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III John 2 shows us God's will for His children.

III John 2:

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

This is God's heart for His children—that they be in good health physically and mentally. Therefore, if His children encounter ill health (sickness, disease, injury, etc.), God's will is healing and deliverance. Healing and deliverance are available to those who believe in God's ability and willingness to heal them, but at times help from fellow believers will be needed for healing and deliverance to become a reality.

In Mark 9 a father brought his son to the disciples and then to Jesus for healing and deliverance. Jesus showed the father the importance of his own believing in the situation, and the father replied, "Lord, I believe; help thou mine unbelief." Jesus helped him. We too can be that help for others. We can help them turn from unbelief to believing.

A whole foods health advocate once said, "Nothing unhealthy can grow in a healthy environment." A very powerful way that we can help others receive their deliverance is to help them build and maintain a healthy environment—spiritually, mentally, and physically. We can help them spiritually by directing them to God by way of the new birth. The greatest healing reality is the new birth, which is received by confessing Jesus as lord and believing that God raised him from the dead (Romans 10:9,10). God, by way of His Son, Jesus Christ, made it available for a person to go from being spiritually dead in trespasses and sins, without God and without hope in this world, to having eternal life by receiving the gift of holy spirit. Not only spiritual wholeness but also physical healing is available in the new birth.

Romans 8:11:

But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken [make alive] your mortal bodies by his Spirit that dwelleth in you.

We can also help others mentally by directing them to God's healing Word. The Word of God spoken and written is healing, and it is what helps build someone's believing to receive deliverance.

Psalms 107:20:

He sent his word, and healed them, and delivered them from their destructions.

We can help people flood their minds with the light of God's Word by reading with them the records of healings in the Bible, listening to the Word being taught or Word-centered music, memorizing scriptures specific to their situation, and singing songs together that are filled with Biblical truths.

Proverbs 16:24:

Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

Another important key to bringing God's healing wholeness to others is to help people have a merry heart. Laughing and being lighthearted and thankful are very healing to the mind and body.

Proverbs 17:22:

A merry heart doeth good like a medicine....

In the physical realm, we can help others monitor what surrounds them. We can help them keep things decent, in order, clean, and peaceful. Doing this will help them stay focused and keep in their minds the picture of the deliverance that they are expecting to receive. Clutter and mess are distracting and can take a person's mind away from focusing on deliverance. Edifying artwork and scriptures can be reminders of God's love, ability, and willingness to bring deliverance.

The physical realm would also include their physical bodies. We can help people steward their physical bodies by practicing good nutrition, getting adequate sleep, and engaging in exercise—stretching, walking, dancing, whatever is appropriate and approved by their physician. This would put them in the best position for healing.

*I Timothy 4:8:
For bodily exercise profiteth little....*

This means that bodily exercise is profitable for a little while, meaning the time we are alive upon this earth. This time is “little” compared to all eternity, and it is profitable to move and use the body as God designed it to be used.

As sons of God with His spirit within us, God has made us able to minister to others. We can help others build their believing upon God’s healing Word and in doing so help them maintain a healthy environment where they can claim God’s healing wholeness in every category of life. What a joy it is to be a part of helping others receive their deliverance.