

A painting of a person with arms raised in a blue and yellow sky. The person is rendered in a simple, stylized manner, with arms raised in a gesture of praise or prayer. The background consists of broad, horizontal brushstrokes in shades of blue and yellow, creating a sense of movement and light. The overall style is expressive and somewhat abstract.

One month supply of

Heavenly Healing Pills

Daniel Haefelin

The goal of this booklet is to strengthen your faith to receive God's healing provided through the death and resurrection of Jesus Christ. The Lord also gave us doctors and medication for our natural body. We encourage you to do in the natural what your doctor is advising you. But at the same time we urge you to strengthen your trust in the Lord's provision to restore your body. This book doesn't suggest not taking needed treatments or medications nor is it a substitute for medical advice. The only purpose is to highlight scriptures of the bible to strengthen believers in their faith. In addition we want you to draw closer to Him and develop a life of worship and praise. For that purpose we provide worship songs at www.monicahaefelin.com.

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Trust in Him!

1 Peter 2:24-25

24 He personally bore our sins in His own body on the tree, that we might die (cease to exist) to sin and live to righteousness. By His wounds you have been healed.

25 For you were going astray like so many sheep, but now you have come back to the Shepherd and Guardian of your souls.

Rom 10:9-10

9 Because if you acknowledge and confess with your lips that Jesus is Lord and in your heart believe (adhere to, trust in, and rely on the truth) that God raised Him from the dead, you will be saved.

10 For with the heart a person believes (adheres to, trusts in, and relies on Christ) and so is justified (declared righteous, acceptable to God), and with the mouth he confesses (declares openly and speaks out freely his faith) and confirms [his] salvation.

Think

Believe in your heart and confess with your mouth that Jesus is your Lord and that God raised Jesus from the death. Through His death and resurrection we have access to salvation – everlasting life and also healing for our body. Our part is to trust in our heart and to confess – to trust, to adhere to, and to believe.

Act

Our Father God isn't some cloud in heaven. He is a real person who wants us to speak to Him. Pray to Him right now that you believe in Jesus as your Lord and Savior and that you also trust in God's abilities to heal your body. Tell God that you have received His salvation and tell Him also that you have received His healing as Jesus died for our sins but also for our sicknesses. Thank Him for His love and care for you. Tell Him how much you love Him.

Know His Will for you!

John 10:10

10 The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).

Psalms 23:1-6

1 THE LORD is my Shepherd [to feed, guide, and shield me], I shall not lack.

2 He makes me lie down in [fresh, tender] green pastures; He leads me beside the still and restful waters.

3 He refreshes and restores my life (my self); He leads me in the paths of righteousness [uprightness and right standing with Him — not for my earning it, but] for His name's sake.

4 Yes, though I walk through the [deep, sunless] valley of the shadow of death, I will fear or dread no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort me.

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my [brimming] cup runs over.

6 Surely or only goodness, mercy, and unfailing love shall follow me all the days of my life, and through the length of my days the house of the Lord [and His presence] shall be my dwelling place.

Think

Regardless of what religion might have told you – God is a loving Father who wants the very best for us. Jesus came that we have a life in abundance. As you wouldn't punish your child with sickness – so doesn't God. He is a perfect Father. He is love. He wants you saved, blessed and healed. He has given His Son for that. And as He is no respecter of persons – you fully qualify. Your works can't add anything to it. Either you accept Him as your Lord or not.

Act

Mediate (think and speak) on Psalm 23. Tell our Father how good He is.

Believe and speak!

Mark 11:23-25

23 Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! and does not doubt at all in his heart but believes that what he says will take place, it will be done for him.

24 For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will [get it].

25 And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father Who is in heaven may also forgive you your [own] failings and shortcomings and let them drop.

Matt 21:22

22 And whatever you ask for in prayer, having faith and [really] believing, you will receive.

Think

Jesus teaches us in this passage to believe in our heart and speak with our mouth. But He especially points out that we receive our petitions the very moment we ask for without doubts. This means that the things we ask for – like healing for our body – are already provided. God doesn't have to send His son again to heal us. It is done. The moment we believe and speak we step into that provision. We take advantage of the covenant He has already established. We reach out and take a hold of the healing provision and can boldly declare that healing belongs to me.

Act

Pray to God right now that you believe in your heart that your body is healed. Reach out to take and receive His healing. As you can read in Mark 11:25, Jesus is also admonishing us to forgive. If you have bitterness against anyone, or yourself or towards God – let it go. It is just poisoning you and hindering your ability to receive. Go to God and talk with Him about it. Ask Him for forgiveness and start loving others regardless their actions.

Determine to receive!

Mark 5:25-34

25 And there was a woman who had had a flow of blood for twelve years,
26 And who had endured much suffering under many physicians and had spent all that she had, and was no better but instead grew worse.

