

## KEEPING YOUR HEALING

We praise God for your healing. Now that God has touched you, there are some very important steps to help keep your healing. God's obligation is to heal you when you ask for healing; your obligation is to stand in faith believing you received your healing in faith. Your part is to do the following:

1. Believe your healing by exercising your faith. That is what Jesus wants you to know when he said, "... all things for which you pray and ask, believe that you have received them, and they will be granted you," Mark 11:24. This is done by thinking and acting in the belief you have been healed through everything you do. The next two to three weeks will be an adjustment period. You will need to think and act as a healthy person and not as you did before as a sick person. For example, if your back or leg was healed, when you stand or walk focus on walking as a healed person. Walk with normal, straight steps, thinking you are healed, rather than how you walked when you were disabled.
2. Focus on your healing and not on your sickness. Many people lose their healing because as soon as they feel an ache their mind begins to worry about the ache. Without knowing it, your mind then becomes consumed by the ache. Instead, as soon as you experience small pains, old habits or thoughts of when you were living under the influence of the condition, stay in your healing by rebuking your pain or thought and reclaim your belief and thoughts that you are healed. For example, if you experience a small ache, you can say, "In the name of Jesus I send away this pain. I am healed and I will have nothing to do with this pain. Thank you Jesus for my healing." Then go back to thinking about how God healed you (even if the ache is still there).
3. Anything you receive from God will be contested by the devil because the devil doesn't want you to have it! Healing or a miracle is no different. "Resist the devil and he will flee from you" (James 4:7). How do you resist him? With your faith in the Word of God stating that what you received is yours to keep. For example, remember that you are really battling more than just a sickness, but a force that doesn't want you healed. So when you pray to send away the pain, remember you have already been given God's gift of healing and you can tell the enemy to leave and take the pain with him.
4. The well known healer, Smith Wigglesworth, said many years ago, "If you wait to build your faith till you need it it's too late." This is one reason David was able to defeat Goliath because he had built his faith earlier against a lion and a bear. That's why you need to spend quality time every day in the Bible meditating on the Word of God. When you think the way God does you see things differently and it builds your faith. There are many scriptures to encourage your faith about healing. The more you know what the Word of God says about healing the easier it is to walk in your healing. I suggest you start by reading scriptures such as:

Mathew 21:22  
Mark 16:15-18  
John 14:12-14  
Luke 1:37  
Luke 4:18  
I Peter 2:24  
James 5:14-15

Information courtesy of Craig Miller, speaker, author, therapist at [www.feelingsbook.com](http://www.feelingsbook.com)