the Lord for this sacrificial act of His love in order that we might walk in health and strength and in doing so appropriate the provision of healing.

The Corinthian believers, by treating the Lord's Supper as a ritual and occasion for a drunken feast, failed to appropriate the blessing of continued health through the provisions of the atonement. Similarly, by teaching people that they cannot come to the Lord's Table if they are "unworthy", false teachers of our modern day have denied many from this blessing of health. We also, if we partake in a ritualistic manner will not walk in health, and in fact open ourselves to being sick as Paul states in verse 30... *"For this reason many among you are weak and sick, and a number sleep"*.

When we fail to rightly judge, or discern, the body we are despising the atoning work of Christ and insulting His grace. For that reason we open ourselves to sickness. We bring that judgement upon ourselves. That judgement is the divine judgement or sentence that fell upon mankind when Adam sinned. Through sin the sentence of death, including sickness and other malady, befell mankind. So if we do not appropriate the provision of healing through the atonement we will continue to face the consequences of the divine sentence.

Paul is exhorting the Corinthians, and us, to examine ourselves and see if we are walking in love and unity and truly trusting in the work of the cross and taking God at His word that, ... *"this is My body broken for you"* ... for ... *"by Jesus stripes we are healed"*. As Joseph Prince puts it in his booklet *"Health and wholeness through the Holy Communion"*, we are to be Son-conscious not sin-conscious. Each time we rightly partake of the cup and the bread we acknowledge Christ's provision for our healing and we reverse the effects of the curse and divine sentence in our bodies. Just as the simple act of eating by Adam brought sin, disease and death to us, so God has ordained that the simple act of partaking of the bread would bring health and wholeness to His people. In remembering Christ we are to remember his commandment to us to love the Lord with all our heart and to love our neighbour. As we do this He will see to our health and wellbeing as a part of the abundant life He came to give us.

Let us go for a moment to another passage of scripture that relates to this matter, and then we will come back to the matter of rightly judging or discerning the body.

The Fiery Serpent

Other passages of scripture which link bodily healing and the atonement are Numbers 21:4-9 and John 3:14-15. In Numbers 21 we read of the occasion where the Israelites murmured against God and Moses and God sent the fiery serpents in judgement, causing the bitten people to die. God then made provision for their healing so that they would not have to die if they were bitten.

Nu 21:8-9 ... *"Then the LORD said to Moses, "Make a fiery serpent, and set it on a standard; and it shall come about, that everyone who is bitten, when he **looks** at it, he will live." And Moses made a bronze serpent and set it on the standard; and it came about, that if a serpent bit any man, when he **looked** to the bronze serpent, he lived".*

This passage again links bodily healing and the atonement because the serpent on the standard is a type of Christ on the cross bearing our sin and shame that we may be made whole in spirit, soul and body. However, there is something interesting to note in this passage from Numbers. The word "looks" in verse 8 is from the root word (ראה) *rā'āh* while the word "looked" in verse 9 is from the root word (נבט) *nāvat*.

The word "looks" (*rā'āh*) means to "look, see and understand" and designates the saving, understanding, believing acceptance of the word of God. From this same root comes the word *rō'eh* which means "seer", or "prophetic vision". This is one who sees divine things. This is one who looks not at the things which are seen or temporal, but at the things which are not seen which are established in the eternal. This person "looks" and sees, understands and accepts that what he "sees" is the eternally established truth; the word of God.

The word "looked" (*nāvat*) means "look, look directly or regard" and designates sustained, favourable contemplation. From the same parent root we get the word "navi" which means prophet. The prophet is the one who makes the outward prophetic declaration or outward announcement of that which he "sees". First he is the "*rō'eh*" who "sees" and accepts and embraces the eternal or divinely revealed truth, then he is the "navi" who outwardly prophetically declares as truth the fact that God has revealed to him. And we know that in the course of time anything declared prophetically comes into being!