27 She had heard the reports concerning Jesus, and she came up behind Him in the throng and touched His garment,

28 For she kept saying, If I only touch His garments, I shall be restored to health.

29 And immediately her flow of blood was dried up at the source, and [suddenly] she felt in her body that she was healed of her ailment.

34 And He said to her, Daughter, your faith (your trust and confidence in Me, springing from faith in God) has restored you to health. Go in peace and be continually healed and freed from your disease.

Think

How did this woman receive her healing? Jesus wasn't looking for her. She was determined to receive from Him. She heard that Jesus does heal. She determined in her heart that she wants to receive His healing. And she spoke to herself that she will receive from Him. As she reached out to receive, healing power flow into her body. The same power is available today. The same power is available for you. Jesus has given us His name to set loose His power. Your faith and trust will unleash it. Your determination of receiving what He has provided for you will produce the expected result – your healing and restoration.

Act

Read more scriptures about healing loud – so you can hear it. Determine in your heart that you will receive from Him. Speak your result – that you are fully healed though the name of Jesus. Reach out in faith to receive His healing power. Thank Him and praise Him that you have received your healing. Don't look at the circumstances – look and trust at His provisions.

He sends His Word and heals you!

Ps 107:20

20 He sends forth His word and heals them and rescues them from the pit and destruction.

Proverbs 4:20-22

20 My son, attend to my words; consent and submit to my sayings.

21 Let them not depart from your sight; keep them in the center of your heart.

22 For they are life to those who find them, healing and health to all their flesh.

Think

Those are two scriptures from the Old Testament admonishing us to focus on His Word. God's will and promises in the old covenant were already geared to have us in health. As we live now in a better covenant with Jesus as our representative, we can be even more assured that healing belongs to us. But we have to know the covenant. We have to know His Word. As we have His provisions in the center of our heart we will be able to receive His healing for our body and walk in divine health.

Act

Read some of the occasions in the Gospels where Jesus healed sick people in His ministry. Picture in your mind those situations. Make them as real as possible. See yourself in those situations. Know that Jesus is the same, yesterday, today, and tomorrow (Heb 13:8). Thank Him that He has provided the same healing power for your body. 1. Peter 2:24 says "By His wounds you have been healed" – realize that this is in past tense. He has already provided your healing. Praise Him for this amazing grace. Keep His truth fresh and start writing cards with scripture about His provisions for your total health and renewal. Take those cards with you and meditate on them whenever you have time during your day. Keep His promises in the center of your heart.

He healed them all!

Luke 6:17-19

17 And Jesus came down with them and took His stand on a level spot, with a great crowd of His disciples and a vast throng of people from all over Judea and Jerusalem and the seacoast of Tyre and Sidon, who came to listen to Him and to be cured of their diseases —

18 Even those who were disturbed and troubled with unclean spirits, and they were being healed [also].

19 And all the multitude were seeking to touch Him, for healing power was all the while going forth from Him and curing them all [saving them from severe illnesses or calamities].

Matt 8:16-17

16 When evening came, they brought to Him many who were under the power of demons, and He drove out the spirits with a word and restored to health all who were sick.

17 And thus He fulfilled what was spoken by the prophet Isaiah, He Himself took [in order to carry away] our weaknesses and infirmities and bore away our diseases. [Isa 53:4.]

Think

Jesus healed them all. Not just a few - all. He was a man like you and I as He ministered to the people. But when the Holy Spirit came on Him, He was anointed with the power from above. The same power lives in you when you have accepted Jesus Christ as your Lord and Savior and when you are filled with the Holy Spirit. The same power that healed all during the ministry of Jesus is available to heal you today.

Act

Study Acts 3:6-8. Peter and John were equipped with power (Acts 2:4). Ask and receive in faith the power of the Holy Spirit, the infilling of His power. This will enable you to receive for you and minister to others in a more powerful way. Read Mark 16:17-20 and start embracing His power.

Worship Him!

Luke 18:40-43

40 Then Jesus stood still and ordered that he be led to Him; and when he came near, Jesus asked him,

41 What do you want Me to do for you? He said, Lord, let me receive my sight!

42 And Jesus said to him, Receive your sight! Your faith has healed you.

43 And instantly he received his sight and began to follow Jesus, recognizing, praising, and honoring God; and all the people, when they saw it, praised God.

Matt 8:2-3

2 And behold, a leper came up to Him and, prostrating himself, worshiped Him, saying, Lord, if You are willing, You are able to cleanse me by curing me.

3 And He reached out His hand and touched him, saying, I am willing; be cleansed by being cured. And instantly his leprosy was cured and cleansed.

Think

The blind man was praising and honoring God after He received His healing. But look at the leper – he approached Jesus already in worshiping Him knowing He is able to clean him. True worship isn't about singing songs – it is about going into His presence and building an intimate relationship with God. Read Acts 16:23-26 and picture yourself with Paul and Silas praying and singing hymns of praise to God.

