

## **4 STEPS TO RECEIVE YOUR HEALING**

### **1. Realise that all healing comes from God through the Cross.**

**Exodus 15:22-26: “When they came to Marah, they could not drink the waters of Marah, for they *were* bitter (causing sickness). Therefore the name of it was called Marah. And the people complained against Moses, saying, "What shall we drink?" So he cried out to the LORD, and the LORD showed him a TREE. When he cast *it* into the waters, the waters were made sweet. There He made a statute and an ordinance for them... I am the LORD who heals you (Jehovah Rapha).”**

Through this incident God revealed Himself as our Healer - that Healer is His very Name and Nature. He also revealed the specific basis upon which He heals - He does it by a TREE, through which He accomplishes the great exchange of sickness and healing. As all death came through a tree, so all healing and life also comes by a tree. The bitter waters represent all humanity in sickness of soul and body. Into these waters was cast a Tree representing the Cross, which miraculously soaked up the bitterness and released sweetness into the waters. Likewise on the Cross Jesus bore our sicknesses and released healing to us.

**Peter confirms this: “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” (1Peter 2:24).** He is quoting from Isaiah 53 which predicts what Jesus would do on the Cross: **“Who has believed our report? And to whom has the arm of the LORD been revealed? ... He is despised and rejected by men, a man of sorrows (pains) and acquainted with grief (sickness)... Surely He has borne our griefs (sicknesses) and carried our sorrows (pains); yet we esteemed Him stricken, smitten by God, and afflicted. But He *was* wounded for our transgressions, bruised for our iniquities; the chastisement for**

**our peace *was* upon Him, and by His stripes we are healed** (literally: ‘healing is to us’)” (v1-5).

In Matthew 8:16,17, the Holy-Spirit confirms that Isaiah was talking about physical as well as emotional and spiritual healing:

**“They brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying:**

**“He Himself took our infirmities and bore *our* sicknesses.”**

## **2. Believe that God’s Healing Power is available now to be received by faith.**

After purchasing our healing on the Cross Jesus ascended to heaven and poured out the Holy Spirit upon all flesh. The Spirit communicates the healing power of Jesus to us (John 16:14,15).

Now healing is available to all who will believe and receive:

**“Who has believed our report? And to whom has the arm (power) of the LORD been revealed?”** (Isaiah 53:1). He who believes the report of Isaiah 53 will see Divine healing revealed. Healing is available to us through Christ. We must come to God to receive it. To do this we must believe the report of the exchange of the Cross. But to believe this message of Good-News, they must first hear it. This message is the GOSPEL: **‘the Kingdom (Healing) is at Hand’** (so you can reach out and receive). **‘God’s Healing Anointing is here, it is a free-gift.’** Healing is revealed through faith.

Jesus preached that healing power was present and available:

**“On a certain day, as He was teaching, there were Pharisees and teachers of the law sitting by, who had come out of every town of Galilee, Judea, and Jerusalem. And the power of the Lord was present to heal them”** (Luke 5:17). No one had been healed yet so how did Luke know power was present? It was because Jesus must

have preached that. Often He declared:

**"The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to *the* poor; He has sent Me to heal the brokenhearted, to proclaim liberty to *the* captives and recovery of sight to *the* blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the LORD" ... and He began to say to them, "Today this Scripture is fulfilled in your hearing"** (Luke 4:18-21). That is: ***"God's power is here now upon Me to heal you."*** The message was that healing was freely available for all.

**"God anointed Jesus of Nazareth with the Holy Spirit and (healing) power, who went about doing good (as a rich man distributing his wealth of anointing) healing all who were oppressed by the devil, for God was with Him"** (Acts 10:38).

Healing was available but is received by faith. The power was on Jesus but only flowed through the channel of faith. Faith comes by hearing. Faith for healing comes by hearing the word of healing. So they came to HEAR and be HEALED: Luke 6:17-19:

**"A great multitude of people from all Judea and Jerusalem, and from the seacoast of Tyre and Sidon, who came to hear Him and be healed of their diseases, as well as those who were tormented with unclean spirits. And they were healed. The whole multitude sought to touch Him, for power went out from Him and healed them all."** They heard: ***"God's power is present now to heal, deliver and restore you"***. They believed and power flowed. This faith was specifically that God's power to heal them was present on Jesus and available to flow into them if they received it.

**3. Present your body to God as His Temple purchased by Blood and ask Him to fill it with His Healing Power.**

This is the best preparation to receive healing.

1Corinthians 6:19,20: ***"Your body is the Temple of the Holy Spirit Who is in you, whom you have from God, and you are not your***

**own? For you were bought at a price; therefore glorify God in your body, which is God's."**

**Romans 6:13: "Offer yourselves to God, as those brought from death to life; and offer the parts of your body to him as instruments of righteousness."**

**Romans 12:1: "In view of God's mercy, offer your bodies as living sacrifices, holy and pleasing to God-your spiritual act of worship"**

#### **4. Release your faith through a point of contact.**

**Mark 5:24:"A great multitude followed Him and thronged Him. Now a certain woman had a flow of blood for 12 years, and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse.**

**When she heard about Jesus" (she heard He was anointed to heal, she believed that healing power was on Him and available for her) "**she came behind in the crowd and touched His garment.**"**

She was different from the others who touched Jesus. She touched Him in faith thus making contact with and receiving the anointing that was upon Him. She established a predetermined time and place (a point of contact) to release her faith for healing:

**"For she (continually) said, "If only I may touch His clothes, I shall be made well."** She decided to receive her healing by faith at the moment she touched Jesus (He later drew attention to this act of faith and commended it: "**Daughter, your faith has made you well.**" She could only do this because she knew Healing Power was upon Jesus freely available for everyone, so she did not have to make a special request of Him (in fact the first Jesus knew of it was when the power had flowed from Him!). **"Immediately the fountain of her blood was dried up, and she felt in *her* body that she was healed of the affliction. Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, "Who touched My clothes?"**

As soon as she touched Him in faith, Power flowed from Jesus into her body. Others touched Him but they were not healed because they were not believing they received Healing. Healing Power is always present on Jesus for everyone and is available for us to receive, just as electricity is always present in our homes ready for us to draw upon. But it only flows into us when we plug into it, turn the switch and draw upon it by faith (believe we receive it).

Mark 11:24 tells us how to receive it by faith: "**Whatever things** (in God's will, such as Healing) **you desire, when you pray, believe you receive them** (Healing) **and you will have them** (Healing)."

It helps us to release our faith if we establish in advance a point of contact for when we will receive the answer by faith.

That is, we should decide in advance upon a time and place when we will release our faith to receive God's Healing Power (just like this woman did when she said: '**when I touch the hem of His garment I shall be made whole**').

Then (after believing you receive God's Healing Power) we should thank God for it. Say: "**His Healing Power is now working in me, I believe I received it, when I prayed. Thank you Lord.**"

Once the Power has been received it is present in us, but we can cause it to be dormant (inactive) by unbelief (not believing it is present). Thanksgiving keeps the switch of faith turned on, so that the Power will continue to flow and work to accomplish its purpose of making us whole.