Now what is the significance of all that? It simply means that God explained to Moses, who would have explained to the people, that if they "look" (*rā'āh*) at the serpent with the eye of faith and "see" the eternally established truth and understand and believe and accept that God is their healer and that He has made provision for their healing through this symbol on the standard, that they would be healed. Then their "looking" (*nāvat*) at the fiery serpent was the outward act (the prophetic declaration) of looking directly at the fiery serpent on the pole thereby signifying that they were inwardly believing and accepting God's provision and were taking that which they saw in the realm of the spirit and outwardly declaring it to be so, with the result that they were healed. That "looking" was their acting outwardly, or their confessing, of what they believed inwardly.

Rom 10: 9-10 ... *"if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation".*

And that's exactly what our Lord wants for us to do regarding His provision for our healing. Through His atoning work on the Cross Christ has made the provision for us to be healed and well as saved from our sin. As we "look" (rā'āh) with the eye of faith, looking at the eternal or unseen truth of God's word concerning His provision, believing and accepting His word, and then act on this by our outward prophetic "looking" (nāvat) or confession and actions, declaring His truth to be so, we will receive and walk in the health he has promised. Remember, in the course of time every prophetic declaration comes into being!

Just as the Israelites "looked" at the fiery serpent on the pole and were healed, so we are to "partake" of the bread and the cup (as outward prophetic declarations) having "seen", accepted and believed inwardly that His blood was shed for our forgiveness from sin and His body was broken so we might walk in health and strength.

This is what it means to "rightly discern the Lord's body" and the "partake in a worthy manner". This is the "remembrance" we enact.

Walk in Wholeness and Health

We hear Christ say, ... *"Take, eat; this is My body which is broken for **you**" ... "this cup is the new covenant in My blood, shed for **you**".* We see Him carrying all our sin, sickness, diseases and pain in His body. We see that our sickness, affliction and diseases He took upon Himself and bore them away never to be seen again, and our pain, sorrows and sufferings He carried in our place. As we partake of the cup and the bread in a loving, unified and grateful manner we simply are saying Lord I trust you and in the loving work of grace you carried out on my behalf so that I could be free of sin and the consequences of sin. I place my trust in You and chose to walk in the health you have provided for me. As we partake of the bread and the cup we give thanks to Him and thereby "remember" Him and His loving grace and kindness towards us. We acknowledge that He is our life and our all and walk in His strength. As we do that His mighty power that works within us (Eph 3:20) is released and we walk in health and strength.

We walk as whole people, in accordance with His original purpose and plan for us.

Lesson 5 Releasing the Healing Flow

God is raising up a new creation people to function in this world by the laws of the government of the kingdom within them. They function by the life and faith of Christ within them. They have discovered that it is not the destruction of the 'negative' in this world that brings rest and peace, but rather, that it is seeing the 'negative' overcome by the 'positive' that releases a force that enables the overcoming life to be lived in rest and peace.

It's only when God's government operates out of His kingdom within us that we are able to function in this world according to His original intent and purpose for us. His purpose was, and is, that we walk in wholeness in spirit, soul and body ... *"so that the life of Jesus also may be manifested in our mortal flesh"* (2 Cor 4:11).

The Living and Abiding Word

The kingdom of Christ within us boldly announces to us every moment of every day by the living and active Word that He has defeated Satan, sin and sickness and that we, also, are overcomers by the living of His life. As we rest in Him who is the truth, His life and power comes forth to permeate and influence our entire earthly being. This power and presence will come forth from our innermost being, where the Healer is in residence, and will bring healing to our bodies and will also be uplifting to all with whom we come in contact.

We cease from every bit of self effort and self reasoning and enter His rest in total trust knowing we cannot change the 'negative' events in our world and understand that these situations and circumstances are necessary stepping stones to the 'positive' (Christ) who has victory over, and rules over, all things. Christ is in constant and perfect control over all things in the universe and He lives in us, so we can live in the abundant life He has provided and give thanks to the Father ... *"who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place"* (2 Cor 2:14). Through this we understand the reality of 1 John 4:17 ... *"as He is, so also are we in this world"*.

Knowing this, let us now consider the means by which the provision for health may be appropriated so that we can walk in health and strength.