Act

Do you feel like Paul and Silas today? Then don't respond with fear or anger but with praising Him regardless of the circumstances. Know healing belongs to you. Know He provided your healing already. Know you have received your healing and cure. Know your healing has to manifest. It might be just around the corner. Shout out loud your praise, your thankfulness and your trust in the greater one!

In His name!

John 16:23-24

23 And when that time comes, you will ask nothing of Me [you will need to ask Me no questions]. I assure you, most solemnly I tell you, that My Father will grant you whatever you ask in My Name [as presenting all that I AM].

24 Up to this time you have not asked a [single] thing in My Name [as presenting all that I AM]; but now ask and keep on asking and you will receive, so that your joy (gladness, delight) may be full and complete.

John 20:30-31

30 There are also many other signs and miracles which Jesus performed in the presence of the disciples which are not written in this book.

31 But these are recorded in order that you may believe that Jesus is the Christ the Son of God, and that through believing and cleaving to and trusting and relying upon Him you may have life through (in) His name.

Matt 16:19

19 I will give you the keys of the kingdom of heaven; and whatever you bind (declare to be improper and unlawful) on earth must be what is already bound in heaven; and whatever you loose (declare lawful) on earth must be what is already loosed in heaven.

Think

When Jesus ascended to the Father He didn't leave us here powerless. He actually handed over all His authority to us believers. He gave us the keys – representing the ultimate authority to reign here on earth. And He told us to apply this authority by using His name Jesus. Read Acts 3:1 and 16:18 and see how the disciples were applying the name of Jesus.

Act

The Lord wants us to use His authority he gave to us. Speak right now to your circumstances in the name of Jesus. See yourself speaking from above sitting at the right hand of the Father with Jesus – reigning over sickness.

Just believe!

Luke 8:41-55

41 And there came a man named Jairus, who had been a director of the synagogue; and falling at the feet of Jesus, he begged Him to come to his house,

42 For he had an only daughter, about twelve years of age, and she was dying.

49 While He was still speaking, a man from the house of the director of the synagogue came and said [to Jairus], Your daughter is dead; do not weary and trouble the Teacher any further.

50 But Jesus, on hearing this, answered him, Do not be seized with alarm or struck with fear; simply believe [in Me as able to do this], and she shall be made well.

51 And when He came to the house, He permitted no one to enter with Him except Peter and John and James, and the girl's father and mother.

52 And all were weeping for and bewailing her; but He said, Do not weep, for she is not dead but sleeping.

53 And they laughed Him to scorn, knowing full well that she was dead.

54 And grasping her hand, He called, saying, Child, arise!

55 And her spirit returned [from death], and she arose immediately; and He directed that she should be given something to eat.

Think

Before more worries could come on Jairus as he received the bad news, Jesus was charging him to believe in the ability of Jesus to heal his daughter.

Act

As you might get bad reports, keep looking to Jesus. Don't magnify the bad report but magnify the Lord. Focus on him with all your heart and mind. Don't let fear consume you but let His love and care consume you. The lion might roar loud but God provided already the answer and conquered it already. Worship Him for it right now. Tell Him how you love and trust Him.

Get agreement!

Matt 18:19-20

19 Again I tell you, if two of you on earth agree (harmonize together, make a symphony together) about whatever [anything and everything] they may ask, it will come to pass and be done for them by My Father in heaven.

20 For wherever two or three are gathered (drawn together as My followers) in (into) My name, there I AM in the midst of them.

Acts 12:5-8

5 So Peter was kept in prison, but fervent prayer for him was persistently made to God by the church (assembly).

6 The very night before Herod was about to bring him forth, Peter was sleeping between two soldiers, fastened with two chains, and sentries before the door were guarding the prison.

7 And suddenly an angel of the Lord appeared, and a light shone in the place where he was. And the angel gently smote Peter on the side and awakened him, saying, Get up quickly! And the chains fell off his hands.

8 And the angel said to him, Tighten your belt and bind on your sandals. And he did so. And he said to him, Wrap your outer garment around you and follow me.

Acts 1:14

14 All of these with their minds in full agreement devoted themselves steadfastly to prayer, [waiting together] with the women and Mary the mother of Jesus, and with His brothers.

Think

There is power if believers agree in prayer for a specific thing to happen. Jesus said that He will be in the midst of them and that it will come to pass.

Act

Be mindful with whom you surround yourself. Choose a few believers you can trust and get in one accord with them and pray in faith for your healing.

Confess His Word!

Joshua 1:8

This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success.

Mark 11:23

Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! and does not doubt at all in his heart but believes that what he says will take place, it will be done for him.

Proverbs 18:21

Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life].

