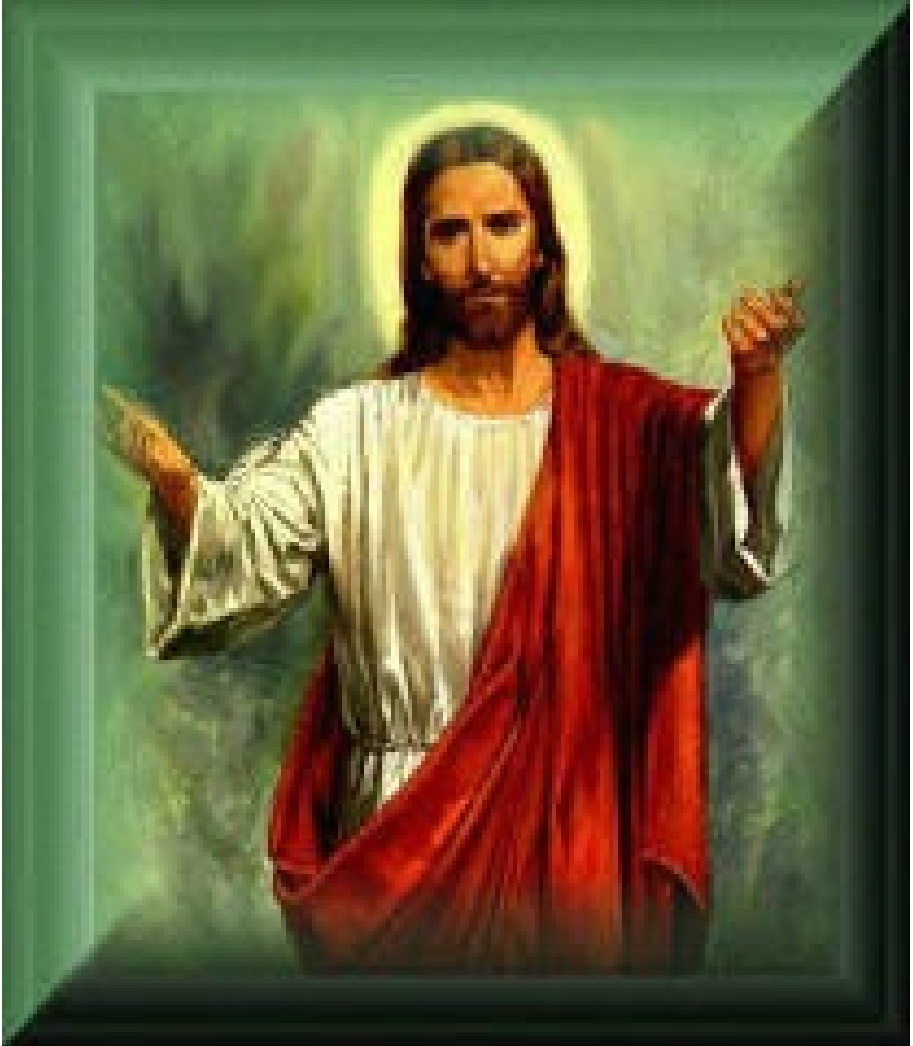


DIVINE HEALING: A Biblical and Practical Study Guide



by
William H. Heinrich, D.Min.

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DIVINE HEALING: A Biblical and Practical Study Guide

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What others have said

In my 40 years of the ministry I have not read a book that is so thorough on the subject of healing. It is a great tool for anyone who is longing to be used by God to do as Jesus said "Go forth and heal the sick." This Book will ignite new faith in your heart for God to use you today.

Rev. Mel Weaver, Senior Pastor
Grace Chapel, Elizabethtown, PA

This book is an enlightening summary of two of the many fine qualities of Bill Heinrich's life. He is a passionate teacher and a recipient of God's miraculous healing power. I remember when I first met Bill because he willingly shared his testimony of Jesus' miraculous healing of his body. That event had a major impact on the testimony of who he now is. Bill's overriding passion in life, next to seeking and loving the Lord, is being a teacher. He is the consummate teacher, one who loves and lives a lifetime of learning, and possesses a commitment of passing those lessons and revelations on to others.

That is precisely what this book does so well. From start to finish, it presents a veritable banquet of Scripture passages, teaching and edifying the reader with what the Word of God says about the subject of divine healing from many angles. As a healing evangelist myself, I am happy to endorse this book as a fine, comprehensive resource for learning not only what God's will is for healing today, but also how to bring His healing power into the lives of others.

Rev. Dr. Kevin Wagner, Healing Evangelist
Wagner International Ministries
Owasso, OK

Dr. Heinrich has provided a helpful guidebook to preparing for healing, suitable for teachers, those involved in healing ministry and for those in need of healing. He presents sound biblical and theological principles for healing

in a simple, easy-to-read format. These principles come not only from study, but from his experience of God's healing power in his own life.

Paul L. King, D. Min., Th.D.

Associate Professor of Theology

Faculty Coordinator of Bible Institute Programs, Online

Campus

Oral

Roberts University

Tulsa, OK

May those who minister in the Name of Jesus always
remember
it is not they who heal or should be honored,
but Christ Jesus Who heals and is the
focus of all life and ministry.

This book is to be a compliment to the Bible,
not a replacement of it.

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Abbreviations

ANF	Ante-Nicene Fathers (ANF)
FC	Fathers of the Church

LCL	Loeb Classical Library
NPNF	Nicene and Pose Nicene Fathers
BT	Babylonian Talmud
OT	Old Testament
NT	New Testament
cf	Compare to....

Introduction

Most people, including Christians, are not too concerned about their health until they lose it. When the need of medical care arises we quickly hurry off to see the doctor. Only when a situation becomes serious do some look for spiritual help.

Now let's throw in the proverbial monkey wrench and be a bit more honest. Whether healthy or not, most of us take minimal care of ourselves. Junk food is gobbled down while we pollute our minds with TV programs and magazines that only a few decades ago would have offended the worst pagans. Add to this mix the growing popular views of Christians picking and choosing what they want to believe in the Bible. The result is that our pews are filled with those who are sick physically, mentally (in terms of attitudes and belief systems) as well as spiritually. They have the image of a Christian but lack the power of Jesus in their lives.

Of these three realms -- physical, mental and spiritual -- the latter two generally lie dormant and do not cause problems other than emotional discord. Mental issues can be a serious problem, whether caused by physical problems, demonic, or drug or alcohol abuse. However, when the physical body becomes ill, especially with a terminal disease, there is a passionate desire to obtain a healing. The sick will care little whether a healing comes from a doctor or a minister of faith healing. They just want to get well.