The Keys to Walking in Health

1. ***Let the Word of Christ Occupy Your Mind***

1 Thess 5:23 ... *"Now may the God of peace Himself sanctify you **entirely**; and may your **spirit** and **soul** and **body** be preserved complete, without blame at the coming of our Lord Jesus Christ."*

That which makes up your "**entirety**" is your spirit, soul and body. That's the complete 'you'. Note the order, it starts from the innermost part and works outwards; spirit – soul – body. You are a spirit, you have a soul and are housed in a body.

One day, when we go to be with the Lord in heaven, we will leave our old bodies behind (in the grave) and our spirits and souls will go together to heaven where they will receive new incorruptible

bodies. Our spirits and our souls will not be two separate blobs floating around in heaven; they will be inseparably connected and housed in our new bodies for all eternity.

Your spirit, which is one with Christ, is the real you. But inseparably attached to your spirit is your soul. Your spirit and soul make up your 'spiritual' part and that is housed in your body, which is your 'fleshly' part. The totality of the spiritual part of a person, which consists of the spirit and the soul, is what is known in the word as the 'heart'.

Where the scriptures speak of a 'united heart' they simply refer to the positive alignment of, or agreement between, our soul and spirit. Conversely, a 'divided heart' is one in which our soul is not aligned with, or in agreement with, our spirit.

The purpose of immersing our minds in God's word, to renew our minds, is so that we can align our mind with Christ with whom we are one spirit and thereby have a 'united heart'.

Ps 86:11 ... *"Teach me Your way, O LORD; I will walk in Your truth; Unite my heart to fear Your name."*

Another way we might say this is: Unite my heart; let my soul and spirit be aligned. Let my mind, will and emotions line up with my spirit, in which You dwell, O Lord.

Prov 3:5 ... *"Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; Fear the LORD and turn away from evil. It will be healing to your body and refreshment to your bones".*

You are one in spirit with Christ, now let your soul (mind, will and emotions) align with the spirit, align with the living and abiding word of God. Don't have your mind, will and emotions aligning with what you see, hear, feel, taste and touch around you in the corrupted world. Let all your heart (spirit and soul) be aligned. Have a united heart.

Prov 14:14 ... *"The backslider in heart will have his fill of his own ways, but a good man will be satisfied with his."*

The only part of the heart that can backslide is the soul part. If our soul (mind) is fixed on the things of the flesh, the cares of the world, the hassles around us rather than on the spirit, it will pull away (backslide) from the truth. We then end up with a divided heart, a backslidden heart and all the troubles that brings. That's why the first generation of Israelites did not make it out of the wilderness, because they had evil unbelieving hearts.

Heb 3:10,11 ... *"therefore I was angry with this generation, and said, 'they always go astray in their heart, and they did not know My ways'; as I swore in My wrath, 'they shall not enter my rest'."*

The battlefield is in the soul part of the heart. We are made up of spirit, soul and body. The soul is in the middle. It is pulled by both the spirit or by the flesh. Which way it yields is dependent on what our mind, will and emotions are focused on; spirit or flesh.

Rom 8:6 ... *"For the mind set on the flesh is death, but the mind set on the Spirit is life and peace."*

That's why there is so much in the Word of God concerning the renewing of the mind.

Rom 12:1-2 ... *"Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the **renewing of your mind**, so that you may prove what the will of God is, that which is good and acceptable and perfect."*

Our bodies, the flesh and its pulls, desires and feelings, are to be presented as a sacrifice. The mind is to conform to God and His will, not to the pulls, temptations, feelings and lies of the corrupt world.

2 Cor 10:4-5 ... *"for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ."*

The fortresses are in the mind, in the soul part of a person. We destroy these fortresses by placing every thought in obedience to, or alignment with, Christ. This requires alignment of our will, our mind and our emotions (our soul) with the incorruptible seed, the living and abiding Word.

Phil 4:8 ... *"Finally, brethren, whatever is **true**, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things."*

NKJV says ... *"meditate on these things"*. KJV says ... *"think on these things"*.

Isa 26:3 (NKJV) ... *"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."*

Why is the control of our mind, will and emotions (soul) so important? Because that's the only part that the devil can get to and try and captivate.

He cannot touch your re-born spirit. But if he can control your soul (mind, will and emotions) he can divide your 'heart' and a person with a 'divided heart' is on the pathway to trouble. That person will not enter God's rest. They will not walk in the power and provisions the Christ life.