Think

When death and life are in the power of our tongues, then our health will also be influenced by the words we speak. Faith is released by our words. As we proclaim His provisions over us we give power to them. And our ears hear them which will further strengthen our beliefs. On the other side you want to guard your mouth and avoid speaking unbelief and defeat. This can tear down your faith and delay the manifestation of your healing. As you are growing in Christ and hopefully are staying alert you will be able to take more and more authority over sickness with your words. The moments you recognize first symptoms you won't give into sickness but confess immediately His provisions over it and stay out of it. It all starts in your mind and ends up in words and actions.

Act

Buy a set of small cards and write on them the key scriptures you are standing on. Personalize them by putting "I" and "me" into it. Take the cards with you and confess those scriptures over you whenever you have time.

He has borne your sickness!

Isaiah 53:4-5

4 Surely He has borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains [of punishment], yet we [ignorantly] considered Him stricken, smitten, and afflicted by God.

5 But He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and well-being for us was upon Him, and with the stripes [that wounded] Him we are healed and made whole.

Matt 11:28-30

28 Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]

29 Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls.

30 For My yoke is wholesome (useful, good — not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne.

Think

If Jesus has borne our sicknesses, weaknesses, and distresses, do we then have to carry them? He clearly tells us that we should lay down the heavy yoke of our burdens and take up His light Yoke that is easy to bear. Jesus exchanged at the cross the two yokes. He carried ours into His death. With His resurrection we received His light, pleasant, and comfortable yoke. See Jesus having born your disease up to the cross and see yourself healed and restored as Jesus already paid the price and exchanged the yokes.

Act

When you start worrying and when you have heavy thoughts go immediately back in His presence by studying His Gospels or by worshipping Him with all your heart. This will lift again the heavy yoke and realign you with His truth.

The joy in the Lord is your strength!

Psalms 118:24

This is the day which the Lord has brought about; we will rejoice and be glad in it.

Psalms 37:4

Delight yourself also in the Lord, and He will give you the desires and secret petitions of your heart.

Psalms 5:11-12

11 But let all those who take refuge and put their trust in You rejoice; let them ever sing and shout for joy, because You make a covering over them and defend them; let those also who love Your name be joyful in You and be in high spirits.

12 For You, Lord, will bless the [uncompromisingly] righteous [him who is upright and in right standing with You]; as with a shield You will surround him with goodwill (pleasure and favor).

Proverbs 17:22

A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.

Think

The Lord commands us to delight ourselves in Him, to make a joyful noise, to worship Him, and to be glad in Him. And He also shows us that our merry heart will work as a healing medicine to our body.

Act

When circumstances or bad report comes your way, don't focus on them. Those are facts but not the final truth. They are temporarily distractions. Instead focus on the Lord Jesus and rejoice in Him as you already know the outcome because He took care of it a long time ago. See your body completely healed by the Lord Jesus and rejoice in Him.

Have strengths for all things in Him!

Nehemiah 8:10

And be not grieved and depressed, for the joy of the Lord is your strength and stronghold.

Phil 4:13

I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency].

Ps 21:13

Be exalted, Lord, in Your strength; we will sing and praise Your power.

Ps 46:1-2

1 GOD IS our Refuge and Strength [mighty and impenetrable to temptation], a very present and well-proved help in trouble.

John 5:8-9

8 Jesus said to him, Get up! Pick up your bed (sleeping pad) and walk!

9 Instantly the man became well and recovered his strength and picked up his bed and walked.

Think

We don't have the strength to carry the burdens of life on our own but in Him we have enough strength for all things! Ultimately God is our strength. In Jesus afflictions won't wear us out, depress us or make us give up. Jesus has defeated the enemy and all his devices. He gives us the strength to overcome and rejoice in His victory.

Act

Ask God to give you supernatural strength and confess that you have the strength for all things in Christ Jesus who empowers you.

Be renewed!

Ps 103:1-5

1 BLESS (AFFECTIONATELY, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name!

2 Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits —

3 Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases,

4 Who redeems your life from the pit and corruption, Who beautifies, dignifies, and crowns you with loving-kindness and tender mercy;

5 Who satisfies your mouth [your necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!

Ps 119:107

I am sorely afflicted; renew and quicken me [give me life], O Lord, according to Your word!

Think

Sickness can wear you out. But the Lord hasn't just the answer to get rid of a disease; He has also a promise to renew your youth. He wants you to recover quickly and to be strong and soaring again like the eagle. Receive His renewing by spending time with Him. Reading the Gospels and the Epistles, worshipping Him, and speaking with Him will show results and quicken your body.

Act

Ask the Lord right now to renew and quicken you, to give you life, according to His word. Expect that you will gain strength and that your youth will be renewed. Thank Him that you will live as long until you are satisfied in full strength and power.

You are redeemed from the curse!