However, that is not what Jesus wants. He wants to have every person made whole - physically, mentally and spiritually. The entire salvation message is to transform the wandering person who is lost in the culture without a meaningful purpose in life, into a child of God who reflects the character and personality of Jesus. That includes a transformation of mind, body and soul.

While Jesus had a three-fold ministry of preaching, teaching, and healing, only the healing segment of His ministry is discussed in this book. The basics of healing the mind, body, and soul are presented in outline form. Since Jesus desires the entire person to be transformed into His image, and that includes physical and emotional healing, this study must begin with a look at the purpose of life. Once this is understood, the reader will develop a better focus and relationship with Jesus, which in turn will enhance his or her healing.

Why I wrote this study guide

I wrote this book that others may grow in their faith; grow strong in Christ Jesus. It was motivated first by my own struggle with terminal cancer, and second by the requests of others for copies of my study notes that I gathered during medical treatments. Whether you have a health challenge or are blessed with good health and wish to minister to others, this book will benefit you. To the unbeliever, divine healing is a sign that Jesus is Lord.

When I was a teenager I had a periodic back problem two or three times a year that lasted a week or two. These episodes were painful and I was unable to walk without assistance. Then one day someone prayed for me and I was instantly healed. The power of God manifested itself and changed my life. It would be nice to say that ever since then I did everything according to biblical directives, but that is simply not the case.

Years later in 1994, as the result of an auto accident, I was diagnosed with a late stage 4 chondrosarcoma tumor in my left hip. It was huge (16 cm; 6+ inches) and had an appendage that went around my spinal column. When diagnosed my life expectancy was only 5 or 6 months without surgery and 2 or 3 years if I survived surgery with a rare chance of surviving 15 years. By the grace of God surgery went well and I had a quick recovery, but I lost my left hip and leg. I was informed at my 3-year check-up that during surgery doctors were debating whether to cut me in half to save my life. They concluded that a quality short life with one leg would be better than a longer one being bedridden. I had a unique tension having both the peace of faith and being confronted with natural thoughts of immanent death.

Since my spinal column was filled with cancer cells, several months later I underwent radiation therapy. My pastor and church prayed that I would not experience the adverse side effects that are associated with such procedures. God intervened and I was full of energy, joy and had no side affects.

In the seven years that followed chondrosarcoma nodules appeared four times. The result of three lung surgeries was that the upper lobe of one lung and sections of the other were removed. The last time nodules appeared

was in 2001. One evening at a church service several people prayed for my healing. Two months later at the next medical exam the X-rays and CT scans revealed that the nodules were gone. No mystery, just Jesus.

Throughout this experience there were two Bible verses that became significant to my faith – promises that I accepted as if written for me personally. The first was Psalm 118:17, “I will not die but live, and will proclaim what the LORD has done.” The second was, Jeremiah 29:11, “‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

I began to gather Bible promises, books, audio tapes and anything I could find on divine healing. Some information came from friends to whom I am greatly indebted as they helped me grow closer to Jesus. Other tidbits came from various sermons, books, and televangelists. At that time I cared little as to who authored or published them because I was more concerned about the challenge to my life. God clearly had my attention.

It soon became evident that God was more interested in a relationship with me than my health. Good health will give a certain number of years of life upon this earth, but a relationship will give life for eternity. The double blessing is that with the relationship with Jesus is the gift of health. But while both are free, it may be costly in terms of commitment to live a life according to God’s directives.

I have learned that there are several keys to healing. Obviously one is to have faith that Jesus is the Healer. Another is forgiveness—something that is especially difficult if one has experienced a deep hurt or loss. Another is to pray for the healing of others first and yourself last. While principles as these are important, it is equally important not to try to put God into a formula “to get” what you want. It is God’s desire that you desire God.

That is why this book was written in outline form. It would have been easy to make a recording of a sermon series, transcribe the audio tapes and print a book. In fact, some readers would prefer that format. In an age where multiple conveniences of life are taken for granted, where everyone has instant-on TV and microwave, we have also become spiritually lazy and biblically illiterate. This outline

provides the skeletal framework for a do-it-yourself comprehensive study. It is only when you become an active participant in study, prayer, reflective thinking and meditation in his or her relationship with God, spiritual growth and healing.

Finally, from one of our early healing services comes this story: I was conducting a healing service in a small Evangelical Free Church in my wife's home town of Iisalmi, Finland. Of those who came forward for prayer was a woman with a chronic skin condition. My wife Paivi and I prayed for her healing. Several weeks later someone in the church mailed a letter to us, stating that this woman went to her doctor who said she was completely healed. When asked how this happened, she said that "a man with one leg prayed for me." God certainly has a sense of humor.

Acknowledgements

As previously stated, when I started writing this book I organized, pages and pages of notes I had gathered while fighting cancer. Many came from the diligent work of other ministers and teachers to whom appropriate credit is due. The first edition of this book was published for a pastor's conference in Nigeria in 2004. However, since I felt I did not have proper credits the Nigerian booklet was not reprinted. In the intervening years, however, there were several requests for copies. Hence, I have decided to revise and publish this edition. Its sole purpose is to benefit the reader that he or she may grow closer to Jesus and experience His divine grace and healing touch as did I. To any author whose comments herein have not been properly credited or referenced, kindly accept my apology and write me.

Finally, I honor the late Rev. Bob Nickelson of Richardson, Texas. I first met Brother Bob in Bradenton, Florida in 1980. I have always been impressed with his simple healing ministry technique which was as follows: Prior and during a healing service he prayed and relied upon the Holy Spirit for wisdom and discernment. During the healing service he would read various Scriptures with minimal commentary. In essence, he seldom preached a sermon, but merely read God's Word to those who needed a divine intervention. He then asked God to manifest His promises to those who called upon the name of Jesus. I suggest you do the same. Divine healing is simple because it is a "God thing."

- Bill

Heinrich

Lesson 1

What is the Purpose of My Life?

Purpose:

To understand the basic purpose of life reveals the relationship potential between man and God, and how man is therefore to live.

Objective:

The student will understand the significance of placing focus on God and to serve Him rather than to focus all attention on his/her illness. To know God and to make Him known to others.

The question of purpose of life has been argued among philosophers and theologians for centuries. It generally becomes critical to laymen at a time of crisis and is rooted in anxiety, despair and hopelessness. It points to the question of ultimate concern and hence, it is discussed in Lesson 1.

Self-centered plan vs. God-centered plan

Self-centered plan

Reach the pinnacle of personal fulfillment.

My goals, ambitions, career, etc.

“I did it my way.”

Rom. 8:6 Passion with self = death

God-centered plan

You were born by God’s purpose and for God’s purpose.

Jn. 3:16, etc. Passion for Jesus = life

The ultimate goal of man is to have fellowship with God who loves us.