The only way you can effectively release the power of the living and abiding Word, with Whom you are one spirit (1 Cor 6:17), from within you, is by having a united heart. A heart in which the soul is completely aligned with the spirit.

3 John 2 ... *"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers"*.

A prosperous soul is one which is aligned with and in agreement with the Word. Healing is dependent on soul prosperity.

Amos 3:3 ... *"Can two walk together, unless they are agreed?"*

James 3:11 ... *"Does a fountain send out from the same opening both fresh and bitter water?"*

So let us resolve to get our soul and spirit in agreement, because **unity** is the means by which the **power** is released.

You live by the contents and condition of your soul. Where or on what is your soul focused?

Rom 8:6 ... *"For the mind set on the flesh is death, but the mind set on the Spirit is life and peace."*

Mark 11:23 ... *"Truly I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes(in his heart) that what he says is going to happen, it will be granted him".* (The part in parenthesis is added, as it is implied).

'To doubt' is the same as saying 'to differ'. True believing is to line up spirit and soul so they do not differ.

Jas 1:6-8 ... *"But he must ask in faith without any doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind. For that man ought not to expect that he will receive anything from the Lord, being a double-minded man, unstable in all his ways."*

Doubting creates a difference, a division, between spirit and soul and prevents faith from working. You cannot go in two directions at once. It's the unity of soul and spirit, the united heart, that releases the faith and power of Christ within you. It's when **all** our heart is yielded to God, that His power to heal is released.

Heb 4:12 ... *"For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of **soul** and **spirit**, of both joints and marrow, and able to judge the thoughts and intentions of the **heart**."*

(The context of this verse is the matter of "entering His rest" and it is worthwhile to study Heb 3:1-4:16).

Spirit, soul and heart are all used in this passage, for a good reason.

- The Word is the only thing which will divide, or tell apart, what's in your soul from what's in your spirit.
- The word is the only thing which will tell which part of your 'heart' your thoughts came from; your spirit or from your flesh (your carnal mind). It also knows your true intentions.

Heb 4:12 also says the word is ... *"able to judge the thoughts and intentions of the **heart**."*

The word is a light that penetrates and illumines the recesses of our heart. It allows our soul to "see", know and understand that which is in the spirit where Christ dwells and to see that which is consistent with His ways and desires. The more we meditate on God's Word, which is in total harmony with Christ who is our life and with whom we are one spirit, the more our soul (mind, will and emotions) is fed the truth and is renewed.

The spirit is the *"hidden person of the heart"* (1 Pet 3:4). So that's why we need to ask the Holy Spirit to reveal the truth to us. The word penetrates between soul and spirit and by revelation we "see" and "understand" as the Holy Spirit gives us understanding of the truth and what He desires to accomplish in us.

So we should pray for a “*spirit of wisdom and revelation in the knowledge of Christ*” (Eph 1:17) and then cooperate with the Holy Spirit as He teaches us Christ. We are to do as God’s word declares:

Phil 2:12 ... “*work out your salvation with fear and trembling*”.

The word “salvation” comes from the Greek word “sodzo”. That word means “to cure”, “to heal”, “to deliver”, “to set free from”, “to restore to health”, “to save” and may be summarised by the term “deliverance from sin and sickness”.

Prov 4:23 ... “*Watch over your heart with all diligence, for from it flow the springs of life.*”

John 7:38 ... “*He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water*”.

To the degree our minds are renewed and we choose to submit to the Spirit, we will see the rivers of living water coming forth and causing us to walk in health and strength in all areas of our lives. To the degree our minds remain unrenewed, we will find ourselves yielding to the flesh and walking in darkness, pain and sorrow.

So, let God’s word and the Holy Spirit help **unite your heart** so Christ’s healing power may be released in you and cause you to walk in health and strength and so that it may flow out to touch others also. Let your desire and heart cry to God be:

Ps 86:11-13 ... “*Teach me Your way, O LORD;
I will walk in Your truth;
Unite my heart to fear Your name.
I will give thanks to You, O Lord my God, with all my heart,
and will glorify Your name forever.
For Your lovingkindness toward me is great,
and You have delivered my soul from the depths of Sheol.*”

2. Develop a Heart of Gratitude

Gratitude releases the flow of Christ’s power that works mightily within you. Gratitude is faith’s acknowledgement of God’s goodness in the provision He has made for us and the grateful acceptance of it.