Gal 3:13-14

13 Christ purchased our freedom [redeeming us] from the curse (doom) of the Law [and its condemnation] by [Himself] becoming a curse for us, for it is written [in the Scriptures], Cursed is everyone who hangs on a tree (is crucified);

14 To the end that through [their receiving] Christ Jesus, the blessing [promised] to Abraham might come upon the Gentiles, so that we through faith might [all] receive [the realization of] the promise of the [Holy] Spirit.

Eph 1:7

In Him we have redemption (deliverance and salvation) through His blood, the remission (forgiveness) of our offenses (shortcomings and trespasses), in accordance with the riches and the generosity of His gracious favor,

Rom 8:2

For the law of the Spirit of life [which is] in Christ Jesus [the law of our new being] has freed me from the law of sin and of death.

Think

Jesus purchased with His death and resurrection our freedom. He finished the curse of the law on mankind through becoming Himself a curse for us. He brought to us freedom, deliverance and salvation. He brought us life. Eternal life. We are free from sin, sickness and death. And He expanded and renewed God's covenant to all believers. This better covenant includes life, health, joy, peace and blessings. You step into the covenant by accepting first Jesus as you Lord and then by accepting all the provisions He offers.

Act

Declare that you are saved as you have accepted the Lord Jesus Christ. Declare also that through Him you are redeemed from the curse of the law and also from any other curse spoken over you. Declare yourself free in Jesus. Declare the blessings of Abraham as yours and thank Him for it!

Believe in His report!

Isa 55:9-11

9 For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.

10 For as the rain and snow come down from the heavens, and return not there again, but water the earth and make it bring forth and sprout, that it may give seed to the sower and bread to the eater,

11 So shall My word be that goes forth out of My mouth: it shall not return to Me void [without producing any effect, useless], but it shall accomplish that which I please and purpose, and it shall prosper in the thing for which I sent it.

Matt 8:16-17

16 When evening came, they brought to Him many who were under the power of demons, and He drove out the spirits with a word and restored to health all who were sick.

17 And thus He fulfilled what was spoken by the prophet Isaiah, He Himself took [in order to carry away] our weaknesses and infirmities and bore away our diseases. [Isa 53:4.]

Think

As you go through a sickness you might get bad reports from the doctors. First of all doctors can be used by God to fight the symptoms of your sickness. Do in the natural what a doctor recommends. But true healing will ultimately come from God our creator. Although you might feel pain or the report is saying bad things, ultimately God has a report that says that you are healed. His Word of healing will not return void. It will accomplish your healing because that is why the Lord has sent it.

Act

Believe in His report of health, blessing and eternal life. Trust Him with all your heart and declare your healing as finished. Call the bad report or pain as temporary. Expect the manifestation of healing is just around the corner.

Have confidence that your prayer works!

1 John 5:14-15

14 And this is the confidence (the assurance, the privilege of boldness) which we have in Him: [we are sure] that if we ask anything (make any request) according to His will (in agreement with His own plan), He listens to and hears us.

15 And if (since) we [positively] know that He listens to us in whatever we ask, we also know [with settled and absolute knowledge] that we have [granted us as our present possessions] the requests made of Him.

James 5:14-15

14 Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name.

15 And the prayer [that is] of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven.

Think

The Lord wants us to have full confidence that if we pray or ask Him for healing that He hears us and that He grants our requests. Some religious people may say "well this is just true if your healing is according to His will". Well according to John 10:10 He came so we have life and according to the ministry of Jesus He healed all the sick. We don't see the Lord bringing sickness on believers to teach them a lesson. This is not God's heart of love. No loving father punishes His child with sickness. It is His will that we are in full health, ready for His ministry here on earth. You can pray on your own or you can ask spiritual mature Christians to pray with you. You can have them anoint you with oil. Or you just agree in prayer with them. The Lord describes many ways how we can receive His healing but He wants us to be confident that if we pray we have the assurance that we will receive healing.

Act

Take Him by His word and remind Him of 1 John 5:14 when you pray.

Meditate on His word!

Phil 4:7-8

7 And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.

8 For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them].

Josh 1:8

This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success.

Think

The Lord wants us to focus on His word, His promises and good things of life. Especially if you are under attack you don't want your mind full of thoughts of defeat and negative events.

Act

Guard your ears and eyes as much as you can from things that tear your faith down but surround yourself with His word. Meditate in His word by reading and confessing His promises for your situation. Spend time with strong believers who speak faith into your life. Have scheduled times of fellowship with the Lord where you just rest in Him and tell Him your thoughts and how much you love Him. Be in His presence. You can not buy your healing with works – Jesus bought it already. But the healing will manifest much faster, as you rest in His presence and dwell on His promises.

Go!

Mark 16:15-18

15 And He said to them, Go into all the world and preach and publish openly the good news (the Gospel) to every creature [of the whole human race].

