



March 8, 2021

God's will is for every one of us to be released today from any physical or mental prison that may be holding us. Health challenges, such as chronic illness, unexpected sickness, or a diagnosed disease, are examples of things that can bind us physically and mentally.

We have imperfect and corruptible bodies that are at times challenged to be at their optimum health. However, we have a loving God Who wants us to enjoy the freedom His Son made available for us. In the category of health, God desires that we be in good health and free from health challenges and sickness. In order for us to be free from any mental or physical prison in life, we need to get clear on God's promises for our situation and be concerned about taking action until we are fully delivered.

When we want to be free from a health challenge, the first step we must take is to be clear on what God promises in His Word regarding health. We don't have to wonder or doubt if being free from sickness and experiencing good health is available or if it is God's will for us. Thankfully, our heavenly Father makes it very clear in His Word that above all things He wishes, or desires, for us, His beloved, to prosper and be in health.

III John 2:

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

God desires that we be in good health. He doesn't want us to be held back, weighed down, or distracted by a health challenge or the symptoms of sickness. He has given us complete release from anything physically or mentally that would bind us.

Since we know it is God's will that we have good health, we can get clear and concerned about what we want. We hold fast in our minds to that image of ourselves whole, being physically strong, and having the energy and vitality to live the Word and to give whenever a need arises. We get concerned about taking the action needed in order to be delivered and freed.

A vivid way to understand the importance of being clear and concerned about what we are believing for is to consider the steps required when taking a picture. For instance, when we want to take a picture on our smartphone, we first need to get clear on the subject of the picture. We make sure we are focused on our subject, and then we take the picture. However, if we don't keep our camera focused on the picture we are trying to capture, if we don't stay concerned, the picture may be blurry because we have lost focus of our subject. The same concept applies to our believing. We must be clear on what we are believing for according to God's Word and then get concerned about receiving it. We stay focused on our believing image until it comes to pass.

James 1:6,7:

*But let him ask in faith [believing], nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.
For let not that man think that he shall receive any thing of the Lord.*

We keep our mind stayed on the promise of God and then do not waver from that image of perfect health we desire. Throughout our day, whenever we think about or feel the symptoms of the health challenge, we bring our minds back to His Word and that picture of freedom from pain or sickness. The clear picture we carry in our minds every day of our freed and healthy selves is what we will become.

A wonderful example to us of a person not wavering in believing and not giving up until deliverance is received is the woman with the issue of blood.

Mark 5:25-29:

*And a certain woman, which had an issue of blood twelve years,
And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse,
When she had heard of Jesus, came in the press behind, and touched his garment.
For she said [or kept saying], If I may touch but his clothes, I shall be whole.
And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague.*

For twelve years, this woman was clear and concerned about receiving her healing. She saw many doctors, spent all she had, and did not give up on her believing. God is not limited by how long the health challenge has been present or by its severity. He can and will bring about deliverance as we faint not in our believing.

In order for us to receive the physical wholeness God desires for us, we align the mental picture of ourselves with who God's Word says we are and what we have. We hold fast to this image and take believing action until we see our deliverance.

When we are free from health challenges and sickness, we will have increased vitality, strength, and freedom to serve our heavenly Father. And we can lovingly teach others how they too can be free and enjoy health and wholeness.

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