Col3:15-16 ... “*Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and **be thankful**. Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with **thankfulness in your hearts to God**”.*

The principle of gratitude expressed in thankful praise and worship as a means to see the salvation of God of your behalf is well established in God’s word. An example is found in 2 Chronicles.

2 Chr 20:17-22 ... “*You need not fight in this battle; station yourselves, stand and see the salvation of the LORD on your behalf, O Judah and Jerusalem.’ Do not fear or be dismayed; tomorrow go out to face them, for the LORD is with you.*”

Jehoshaphat bowed his head with his face to the ground, and all Judah and the inhabitants of Jerusalem fell down before the LORD, worshiping the LORD. The Levites, from the sons of the Kohathites and of the sons of the Korahites, stood up to praise the LORD God of Israel, with a very loud voice.

*They rose early in the morning and went out to the wilderness of Tekoa; and when they went out, Jehoshaphat stood and said, "Listen to me, O Judah and inhabitants of Jerusalem, put your trust in the LORD your God and you will be established. Put your trust in His prophets and succeed." When he had consulted with the people, he appointed those who sang to the LORD and those who praised Him in holy attire, as they went out before the army and said, "**Give thanks to the LORD**, for His lovingkindness is everlasting." When they began singing and praising, the LORD set ambushes against the sons of Ammon, Moab and Mount Seir, who had come against Judah; **so they were routed**".*

Thanksgiving and praise sees sickness looming large before your eyes, like the enemy stood large and real before Jehoshaphat, and yet knows that God is in control and will bring you through victorious. And in response He then does just that; He routes the enemy and brings you out victorious.

Another example is the feeding of the five thousand with the five loaves and two fish:

John 6:11, 23 ... "Jesus then took the loaves, and **having given thanks**, He distributed to those who were seated; likewise also of the fish as much as they wanted. When **they were filled**, He said to His disciples, "Gather up the leftover fragments so that nothing will be lost." So they gathered them up, and filled twelve baskets with fragments from the five barley loaves which were left over by those who had eaten" ... "There came other small boats from Tiberias near to the place where **they ate the bread after the Lord had given thanks**".

Giving thanks unlocks the miraculous.

Paul's shipwreck in the Adriatic Sea reinforces this truth:

Acts 27:34-36, 44 ... "Therefore I encourage you to take some food, for this is for your preservation, for not a hair from the head of any of you will perish." Having said this, he took bread and **gave thanks to God in the presence of all**, and he broke it and began to eat. All of them were encouraged and they themselves also took food" ... "And so it happened that **they all were brought safely to land**".

Because giving thanks to God unlocks the miraculous, we are encouraged in the word to give thanks no matter what we are facing.

Eph 5:20 ... "**always giving thanks for all things** in the name of our Lord Jesus Christ to God, even the Father".

1 Thess 5:16-18 ... "Rejoice always; pray without ceasing; **in everything give thanks**; for this is God's will for you in Christ Jesus".

Heb 13:15 ... *“Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that **give thanks** to His name”.*

No one says it will be easy to offer thanks, especially when we are desperately ill and our body is in extreme pain and our flesh is yelling out at us. However, if we whole heartedly trust God, choosing to see through the temporal to the unseen, to the eternal, to Christ, believing His word, we can with confidence offer up a sacrifice of praise giving thanks to Him, knowing He is in control of all things and knowing that He will answer. When we know we have the victory in Christ, we can thank God for everything we live through because we know that giving thanks unlocks the miraculous.

3. Walk in Humility

Humility is an essential virtue that must be operative in us in order that we submit to Christ and seek only to do His will and have His will unfold in our lives. Humility is willing submission, not a grudging “*ok I’ll do if I have to*” attitude.

