



June 24, 2019

Several years ago, my husband hurt his back and was in excruciating pain. He was only comfortable when he laid on his side, motionless. This went on for several days. During this time, we went to the Word together, and the one verse that he really latched on to was Colossians 1:13: “Who hath delivered us from the power of darkness, and hath translated *us* into the kingdom of [by] his dear Son.”

Over and over, he repeated this phrase out loud: “I confess that I have been delivered from the power of darkness by my lord and savior, Jesus Christ.” He did this until he became convinced of this truth. This led to his deliverance. His healing happened much more quickly and easily than his doctors told him it would—and without the surgery they thought he might need. This truth of God’s Word had become so much a part of his mind-set that there was no room left in his mind for the negatives of the situation. The power of darkness was overcome by the light of God’s Word. He was healed. God’s Word energized the believing in his soul to bring healing to his body.

When we speak words that are in agreement with God’s promises, it helps build believing to receive God’s deliverance. This works when we confess the truth for ourselves in our own situation and for others in helping them in their health situations. Let’s review two simple believing actions that we can take to claim deliverance. First: Go to God’s Word about the situation. What does He say? What does He make available? What does He promise? Second: Speak those truths to help build a believing mind-set.

Here are some scriptures I found on healing that can help build believing to receive healing.

III John 2:

Beloved, I wish above all things that thou mayest prosper and be in health [good health]....

Our physical wholeness is important to God. He wants His children strong and vibrant, enjoying a lifetime of good health.

Psalms 103:2,3:

Bless the Lord, O my soul, and forget not all his benefits:

Who forgiveth all thine iniquities; who healeth all thy diseases.

God is the One Who heals, and He heals all our diseases.

I Peter 2:24:

Who [Jesus Christ] his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed [past tense].

Because of what Jesus Christ accomplished for us, our healing is a past-tense reality. We just need to claim it.

Here are some other scriptures that can help build believing for healing:

Psalms 18:2:

The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.

Psalms 118:17:

I shall not die, but live, and declare the works of the Lord.

Romans 8:31:

...If God be for us, who can be against us?

Whether we are facing a health challenge ourselves or helping someone else claim their deliverance, how about confessing three of these scriptures out loud to yourself or with someone else?

The spoken Word of God is one of the greatest healing realities. Speaking truth into a situation can powerfully and positively affect a person's health. It is a very basic way people receive their healing, and it is so simple. Someone proclaims the good news of God's will and power to heal; the one in need latches on to the truth spoken and makes up his mind to believe it. That believing energizes the power of God, and deliverance happens! "And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power" (Ephesians 1:19).

One of the reasons God gave us His Word is for our healing: “He sent his word, and healed them, and delivered *them* from their destructions” (Psalms 107:20). God’s very nature is to heal. Many times people need to be reminded of this truth and encouraged when they are hurting, disappointed, or feeling less than the best about their situation. They may be struggling to claim the promises of God and receive their healing. God’s words are life (Philippians 2:16) and God’s words are light (Psalms 119:105). If we will reach out to people in need and help them so that God’s Word dominates their thinking, then they can believe and receive positive results. And if we are the ones in need, we can remind ourselves of God’s promises and speak those healing words of truth to ourselves to build our own believing mind-set.

The more of the Word we know regarding healing, the more we are able to make known God’s answers and His tender heart toward us or others in time of need. Every person and situation is going to be different, and healing can come about in many ways. But speaking healing words of truth may be exactly what is needed.

God’s will is that we are in good health. Two simple believing actions that we can take when our health is challenged or when we are helping someone else are (1) to go to God’s Word about the situation and find out what He says we can claim, and (2) to confess those truths until they become our believing mind-set. Speaking words that are in agreement with God’s promises helps build believing to receive God’s deliverance.

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