Ps. 136 God knew each of us individually prior to the creation of the earth. This reveals our importance to Him

Jn. 3:16 With the crucifixion of Jesus, God made the ultimate sacrifice to pay for our redemption of sin (includes the loss of health).

Mt. 6:33 Search first for the Kingdom of God, then His blessings will be yours.

Mk. 16:17-18 All believers, including those who are sick, are to pray and lay hands on those who are sick that they will be healed.

God knows me:

Ps. 138:8 God wants to fulfill His purpose in me.

Ps. 139:15 God knows my weaknesses and strengths; "inside and out."

Ps. 139:16 God saw me before my birth and knew how long I would live.

Acts 17:26 Every part of my life has a purpose.

Note: God understands that people sin and make mistakes and He certainly does not condone sin or cause evil. However, He is able to redeem any and all situations and change them for His good. He also sees and understands us from His perspective. For example, we might see an illegitimate child, but God sees lost, illegitimate and irresponsible parents. He can create in them new life that is overflowing with joy and happiness.

God has a plan for every person:

Jer. 29:11 He has a plan for a future and hope for each person.

Eph. 1:11 In Christ we find our identity and purpose of life.

Mt. 28:19-20 The Great Commission.

Our bodies are the temple of God. Hence we need to care for our health. This includes:

Gal. 5:17-21, 26 To reject attitudes and behavioral patterns that are representative of a depraved sinful humanity.

Rom. 12:1-3 Renew one's thought-life to be like that of Christ.

Gal. 5:22-25 Accept a new lifestyle that reflects the character and nature of God. As a believer your purpose is to love God and reflect His character by your attitude. The blood of Jesus removes all stain from sin and forgives your failures.

Mt. 28:19-20 The Great Commission

Therefore, if God has a plan for our lives then obviously it is not His plan to have illness shorten or limit life.

I have purpose in my Father...

Mt. 5:13 I am the salt and light of the earth.

Acts 1:8 I am a witness of God to the world.

2 Cor. 5:18 I am a minister of reconciliation for God.

2 Cor. 5:20 I am God's ambassador to the world.

Phil. 4:13 I can do all things in Christ.

Man's ultimate purpose is to know God and make Him known; to worship Him in times of quiet meditation and other times by serving others. God has a purpose and work for every person on earth. The successful life is one whereby someday you will kneel before Christ and hear Him say, "Well done my good and faithful servant." But first, the essential question is, Do you know God?

Do you know God?

If you do not know God, then there are five essential laws that you need to consider. We have a problem: God is perfect, pure and holy. No matter how good we are, none of us can attain the perfection, purity and holiness of God with our own efforts. Therefore, God has established five spiritual

laws that need to be understood to begin a personal relationship with God. They are:

Law No. 1 - God has a wonderful plan for your life. The Bible says that whoever believes in Him will not perish, but have eternal life (John 3:16). We see this in Psalm 16:11 that reads, You will make known to me the path of life; In Your presence is fullness of joy; in Your right hand there are pleasures forever. The phrases “In your presence” and “at your right hand” are Hebraic idioms that refer to a close personal relationship just as God said, “Abraham my friend” in Isaiah 41:8.

Law No. 2 - However, man is sinful and therefore, separated from God. The Bible says that all have sinned and fallen short of the glory of God (Rom. 3:23) and that the ultimate result of sin is eternal damnation or death (Rom. 6:23). Again we read this in Ecclesiastes 7:20, “Indeed, there is not a righteous man on earth who continually does good and who never sins.” God cannot accept anyone with sin according to Habakkuk. This prophet said of God, “Your eyes are too pure to approve evil, and You can not look on wickedness with favor why do You look with favor on those who deal treacherously? Why are You silent when the wicked swallow up those more righteous than they?” (Hab. 1:13). Isaiah said that... “But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear” (Isa. 59:2). In Psalms we read that, “For I know my transgressions, and my sin is ever before me. Against You, You only, I have sinned and done what is evil in Your sight...” (51:3-4a) and “For Your loving kindness toward me is great, and You have delivered my soul from the depths of Sheol (hell).”

Law No. 3 - The reward of sin is death. Jeremiah said that because of sin, everyone must die (Jer. 31:29-30; cf Ezek. 18:20), and the Prophet Nahum said, “The Lord is slow to anger and great in power, and the LORD will by no means leave the guilty unpunished...” (1:3a). As a result of this separation, neither man nor God can enjoy this relationship

each desires. Man cannot resolve the issue by good community deeds, a moral lifestyle, prayers, sacrificial giving, or anything else. Yes, even our good deeds are as filthy rags to God (Isa. 64:5) because of our sinful nature. It is true that there are good and bad people, but in the eyes of God, even the best of us have sinned and therefore, are unrighteous in His sight. If man cannot make any kind of provision to restore the relationship, then it is the responsibility of God to do so. Hence, the wonderful plan that God has for each of us comes into focus.

Law No. 4 - The Provision by God. The Provision of God is that He paid the penalty of our sins. Centuries ago His prophets, looking into the future, said that God would provide a provision. Note the incredible words of Isaiah 53, written in the 8th century BC.

¹Who has believed our message?

And to whom has the arm of the LORD been revealed?

²For He grew up before Him like a tender shoot,
And like a root out of parched ground;

He has no stately form or majesty

That we should look upon Him,

Nor appearance that we should be attracted to Him.

³He was despised and forsaken of men,

A man of sorrows and acquainted with grief;

And like one from whom men hide their face

He was despised, and we did not esteem Him.

⁴Surely our griefs He Himself bore,

And our sorrows He carried;

Yet we ourselves esteemed Him stricken,

Smitten of God, and afflicted.

⁵But He was pierced through for our transgressions,

He was crushed for our iniquities;

The chastening for our well-being fell upon Him,

And by His scourging we are healed.

⁶All of us like sheep have gone astray,

Each of us has turned to his own way;

But the LORD has caused the iniquity of us all

To fall on Him.

⁷He was oppressed and He was afflicted,

Yet He did not open His mouth;

Like a lamb that is led to slaughter,
And like a sheep that is silent before its shearers,
So He did not open His mouth.

⁸By oppression and judgment He was taken away;
And as for His generation, who considered
That He was cut off out of the land of the living
For the transgression of my people, to whom the stroke
was due?

⁹His grave was assigned with wicked men,
Yet He was with a rich man in His death,
Because He had done no violence,
Nor was there any deceit in His mouth.

¹⁰But the LORD was pleased
To crush Him, putting Him to grief;
If He would render Himself as a guilt offering,
He will see His offspring,
He will prolong His days,
And the good pleasure of the LORD will prosper in His
hand.