When Christ took upon Himself the sin, sickness and depravity of mankind, facing death as a consequence, He humbled Himself and set aside His will saying to the Father, ... *“not My will but Thine be done”*. He did not seek His own immediate wellbeing and welfare; He chose to submit to the will of the Father. The outcome was the provision of salvation to all mankind. He was the grain of wheat that was to fall in the ground and die that it might spring up and bear much fruit (John 12:24). Christ looked through the immediate suffering and pain that was upon Him to the eternal, embracing the truth that He was the Lamb slain from the foundation of the world for the salvation of mankind.

Heb 12:2 ... *“who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God”.*

No matter what we may be facing by way of adversity, we are to have the same attitude and humble ourselves under His mighty hand, so that His will may be done in our lives.

Phil 2:5-13 ... *“Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, **He humbled Himself** by becoming obedient to the point of death, even death on a cross. **For this reason also, God highly exalted Him**, and bestowed on Him the name which is above every name, so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father. So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is **God who is at work in you, both to will and to work for His good pleasure**”.*

Matt 11:29 ... *“Take My yoke upon you and **learn from Me**, for I am gentle and humble in heart, and you will find rest for your souls”.*

Humbling ourselves before God says, "Lord even though I am feeling rotten and would like to have this adversity removed right now, I trust you implicitly. I know that You care for me. Please help me not to be distracted by the pain so that I may remain focused on Christ. Please have your way in me that I may be brought to maturity *"to the measure of the stature which belongs to the fullness of Christ"* (Eph 4:13).

1 Pet 5:5-10 ... *"God is opposed to the proud, but **gives grace to the humble**. Therefore **humble yourselves under the mighty hand of God**, that **He may exalt you at the proper time**, casting all your anxiety on Him, because **He cares for you**. Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in the faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you"*.

The best way to resist the devil is to submit to God and His word and walk in the truth.

Jas 4:6-10 ... *"God is opposed to the proud, but **gives grace to the humble**."* Submit therefore to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. **Humble yourselves in the presence of the Lord, and He will exalt you"**.

Humility brings us God's best in all respects of our life and living in strength and gives pleasure and honour to Him.

Prov 11:2 ... *"with the humble is wisdom"*.

Prov 3:13, 16 ... *"How blessed is the man who finds wisdom ... Long life is in her right hand"*.

Humility opens the door to wisdom. Wisdom to know whether God's healing will come to us through prayer, doctor, medicine or laying on of hands, so we can pursue the path of His will to bring us to health and wellbeing.

4. Pray Without Ceasing

Prayer is simply two way communication with our Lord. Speaking and listening. Prayer brings the union and oneness with Christ that is the prerequisite to the release of His life sap that keeps us in health and strength and is the source of the life and light that we shine to others.

Because separation from the Christ who is within us is one of Satan's greatest tactics to get us to walk in doubt and fear, it is all the more important that we walk in constant communion with our Lord. It is through prayer, our two way communication with Christ, that we are constantly assured of the union we have with Christ. It is through prayer we hear His calming voice and are assured of His presence in our "boat" on the stormy seas.

It's also through our listening to Him in prayer that we can be reproved by Him and be shown any "blockers" to our requests for healing that may exist. For example, He may reveal to us any unforgiveness or bitterness we may have towards others, or there may be something else that we have failed to do by way of obedience to Him that needs attention. So by listening and receiving His reproof and then by going out and obeying Him we can correct these things and clear the way for His healing flow to operate in or through us.

It's through prayer, talking to the Holy Spirit, that we learn Christ as He who is the Spirit of wisdom and revelation opens our eyes to Christ and helps us "put on Christ". Prayer is an essential part of the process of the renewing of our minds. It is through prayer that we can have and operate with the mind of Christ. This enlightenment is vital as there is great power in spiritually enlightened prayer.

Jas 5:16 ... *"The effective prayer of a righteous man can accomplish much"*.

Christ's prayer life is our example.

John 5:19 ... *"Therefore Jesus answered and was saying to them, 'Truly, truly, I say to you, the Son can do nothing of Himself, unless it is something He sees the Father doing; for whatever the Father does, these things the Son also does in like manner'".*

When we understand the oneness Christ had with the Father, and that everything He did and said was what He had seen or heard in the Father, we are better able to understand the importance of walking in oneness with Christ who is in us. Apart from Him we can do nothing (John 15:5).