16 He who believes [who adheres to and trusts in and relies on the Gospel and Him Whom it sets forth] and is baptized will be saved [from the penalty of eternal death]; but he who does not believe [who does not adhere to and trust in and rely on the Gospel and Him Whom it sets forth] will be condemned.

17 And these attesting signs will accompany those who believe: in My name they will drive out demons; they will speak in new languages;

18 They will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well.

Matt 8:14-15

14 And when Jesus went into Peter's house, He saw his mother-in-law lying ill with a fever.

15 He touched her hand and the fever left her; and she got up and began waiting on Him.

Think

In today's scripture I want to point out two things. First the Lord has a purpose for each of us. He wants us to fulfill what He has planned for us. You and I are His mouth, hands and feet here on earth. We are His ambassadors, His disciples, and His messengers. He clearly mandated His commission to all the believers. We are here with the purpose to win people for Christ and to minister His love and blessings to people around us. In order to do that He wants us fully equipped. He gives us power and clear instructions. But He also wants us to be able to be in full health to carry out His mandate. For this purpose He gave instructions to lay hand on the sick and they will recover.

Act

Have another believer lay hands on you and believe to receive that moment.

Don't be afraid!

1 Chronicle 28:20

Also David told Solomon his son, Be strong and courageous, and do it. Fear not, be not dismayed, for the Lord God, my God, is with you. He will not fail or forsake you until you have finished all the work for the service of the house of the Lord.

Joshua 1:6

Be strong (confident) and of good courage, for you shall cause this people to inherit the land which I swore to their fathers to give them.

Isaiah 41:10

Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice.

2 Tim 1:7

For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.

Think

The opposite of faith or trust is fear. As the Lord admonishes us not to fear it obviously is a choice on our part to let go of any fear and not to give into thoughts of fear. But how can we do that? The more we look to Him as our ultimate source and as our creator the smaller will our circumstances get and the more we will be able to trust Him in all things of life. We will still have thoughts of fear coming our way but as we are in Him we will take captive those thoughts with His word and choose trust over fear.

Act

Make your own confession of faith based on today's scripture!

Take authority!

Isa 54:17

But no weapon that is formed against you shall prosper, and every tongue that shall rise against you in judgment you shall show to be in the wrong. This [peace, righteousness, security, triumph over opposition] is the heritage of the servants of the Lord; this is the righteousness or the vindication which they obtain from Me [this is that which I impart to them as their justification], says the Lord.

John 10:10

The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance.

Col 2:15

[God] disarmed the principalities and powers that were ranged against us and made a bold display and public example of them, in triumphing over them in Him and in it [the cross].

Matt 16:19

19 I will give you the keys of the kingdom of heaven; and whatever you bind (declare to be improper and unlawful) on earth must be what is already bound in heaven; and whatever you loose (declare lawful) on earth must be what is already loosed in heaven.

Think

Jesus told us that satan tries to bring sickness on us to steal and kill and destroy. But through Jesus death and resurrection satan became disarmed and defeated. Since Jesus gave us the key, representing His authority to reign here on earth, we don't have any longer take those attacks.

Act

Confess boldly that you take authority over sickness in the name of Jesus, curse any sickness and command it to leave your body. It has to obey.

Praise Him!

Acts 16:23-26

23 And when they had struck them with many blows, they threw them into prison, charging the jailer to keep them safely.

24 He, having received [so strict a] charge, put them into the inner prison (the dungeon) and fastened their feet in the stocks.

25 But about midnight, as Paul and Silas were praying and singing hymns of praise to God, and the [other] prisoners were listening to them,

26 Suddenly there was a great earthquake, so that the very foundations of the prison were shaken; and at once all the doors were opened and everyone's shackles were unfastened.

Phil 4:6-7

6 Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

7 And God's peace which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.

Think

Paul and Silas made a wise decision. They didn't start complaining about their miserable situation but instead started to pray and praise the Lord. They boldly declared trust in Him which unleashed God's supernatural power and opened up prison doors and shackles. Our second scripture admonishes us to do exactly the same. As circumstances are trying to hold us down we ought to bring definite requests to God and fill our mouth with thanksgiving and praise. We make the decision to look to Him and thank Him for His healing before it is actually manifested. We can be bold because we know He has already provided our healing. We have the victory in Him.

Act

Praise Him with your own words and if you can with your own melody. It is not about your musical capabilities – it is about your heart. Rejoice in Him!

Rest in Him!

Jer 1:19

And they shall fight against you, but they shall not [finally] prevail against you, for I am with you, says the Lord, to deliver you.

Heb 13:5

Let your character or moral disposition be free from love of money and be satisfied with your present; for He Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)!

Heb 4:3

For we who have believed do enter that rest, in accordance with His declaration that those [who did not believe] should not enter when He said, As I swore in My wrath, They shall not enter My rest; and this He said although [His] works had been completed and prepared [and waiting for all who would believe] from the foundation of the world.