¹¹As a result of the anguish of His soul,
He will see it and be satisfied;
By His knowledge the Righteous One,
My Servant, will justify the many,
As He will bear their iniquities.

¹²Therefore, I will allot Him a portion with the great,
And He will divide the booty with the strong;
Because He poured out Himself to death,
And was numbered with the transgressors;
Yet He Himself bore the sin of many,
And interceded for the transgressors.

The One who “bore the sin of many” (v. 12) was Jesus. However, since God knew that it would be difficult for man to accept Jesus, His prophets gave numerous prophecies that would identify Him.

A few of them are:

He was to be a descendant of David (Jer. 23:5-6; Mt. 1:1; 9:27).

He was to be born in Bethlehem (Mic. 5:1; Mt. 2:1-6).

He was to be preceded by a herald (Isa. 40:3; Mk. 1:2; Jn. 1:28-34).

He was to be like the prophet Moses (Deut. 18:15-19; Lk. 7:16; Jn. 6:14; 7:40).

He was to be have a unique nature (Jer. 23:5-6; Mic. 5:1; Isa. 9:5-6).

He was to be a miracle worker of healing (Isa. 35:4-6; 42:6-7; Mt. 4:23-24; 12:22-23).

He was to die by crucifixion (Ps. 22:14-17).

He was to be buried in a tomb of a rich man (Isa. 53:9; Mt. 27:27-60).

He was to be raised to life after his death (Ps. 16:10; Isa. 53:10; 1 Cor. 15:3-8).

Most important: He was to live and die before the destruction of the Second Temple (Dan. 9:26).

These identifying prophecies describe only Jesus of Nazareth Who lived a pure and sinless life, was crucified, but resurrected from the grave so we can be resurrected from death. Further-more, the Bible states, "But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us" (Rom. 5:8). Jesus once said, "I am the way, and the truth, and the life; no one comes to the Father but through Me" (Jn. 14:6). Clearly, Jesus was the Provision for man to receive eternal life through a personal relationship with God Himself.

Law No. 5 - You must accept the Provision of God.

While life and sacrificed life of Jesus is a gift that is offered to everyone, only those who decide to accept the gift will obviously receive it. The gospel writer John said, "But as many as received Him (Jesus), to them He gave the right to become children of God, even to those who believe in His name" (Jn. 1:12). When you receive Jesus, you also ask and will receive forgiveness of all your sins (Col. 2:13).

The only way to God is to accept Jesus as your Lord and Savior. When you receive Him, you accept God's provision for the penalty of your sins. The death of Jesus was your death and therefore, His life is your life. Then you can begin to live the abundant life - the perfect plan for your life - that God destined you to have (Jn. 10:10; 2 Cor. 5:17; 1 Thess. 5:18). To begin simply pray and confess your sins, ask Him to forgive you and to give you new life. While there is no prescribed prayer, an example is this:

Dear God, I come to you in the name of Jesus. I repent of my sins and need you to forgive me. I thank you for your forgiveness, for eternal life and for placing your Holy Spirit within me. Thank you for completing your perfect plan in my life. In Jesus' name I pray, Amen.

Welcome to the family of God. You can now proceed with the fullness of life that is part of His divine plan.

*** Notes ***

*** Notes ***

Lesson 2

Understanding the Names of God

Purpose:

To understand that the meaning of the names of God in the Old Testament that include healing.

Objective:

The student will understand the character of God by understanding the names of God. This is followed by an introductory 5-step process of healing as well as a brief historical survey of healing in the early church in Lesson 4. However, note that the application of faith is a constant theme throughout both Testaments.

Names of God

The Names of God can become confusing, especially since most believers are accustomed to using only “God,” “Father,” or “Jesus” in their prayer language. Since names such as “Elohim,” “El,” and “Jehovah” are confusing, a brief clarification is presented below.

The names of God reveal his character and thereby His true passion and concern is known. Praying to God using His various names helps us understand our identity in Jesus. There are many of names of God, these are only a few of them.

The name *Jehovah* explained: The primary meaning of this Divine Name originated from the Hebrew word *Havah* meaning “to be” or “to exist,” but over the course of centuries it also suggested the meaning of “to become” or “to become known”. The latter translation has become a prefix for other descriptive names of God as is shown below. *Jehovah* by itself is now defined as “The Existing One” or “Lord,” the latter of which is commonly used in Bible translations.

Jehovah-rapha “**I am the Lord who heals you**” (Ex. 15:26; Deut. 32:39; Ps. 103:3, etc.). The name *Rapha* (ra-pa) means “to restore”, “to heal” or “to make healthful” and when combined with *Jehovah*, the new terms become “Jehovah Who Heals.” (cf. Jer 30:17; Jer. 3:22; Isa 30:26; Isa 61:1; Ps. 103:3). Isaiah gave a prophecy that the Messiah would have a ministry of healing and Jesus was faithful to that calling (Mt. 8:17).

Jehovah-shamma “**The Lord is there/present**” (Ezek. 48:35). God reveals to us the redemptive privilege of being in His presence. Jesus said that He would be with us always (Mt. 28:20). We have that promise because of the blood of Jesus as described in Ephesians 2:13.

Jehovah-shalom “**The Lord is our peace**” (Judg. 6:23-23). We are privileged to live in divine peace. Jesus said, “My peace I give to you always” (Jn. 14:27). The redemption that gives us that incredible peace was promised by Isa. in 53:5 and confirmed in Colossians 1:20.

Jehovah-raah “**The Lord is my shepherd**” (Ps. 23:1). Just as a faithful shepherd in ancient times was willing to die for his sheep, likewise Jesus was our shepherd who died for us (Jn. 10: 11, 15).

Jehovah-jireh “**The Lord will provide**” (Gen. 22:8, 14). Jesus was the sacrificial offering for our sins.

Jehovah-nissi “**The Lord is our banner, victor, or captain**” (Ex. 17:15). The Hebrew name *Nes* is the root from which *Nissi* derived the meaning “banner,” as with a banner with an insignia attached and placed on the top of a flagpole. Poles with banners were commonly used on the front lines of ancient military conflicts as this permitted troops to identify their focal point and leader. Moses recognized that the Lord was Israel’s banner when they defeated the Amalekites (Ex. 17:15). Jesus is our banner as in times of conflict. He is our leader and focal point and in His presence we have victory (I Cor. 15:57).

Jehovah-Tsidkenu “The Lord is our righteousness” (Jer. 23:6). We have the gift of righteousness (Rom. 5:17) because Jesus took our sins to the cross.