5. *Let your Light Shine*

As we immerse ourselves in His word and allow Him to renew our minds and bring about within us a "united heart"; as we live with grateful hearts, constantly giving thanks to God in and for all things, knowing He is in control and that he cares for us; as we walk in humility submitting ourselves to His will and His way in our lives; as we pray without ceasing, abiding in union and oneness with Him who is our life and our all – we will begin to live and express the Christ life and the people around us will see and feel the impact. As we submit to and allow Christ who is within to live His life in and through us, we will not only walk in health and strength ourselves but also bring healing and peace to others. It is the manifestation of Christ by the believer that is a healing balm to all who witness that life. God's desire is that we present to the world His love and life so that the world may know there is a God who cares, who heals, and who desires to see to the wellbeing and salvation of all.

As the believer becomes one with Christ within, he or she is able to bring healing to those who see the manifestation of the Christ life through this believer. Also, it is this oneness with Christ, abiding in the Vine, that will keep the believer in health and peace as the life sap flows from Christ within. This is the fulfilment of God's word in 1 Sam 2:30 ... *"those who honour Me I will honour"*.

Conclusion

Living in health is a lifestyle matter. It is related to the overall state of our being. It starts with being born again and being made new in spirit, with which we begin the ongoing process of renewing our minds, which in turn has the flow on effect of keeping our bodies healthy.

3 John 2 KJV ... *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth".*

Healing is not to be viewed as a quick fix thing that we look for when we get hit with some illness. Rather we are to constantly give attention to ensuring we walk at all times with a united heart, a soul (mind, will and emotion) that is aligned to Christ within us, walking with an attitude of humility and thankfulness and in constant union with Him, so that His mighty power that is at work within us can flow forth as rivers of life keeping us in a steady state of health and wellbeing and flow out to touch others also.

God in His mercy and grace may choose from time to time to impart a gift of healing to immediately relieve us from our affliction, but His overarching will is that we walk in union with Him, resting in Him no matter what the storms of life are presenting to us, knowing that He cares for us and that we are safe in His care.

All the situations and circumstances we face in life are ultimately under God's loving control and are for the purpose of drawing us closer to Christ and to a place of total dependence and union with Him. He wants us to learn to live by His life and His faith. He is the faithful one. His faithfulness is not contingent upon how we perform in the tests of life. When we look through the trials, adversity and affliction to Christ and rest in him (picture an old man who has just walked up a steep hill and is out of breath and resting heavily on his walking stick while he regains his composure – he trusts totally in the strength of that stick to support him – he is resting on that stick – that's the picture of dependent rest we are to have in God) then He who is faithful comes to our rescue and delivers us.

PS 91:1-16 ... *"He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, "My refuge and my fortress, my God, in whom I trust!" For it is He who delivers you from the snare of the trapper and from the deadly pestilence. He will cover you with His pinions, and under His wings you may seek refuge; His faithfulness is a shield and bulwark".*

"You will not be afraid of the terror by night, or of the arrow that flies by day; of the pestilence that stalks in darkness, or of the destruction that lays waste at noon. A thousand may fall at your side and ten thousand at your right hand, but it shall not approach you. You will only look on with your eyes and see the recompense of the wicked. For you have made the LORD, my refuge, even the Most High, your dwelling place. No evil will befall you, nor will any plague come near your tent".

"For He will give His angels charge concerning you, to guard you in all your ways. They will bear you up in their hands, lest you strike your foot against a stone. You will tread upon the lion and cobra, the young lion and the serpent you will trample down".

"Because he has loved Me, therefore I will deliver him; I will set him securely on high, because he has known My name. He will call upon Me, and I will answer him; I will be with him in trouble; I will rescue him and honor him. With a long life I will satisfy him and let him see My salvation".

Amen!

References

W and R Litzman, "Christ-Life Healing for Body and Soul, Christ-life Publishing House, Dallas, 1994.

R L Harris, G L Archer, B K Waltke, "Theological Wordbook of the Old Testament", The Moody Institute of Chicago, 1980.

J Prince, "Health and Wholeness through the Holy communion", Singapore, 2006.