Think

As we aren't saved through works we won't receive healing through works. He wants us to pray, confess and receive His provision for our health. But as we have build up our faith He also wants us to rest in Him. To rest in His presence and in His peace doesn't means we are lazy or neglect our circumstances but it means that we have trust in Him, received our healing and know its manifestation is just around the corner.

Act

Confess: I cast all my cares, concerns and worries on Him. I refuse to carry any worries or fears. I trust in the living God with all my heart. I declare the mighty name of Jesus over my situation and call it solved, done and turned to good. I dwell in His rest, in His loving arms now an forever!

Rely on His power!

Rom 8:9-11

9 But you are not living the life of the flesh, you are living the life of the Spirit, if the [Holy] Spirit of God [really] dwells within you [directs and controls you]. But if anyone does not possess the [Holy] Spirit of Christ, he is none of His [he does not belong to Christ, is not truly a child of God].

10 But if Christ lives in you, [then although] your [natural] body is dead by reason of sin and guilt, the spirit is alive because of [the] righteousness.

11 And if the Spirit of Him Who raised up Jesus from the dead dwells in you, [then] He Who raised up Christ Jesus from the dead will also restore to life your mortal bodies through His Spirit Who dwells in you.

John 15:4-8

4 Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me.

7 If you live in Me and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you.

8 When you bear (produce) much fruit, My Father is honored and glorified, and you show and prove yourselves to be true followers of Mine.

Think

If we could just embrace that the same Spirit that raised Jesus from the dead dwells in us, we would always know that our mortal body is quickened, strong and in full health. Well as the Word of God tells us so we better take it as His truth and start dwelling constantly in Him - not just five minutes in the morning or in church but all day long.

Act

Give the Lord a bigger share in your life. Go into His Word several times a day. When you have a break, praise Him. When you have a problem, ask Him. Start making Him your best friend. He is ready and waits for you.

Have His peace!

Isa 26:3-4

3 You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You.

4 So trust in the Lord (commit yourself to Him, lean on Him, hope confidently in Him) forever; for the Lord God is an everlasting Rock [the Rock of Ages].

Prov 3:23-26

23 Then you will walk in your way securely and in confident trust, and you shall not dash your foot or stumble.

24 When you lie down, you shall not be afraid; yes, you shall lie down, and your sleep shall be sweet.

25 Be not afraid of sudden terror and panic, nor of the stormy blast or the storm and ruin of the wicked when it comes [for you will be guiltless],

26 For the Lord shall be your confidence, firm and strong, and shall keep your foot from being caught [in a trap or some hidden danger].

John 14:27

27 Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

Think

The bible is full of promises of peace for us. Our Lord wants us to be in perfect peace while we are here on earth. Even when we are facing giants, He wants us in a state of total confidence in Him – the Rock of Ages.

Act

Pray: Lord you came to bring me peace. You provided peace for me. In the name of Jesus I take your peace for me and hold fast on it. I thank you for it.

Feed on His faithfulness!

Phil 4:19

And my God will liberally supply (fill to the full) your every need according to His riches in glory in Christ Jesus.

Prov 3:5-6

5 Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.

6 In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.

Psa 37:3-5

3 Trust (lean on, rely on, and be confident) in the Lord and do good; so shall you dwell in the land and feed surely on His faithfulness, and truly you shall be fed.

4 Delight yourself also in the Lord, and He will give you the desires and secret petitions of your heart.

5 Commit your way to the Lord [roll and repose each care of your load on Him]; trust also in Him and He will bring it to pass.

Think

To receive our salvation we had to make a step and accept His grace and make Jesus as Lord and savior. To receive His promises we often have also to do a step of faith. If we would delight ourselves in the Lord He will give us the desires of our heart. If we lean on Him we can expect to feed on His faithfulness. This has nothing to do with works to get righteous. If you have accepted Christ you are righteous. But it is about getting our heart in a condition to be able to receive all of His provisions. He died already for us. He finished His part – let's do our part.

Act

Make a decision right now that you fully rely on Him. Write your commitment on a card and carry it with you as a reminder that in all things He is Lord.

Accept God as your Father!

Rom 8:31-32

31 What then shall we say to [all] this? If God is for us, who [can be] against us? [Who can be our foe, if God is on our side?]

32 He who did not withhold or spare [even] His own Son but gave Him up for us all, will He not also with Him freely and graciously give us all things?

Luke 11:9-13

9 So I say to you, Ask and keep on asking and it shall be given you; seek and keep on seeking and you shall find; knock and keep on knocking and the door shall be opened to you.

10 For everyone who asks and keeps on asking receives; and he who seeks and keeps on seeking finds; and to him who knocks and keeps on knocking, the door shall be opened.