The name *Yahweh (YHWH)* explained: This name is believed to have been derived from a verb that means “To exist” or “to be”. While its meaning is uncertain, its primary explanation is found in Exodus 3:13-15. In the Old Testament it is used more than any other name to refer to God (6,828 times) and is the personal name for God.¹ Yet it was never to be pronounced except by the High Priest on the Day of Atonement, Yom Kippur, but its pronunciation was lost during the Babylonian exile. Therefore any pronunciation such as *Yahweh* or *Jehovah* is sheer speculation. Today Jewish people commonly use the name *Adonai* (Lord) in the synagogue and in general conversation they use the name *Hashem*, that simply means “the Name.”²

Compounds that can be attached are the same as with *Jehovah*. By the Middle Ages the Jews feared that they might mention the holy name inappropriately and thereby violate the commandment of Exodus 20:7, “You shall not take the name of the LORD your God in vain, for the LORD will not leave him unpunished who takes His name in vain.” Therefore it was no longer mentioned and today its original pronunciation is unknown. It was eventually replaced by *Adonai*. There are dozens of compounds that describe the character of God. Several additional examples are below.

Yahweh-jireh (See *Jehovah-jireh* above)

Yahweh-nissi (See *Jehovah-nissi* above)

Yahweh-shalom “The Lord is Peace.” Points to the Lord as the means of our peace and rest (Judg. 6:24).

¹ John B. Metzger. *The Tri-Unity of God is Jewish*. (St. Louis, MO: Cenveo-Plus Communications. 2005). 46.

² Ludwig Schneider. “Names of God.” *Israel Today*. (December, 2009). 15.

Yahweh-sabbaoth “The Lord of Hosts.” A military figure portraying the Lord as the commander of the armies of heaven (1 Sam. 1:3; 17:45).

Yahweh-maccaddeshcem “The Lord your Sanctifier.” Portrays the Lord as our means of sanctification or as the one who sets believers apart for His purposes (Ex. 31:13).

Yahweh-ro’i “The Lord my Shepherd.” Portrays the Lord as the Shepherd who cares for His people as a shepherd cares for the sheep of his pasture Ps. 23:1).

The name Adonai explained This name is similar to *Elohim* (below) in that it is a plural of majesty. The singular form (*Adon*) means “master,” or “owner”. *Adonai* was used to underscore man’s relationship to God as his master, authority, and provider (Gen. 18:2; 40:1; 1 Sam. 1:15; Ex. 21:1-6; Josh. 5:14). It is not a prefix name. It is comparable with the Greek *Kyrios*.

The name Elohim explained The Hebrew Name *Elohim* is the plural form of *El*, meaning the “strong one” or “mighty one.” Numerous ancient cultures used *El* with their false deities. In its plural form it identifies the Trinity, although Jewish scholars disagree with this interpretation (due to Deut.6:4). *Elohim* was used of God’s sovereignty, creative work, mighty work for Israel and in relation to His sovereignty (Isa. 54:5; Jer. 32:27; Gen. 1:1; Isa. 45:18; Deut. 5:23; 8:15; Ps. 68:7). Just as *Jehovah* was used as a prefix to describe the character of God, so was *El*. Only three examples are listed below.

El Shaddai. “God Almighty” God is seen as the Almighty One who stands upon a mountain from where He corrects and chastens (Gen. 14:19; Ps. 9:2; Dan. 7:18, 22, 25).

El Elyon “The Most High God” This name signifies the strength, sovereignty and supremacy of God (Gen. 14:19; Ps. 9:2; Dan. 7:18, 22, 25).

El Olam “The Everlasting God” The name signifies the unchanging character of God and is connected with His perpetual energy and strength (inexhaustibleness) (Gen. 16:13).

The name *HaKadosh* explained The name means “the Holy One” and is the most commonly used term today by religious Jews as in “*ha-Kadosh-baruch-Hu*” translated is “The Holy One, blessed is He.”³

The name *Father* explained A distinctive New Testament revelation is that through faith in Christ, God becomes our personal Father. This term is used of God in the Old Testament (15 times) but is used of God 245 times in the New Testament. As a name of God, it stresses His loving care, provision, discipline, and the way He is to be addressed in prayer (Mt. 7:11; Jam. 1:17; Heb. 12:5-11; Jn. 15:16; 16:23; Eph. 2:18; 3:15; 1 Thess. 3:11).

Old Testament examples of calling upon the name of the Lord:

1. Abraham called on the name of the Lord (Gen. 12:8; 13:4).
2. The Lord proclaimed His own name before Moses (Ex. 33:19; 34:5).
3. God’s people were warned against profaning the name of the Lord (Lev. 13:21; 22:2, 32).
4. The name of the Lord is not to be used inappropriately (Ex. 20:7; Deut. 5:11).
5. The priests of the Lord were to minister in the name of the Lord, meaning they represented Him (Deut. 18:5; 21:5).
6. The name of the Lord was deemed to be wonderful (Judg. 13:18).
7. To call upon the name of the Lord was to worship Him as God (Gen. 21:33; 26:25).

³ Ludwig Schneider. “Names of God.” *Israel Today*. (December, 2009).15.

Understanding Scripture:

1. While the names of God reveal His character, the purpose of Scripture is the revelation of God to man for his restoration to God.

2. The theology of healing is dependent upon a biblical theology of God and the incarnation and resurrection of Christ Jesus. With that said, healing is not a formula or theology, but is in the person of Jesus.

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Lesson 3

Healing is in the Name of Jesus

Purpose:

To understand that healing in the name of Jesus is not only for today, but the name of Jesus is used in a similar way to the name of God in the Old Testament.

Objective:

The student will understand the character of Jesus by understanding the names of Jesus. This is followed by an introductory 5-step process of healing as well as a brief historical survey of healing in the early church. However, note that the application of faith is a constant theme throughout these lessons.

Purpose of healing:

1. Power of God as a credential of Jesus (Lk. 5:23-24).
2. Love of God for believers and unbelievers alike (Mt. 9:36; Mk. 1:41).
3. Restoration of man to God.

Why are some people not healed?

1. Reason unknown. (Some reasons remain the secrets with God).
2. Lack of passion for Jesus and lack of applied faith (Mt. 13:58).
3. They violate 1 Corinthians 11:27-32.
4. NOT because it is God's will to be sick.

Five reasons for believing that God heals today:

1. Jesus is the same yesterday, today, and forever (Heb. 13:8).

2. Healing is in the atoning work of Jesus. Salvation includes healing. It is part of our covenant with God. It affects all aspects of life.
3. Body, soul, and spirit of man are not disjointed but all segments are “saved” by the redemptive work of Jesus.
4. Salvation is to be understood as a restoration of mankind from a fallen world (Rom. 5:12-17).
5. Divine healing is an integral part of the gospel message

Deliverance from sickness is provided for in the atonement, (Sacrifice of the life of Jesus on the cross) and is the privilege for all believers (Isa. 53:4-5; Mt. 8:16-17; Jas. 5:14-16)

New Testament examples of calling upon the name of the Lord:

In Jesus are all the characteristics of God. Therefore, all the definitions applied to God the Father are in Christ Jesus

1. One finds salvation only in the name of Jesus (Jn. 1:12)
2. Believers were to gather in His name (Mt. 18:20).
3. Prayers to God are to be made in His name (Jn. 14:13-14).
4. Believers who are known to bear the name of the Lord will be hated (Mt. 10:22).
5. Christians in the book of Acts frequently worshiped, performed service and suffered in the name of Jesus (Acts 4:18; 5:28, 41; 10:43; 19:17).

Examine these Scriptures on the healing ministry of Jesus:

In the Old Testament dozens of compound names were used to identify God. In the New Testament, however, all these names were manifested in the name and person of Jesus.

1. Mt. 4:23-25; 8:14-17; 9:35
2. Isa. 53:45

3. Ps. 103; 107:17-20 Five benefits of being a child of God (Christian).
4. Ps. 107:17 A reason for illnesses. Be more concerned about pouring the Word of God into them than praying for them.
5. Ps. 147:3 Jesus heals the broken hearted.
6. Prov. 3:8; 4:20-21 Preparation for healing.
7. Prov. 4:22 Promise of healing.
8. Prov. 14:30 Calm and undisturbed mind is the life of the body whereas envy, jealousy, and wrath lead to illnesses.
9. Lk. 5:15, 17; 6:17-19 Come hear and be healed.
10. Lk. 10:19 I have given you authority...over the enemy.
11. Mk. 11:23-24 Ask for forgiveness.
12. Mk. 11:25 You must forgive others. The most common reason for not receiving a healing is unforgiveness which is covered in more detail in Lesson 8.
13. Mk. 16:17-18 The laying on of hands.
14. Acts 10:38; 28:8 Sickness is of the devil.

All illnesses and diseases are the result of humanity living in a fallen world. These are directly or indirectly the result of Satan's intervention with natural biological activities since the days of Adam and Eve. Hence, many cures are available with natural and/or medical procedures accompanied with prayer. Often the prayers of righteous men and women will produce healing results where medical procedures fail.

Know who you are in Christ Jesus:

For a prayer to be effective, a believer must know his/her relationship "in Christ". Since most Christians have only a limited knowledge of this relationship, very few ever fulfill the potential that Jesus has provided for them. The primary reason is that negative thoughts have formed one's character and prayer life. For all the negative thoughts that

people convince themselves, God has a positive response for each one. For this reason the Apostle Paul said that you must renew your thinking to the character of Christ Jesus (Rom. 12:1-2). Examples are:

You say...

You say: "It's impossible"

God says: "All things are possible" (Lk. 18:27)

You say: "I'm too tired"

God says: "I will give you rest" (Mt. 11:28-30)

You say: "Nobody really loves me"

God says: "I love you" (Jn. 3:16; 13:34)

You say: "I can't go on"

God says: "My grace is sufficient" (2 Cor. 12:9 & Ps. 91:15)

You say: "I can't figure things out"

God says: "I will direct your steps" (Prov. 3:5-6)

You say: "I can't do it"

God says: "You can do all things" (Phil. 4:13)

You say: "I'm not able"

God says: "I am able" (2 Cor. 9:8)

You say: "It's not worth it"

God says: "It will be worth it" (Rom. 8:28)

You say: "I can't forgive myself"

God says: "I forgive you" (1 Jn. 1:9; Rom. 8:1)

You say: "I can't manage"

God says: "I will supply all your needs" (Phil. 4:19)

You say: "I'm afraid"

God says: "I have not given you a spirit of fear" (2 Tim. 1:7)

You say: "I'm always worried and frustrated"

God says: "Cast all your cares on me" (1 Pet. 5:7)

You say: "I'm not smart enough"

God says: "I give you wisdom" (1 Cor. 1:30)

You say: "I feel all alone"

God says: "I will never leave you or forsake you" (Heb. 13:5)

God loves me...

Jer. 31:3 Father loves me with an everlasting love.

Jn. 3:16 Father loves me so much that He gave His only Son to die for me so I might know His love.

Jn. 16:27 Father loves me so much He wants to express His love and affection to me.

Rom. 8:39 Nothing can separate me (not even my faults) from God's love for me.

Jn. 17:23 Father loves me just as much as He loves His Son Jesus just because I love Jesus.

Eph.2:4-6 Even when I have sinned, the Father loves me and asks me to sit beside Him with Christ.

Eph.3:19 Father wants me overflowing in His love.

I am pleasing in Father's eye...

Ps. 149:4 Even when I am wounded Father sees me as beautiful and takes pleasure in me.

Jer. 29:11 Father's thoughts toward me are always good and filled with hope.

SS. 1:15, 16 He sees me as beautiful, handsome, and pleasant in His eyes.

SS. 4:10 My love for Him fills Him with ecstasy and joy.

Lk. 15:31 Father is so pleased with me being His child that He will never leave me and He wants to meet all my needs.

Jn. 14:23 Father loves me so much that He made His home within me.

I have purpose in my Father...

Mt. 5:13 I am the salt and light of the earth.

Acts 1:8 I am a witness of God to the world.

2 Cor. 5:18 I am a minister of reconciliation for God.

2 Cor. 5:20 I am God's ambassador to the world.

Phil. 4:13 I can do all things in Christ.

God is not ashamed of me...

Heb. 2:11 Jesus is not ashamed of me.

Heb. 11:16 God is not ashamed to be my God.

God has forgiven me...

Jer. 31:34 He has forgiven my iniquity and remembers my sins no more.

Mic. 7:18 He has put all my sins under His feet and cast them into the depths of the sea.

Col. 1:14 God has redeemed me and forgiven all my sins.

1 Jn. 1:9 God forgives and cleanses me from all my sin.

I am accepted by my Father...

Jn. 1:12 I am called a child of God.

Jn. 15:15 I am called Christ's friend.

Rom. 5:1 In Christ it is just as if I had never sinned.

1 Cor. 6:19 I belong to the Father.

Eph. 1:5 I have been adopted by Father God.

Col. 2:10 I am complete in Christ.

I am secure in my Father...

Rom. 8:1, 2 I am free forever from condemnation.

Rom. 8:31 The Father is always for me, not against me.

Rom. 8:35 Troubles do not separate me from God's love.

Col. 3:3 I am hidden with Christ in the Father.

2 Tim. 1:7 I am filled with power, love, and a sound mind.

Heb. 4:16 I can find grace and mercy when I am hurting.