11 What father among you, if his son asks for a loaf of bread, will give him a stone; or if he asks for a fish, will instead of a fish give him a serpent?

12 Or if he asks for an egg, will give him a scorpion?

13 If you then, evil as you are, know how to give good gifts [gifts that are to their advantage] to your children, how much more will your heavenly Father give the Holy Spirit to those who ask and continue to ask Him!

Think

Regardless of the experiences you had with your natural father, be aware that you receive a perfect Father the moment you are born again. One who loves you more than you can imagine. One who has great plans for you and sees you through Jesus in righteousness and perfect condition. As even the worst earthly father wouldn't bring sickness on his child, how can we even think that our heavenly Father ever would punish us with a disease? We are under a new covenant where Father God has adopted us to be His children.

Act

Renew your relationship with our heavenly Father. Worship Him and spend time with Him right now. Tell Him how you love Him and share your desires.

Walk in forgiveness!

1 John 1:9

If we [freely] admit that we have sinned and confess our sins, He is faithful and just and will forgive our sins and cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought, and action].

Mark 11:24-25

24 For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will [get it].

25 And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father Who is in heaven may also forgive you your [own] failings and shortcomings and let them drop.

Matt 18:21-22

21 Then Peter came up to Him and said, Lord, how many times may my brother sin against me and I forgive him and let it go? [As many as] up to seven times?

22 Jesus answered him, I tell you, not up to seven times, but seventy times seven!

Think

Keep reading Matt 18:23-35 about the attendant who received mercy from his master but wouldn't give any break to someone who owed him. Father God forgave us and as we confess our sins He will forgive us again. At the same time He wants us to walk in forgiveness and love towards all people around us. Even towards the ones who did hurt you the most. We don't have to trust everyone but have to let go of anything we hold against anyone.

Act

Jesus told us to forgive and to let it drop. We follow His instructions and declare that we have forgiven. We also declare our sins to Him (we don't need a priest for that) and receive His cleansing and walk in forgiveness!

Remember His covenant!

Matt 26:26-28

26 Now as they were eating, Jesus took bread and, praising God, gave thanks and asked Him to bless it to their use, and when He had broken it, He gave it to the disciples and said, Take, eat; this is My body.

27 And He took a cup, and when He had given thanks, He gave it to them, saying, Drink of it, all of you;

28 For this is My blood of the new covenant, which [ratifies the agreement and] is being poured out for many for the forgiveness of sins.

1 Cor 11:24-26

24 And when He had given thanks, He broke [it] and said, Take, eat. This is My body, which is broken for you. Do this to call Me to remembrance.

25 Similarly when supper was ended, He took the cup also, saying, This cup is the new covenant [ratified and established] in My blood. Do this, as often as you drink [it], to call Me [affectionately] to remembrance.

26 For every time you eat this bread and drink this cup, you are representing and signifying and proclaiming the fact of the Lord's death until He comes [again].

Heb 8:6

6 But as it now is, He has acquired a ministry which is as much superior and more excellent [than the old] as the covenant of which He is the Mediator (the Arbiter, Agent) is superior and more excellent, [because] it is enacted and rests upon more important (sublimar, higher, and nobler) promises.

Think

Jesus is our mediator of a new and better covenant with has better promises. Jesus established this New Testament and He wants us to member it.

Act

Take the cup and the bread and remember Him as often as you like. Do this at home and remember that He took the stripes so you were healed.

Know the greatness of His power!

Eph 1:17-23

17 [For I always pray to] the God of our Lord Jesus Christ, the Father of glory, that He may grant you a spirit of wisdom and revelation [of insight into mysteries and secrets] in the [deep and intimate] knowledge of Him,

18 By having the eyes of your heart flooded with light, so that you can know and understand the hope to which He has called you, and how rich is His glorious inheritance in the saints (His set-apart ones),

19 And [so that you can know and understand] what is the immeasurable and unlimited and surpassing greatness of His power in and for us who believe, as demonstrated in the working of His mighty strength,

20 Which He exerted in Christ when He raised Him from the dead and seated Him at His [own] right hand in the heavenly [places],

21 Far above all rule and authority and power and dominion and every name that is named [above every title that can be conferred], not only in this age and in this world, but also in the age and the world which are to come.

22 And He has put all things under His feet and has appointed Him the universal and supreme Head of the church [a headship exercised throughout the church],

23 Which is His body, the fullness of Him Who fills all in all [for in that body lives the full measure of Him Who makes everything complete, and Who fills everything everywhere with Himself].

Think

Paul prayed this prayer for the Ephesians that they may gain knowledge and understanding to understand His hope and His inheritance. And he also prayed that they may know and understand His unlimited greatness of His power in and for the believers.

Act

Personalize this prayer for yourself and confess it every morning and watch how you will grow in knowledge and wisdom. As you grow you will be able to take more and more His perspective and realize sickness has no place in you!