1 Jn. 4:18 His perfect love casts out all fear.

1 Jn. 5:18 The evil one has no right to touch me.

Isa. 66:12, 13 Father wants to hold me when I'm afraid.

Father does not judge me...

Jn. 3:16-18 God did not send His Son to die for me so that I might be judged by Him. When I believe in Him, I am not judged.

Jn. 5:22 The Father does not judge me.

Jn. 12:47 When I hear Jesus' words and do not keep them, He does not judge me, for He came to save me, not to condemn me.

How can a wonderful God not give us anything but great joy, peace, and happiness?

Question to ponder: If the name of God includes healing, then what can be said of healing concerning the name "Christian?"

Essential steps to receiving a physical healing:

This is an introductory 5-step process which will be covered in greater detail in following lessons. It should be noted that this process has been used by various church leaders throughout the centuries, which is covered in the next lesson.

1. Mk. 11:25 Actively forgive those who have hurt you.
2. Eph. 4:31 Ask Jesus to forgive you of all your sins (cf. 1 Jn. 1:7-9).
3. Memorize various promise Scriptures of healing. (Mt. 8:16-17; 9:35; Jn. 14:13; Isa. 53:4-5; Mk. 5:25-29, 34; Lk. 13:11-13).
4. Understand that it is only by the shed blood of Jesus on the cross that the believer is healed (Mt. 8:17).

5. Place your hands on the afflicted area and ask Jesus to drive out all sickness, pain, and spirits of infirmities in the name of Jesus.

Pray in the name of Jesus (i.e., “in My name...”).

The Name of Jesus is the source of the believer’s authority.

Mk. 16:17; Lk. 10:17, 19 “Do this in My name...”

Ps. 91:14 “Because he knows my name.”

Jn. 14:13 “Ask in my name and I will do it...”

Why pray in the name of Jesus?

1. So the Father may be glorified in the Son.
2. It is the source of divine authority for the righteous servant.
3. Because God wants to use you to demonstrate His love to others.

Call upon the name of God.

The names of God are miniature portraits of Him. There are several verses where the name of God is *not* mentioned, but where the term “name” is a clear reference to God.

Gen. 12:8; 13:4 Abraham called on the *name* of the Lord.

Deut. 18:5; 21:5 The priests of Israel ministered in the *name* of the Lord.

Gen. 21:33; 26:25 To call on the *name* of the Lord was to worship Him as God.

From these Old Testament references it can be concluded that phrases such as “the name of the LORD” or “the name of God” refer to the character of God. Understanding the character of God reveals how we must relate to Him. In the New Testament the name of Jesus is used in the same manner as the name of God was used in the Old Testament.

1. Jn 1:12 Salvation is through His *name*.
2. Mt. 18:20 Believers are to gather in His *name*.

3. Jn. 14:13-14 Prayer is to be made in His *name*.
4. Mt. 10:22 The servant of the Lord who bears the *name* of Christ will be hated.
5. Acts 4:18; 5:28, 41; 10:43; 19:17. The book of Acts makes frequent mention of worship, service, and suffering in the *name* of Jesus Christ.
6. Phil. 2:10-11 It is at the *name* of Jesus that every knee will one day bow and every tongue confess that Jesus Christ is Lord.

Therefore, just as the divine name of God in the Old Testament referred to the holy character of God the Father, so likewise the name of Jesus in the New Testament refers to the holy character of God the Son: Jesus.

Pray the name of God that pertains to your situation.

As a born-again believer you pray to God the Father using the appropriate Name that is applicable for your need. If you have a financial need, then you might pray like this:

“I come to You, Jehovah Jirah, in the Name of Jesus, to thank You for being the provision of my need....”

If you have problems that make you anxious and you cannot sleep well, then consider a prayer similar to this:

“Thank you Jehovah Shalom (the Lord is peace), that in the Name of Jesus you fill me with your Holy Spirit and with your peace.”

If you have a health challenge, or if you are praying for someone else with the problem, then you could pray in this manner:

“Jehovah-rapha, I come to you in the Name of Jesus and thank you that your healing power is manifested in _____. I thank you that your promise of Isaiah 53 is fulfilled in him/her....”

Praying in this manner may seem uncomfortable, but that is simply because most of us have never prayed in this manner. The many names of God are generally translated in English Bibles as either “God” or “LORD.” Hence, the full meaning of the name is lost in the translation. If you continue to feel uncomfortable using this technique, pray about it. 😊 The Lord is good.

What is “praying through?”

“Praying through” means that one has prayed to God until He has either answered or has given a deep inner peace that the request will be (or is) answered even though there is no visible indication of divine intervention. Such prayer is anchored in persevering faith that does not give up “until.” This is prayer that does not quit, even if the answer does not come quickly or even for an extended time; even if things get worse; even if the answer seems more and more impossible.

Just a thought -

Have you ever thought that Jesus is saddened because you have not turned to him in your times of difficulties and distress, or when you were in sin?

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Lesson 4

The Atonement

Purpose:

To understand the atonement and its significance.

Objective:

By faith the student will be able to apply the biblical principles of the atonement through the blood of Jesus to his or her life.

NOTE: The application of faith is a constant theme in these lessons.

What is the “atonement”?

Atonement is the reconciliation between man and God. In the past (OT Era) atonement for sin could only be achieved by the sacrifice of an animal (lamb) since the life of a body is in its blood. The innocent and harmless lamb was a picture of a future Jesus who willingly sacrificed His life and blood for our sins. Hence Jesus paid the penalty for our sins, but through Him we also have eternal life and blessings in our lifetime.

1. This is an abstract thought for many believers.
2. Synonyms: redemption, restitution, compensation, payment, reconciliation.
3. “Atonement” in Rom. 5:11 is also translated as reconciliation in Rom. 11:15 and 2 Cor. 5:18-19 (KJV).
4. In the Old Testament period the Jewish people had to sacrifice a lamb at Passover that would atone or blot out their sins. The lamb was symbolic of the “Lamb of God” Who was Jesus.
5. “Atonement” Hebrew *kippur* means “covering with a price” That price was the cross of Jesus (Rom. 5:10; 2 Cor. 5:18-19).

The nature of God is healing: (Below is a partial review of previous lesson)

Jehoval-rapha **I am the Lord who heals you.** (Ex. 15:26) See notes in Chapter 2. NOTE: "I am the Lord your healer" is a contrast to the false gods and judgments against the Egyptians, not against physicians. Grammar: Active participles give literal meaning as: "The Forgiver of all your sins [misdeeds, injustice, causing harm or trouble, falseness], the Physician for all your diseases" (Ps. 103:3) "Who forgives all your sins and heals all your diseases."

The blood of Jesus is the atonement:

1. The blood makes the Atonement for the soul (Lev. 17:11).
2. Without the shedding of blood there can be no remission of sin (Heb. 9:22).
3. Life is in the blood (Gen. 9:4).
4. Jesus offered His life for us in accordance to the OT concept "a life for a life" (Deut. 19:21).
5. Since we are all damned to death for our sins (Rom. 6:23) Jesus sacrificed His life that ours' could be saved. Jesus was the scapegoat. (Lev. 16:7-26; Heb. 13:12-13).

The process of the atonement:

Old Testament - by the priest

1. Leviticus 16: Day of Atonement.
2. Priest would sprinkle blood seven times on the altar (Lev. 16:14, 19).
3. Symbolic of the Mercy Seat of Christ.
4. The Atonement was cleansing from sin (Lev. 16:30).

New Testament - Jesus bled 7 times at the end of the Passion Week.

1. Garden of Gethsemane
2. Jesus was beaten by the Sanhedrin & Romans
3. Crown of thorns
4. Scourging after the trial

5. Jesus carried the splintered cross-beam on his wounded back
6. He was nailed with iron spikes
7. The spear was thrust into His side

Key Point: The Atonement is for the removal of all sin and restoration of man into the image of God.

Purpose of the atonement was to restore man to the image of God:

Man cannot atone for his own sins; atonement is a gift of God (Rom. 3:25-26; cf Ps. 65:3; 78:38; 79:9; Rom. 3:21-28)

Healing is in the atonement of Jesus:

1. Lev. 16:22 “Nasa” to bear the sin of man on a sacrificial scapegoat known as the “Elaben” in the Septuagint⁴
2. Isa. 53:4-5 Isaiah is often called the gospel of the OT.
3. Mt. 8:16-17 connected with Isaiah.
4. Mt. 8:17 Jesus bearing “Elaben” our illness and sin.

Healing - A sign of the Kingdom that Jesus preached:

1. Jesus fulfilled Isa. 35, 53, and 61.
2. Phil. 2:5 Christ Hymn.
3. Acts 10:38.
4. Mk. 1:14 Healing is a manifestation of the Kingdom of God.

How did Old Testament people get healed?

⁴ In the mid 3rd century BC, Jews living in Egypt needed their Scriptures translated into Greek because their Hebrew language was being replaced by Greek. This translation became known as the “Septuagint” and is commonly symbolized by “LXX.”

They found healing and salvation through the promise of a coming Savior and the future sacrifice of Jesus on the cross of Calvary.

1. Example: The suffering of Job
 - a. Sowing and reaping is a biblical principle, but not the only one.
 - b. Why did the sons and daughters of Job die?
 - i. They were just as important to God as was Job
 - ii. Their lives were not as important as the test of Job
2. Ex. 21:19 One who causes injury pays for the lost wages and doctor bills of the injured
3. To be healed = to be doctored by a doctor, not a priest
4. Naaman, the Syrian commander went to Elijah because the prophet had established an international reputation. Therefore it is reasonable to believe that Elijah did miracles that were never recorded in Scripture.
5. 2 Chron. 16:12 The Bible condemns King Asa because he sought healing **only** from the physicians. He also went to Syria for help (16:7). Obviously he searched for heathen physicians.

Should believers go to doctors?

1. Jer. 8:22 Physicians had an honorable place in ancient Israel. The office or practice of a medical doctor did not violate the divine name of Jehovah-rapha.
2. Lk. 10:34 Jesus referred to oil and wine, an ancient medical procedure.
3. Mk. 5:26 Jesus never condemned the woman for going to physicians, nor did He forgive her of visiting a physician. Jesus did what the physicians could not accomplish. Nowhere in the Bible are physicians cast in a negative light because of their healing practice. Criticism is recorded only when one sought a physician instead of God.

Note: Healing was so significant in the early church, that the Council of Nicaea in 325 authorized the construction of hospitals to care for the ill (see Appendix).

Illness may be a judgment or may be permitted for a higher purpose:

1. Num. 12:10-15 Miriam was made sick as an object lesson to the Israelite people.
2. 2 Chron. 21:18-19 King Jehoram suffered and died as a judgment of sin.
3. Book of Job - classic illustration of Satan as an agent of God. Diseases brought upon Job were of Satan, but permitted by God. Episode served the higher purpose of God and defeated Satan.

NOTE: Most illnesses occur simply because we live in a fallen world and are a part of life. All too often well-meaning Christians place an undue emphasis on the spiritual cause rather than having compassion for the sick as Jesus demonstrated so well.

Key points - primary and secondary causality:

God is the primary cause of everything but permits limited actions by Satan and people. Hence, the latter two are the promoters of secondary causality. (Job 1:20-22; 9:25). In 1 John 3:8 Jesus destroyed the works of the devil. An example of secondary causality by Satan was when he harmed Joseph in Genesis 50:20, but God turned it to good. The worst secondary causality of mankind was the crucifixion of Jesus, but God turned it into the salvation of man.

NOTE: To say that everything is subject to God does not mean that God agrees with all the things one does in life. Man is a free moral agent.

If God is love, why did He “cause” diseases in the Old Testament?

In the OT there are numerous references to diseases being caused by God. An extensive study will demonstrate that the disease itself - bacteria, virus, etc. - is the result of sin and the curse that followed and was not part of God's original

creation. However, in the OT, Satan was the secondary causality – the administrator of sickness and health and God permitted or “caused” diseases to occur. This leads to the second question: Why doesn’t the Bible state this fact? The Bible was written in the context that the Israelites would understand.

For example, the first commandment (Ex. 20:3) reads that there should be no other gods before the God of the Israelites. That would suggest that there are many other gods in the universe just as the Greeks and Egyptians believed. Yet there is only one God and all others are demonic beings that present themselves as gods. In another example Jesus was amazed that his disciples did not understand what He was saying (Mt. 16:9-11; Mk. 4:13; 8:17, 21; 9:32; Jn. 13:12). It is interesting that He chose not to increase their cranial capacity. Jesus always functioned within the fallen world system to redeem mankind from sin, disease, etc. For without disease, how could anyone know that Jesus heals?

God and nature:

1. God is sovereign and He permits secondary causes through the laws of nature. The popular idea that nature is independent of God is a secular concept. It cannot be biblical since God created nature and rules all nature.
2. An anti-biblical view of sickness: “That’s the way the cookie crumbles.”
3. The believer is not subject to the “forces of destiny or fate.”

The believer’s challenge:

The challenge of believers is to trust God without expecting an immediate benefit. The key point is to praise and thank God continuously in spite of the circumstances. This is not to thank Him for the difficulties, but because He is God and will help you through the tough times.

QUESTION: To what point can a believer “command God” in reference to fulfilling a biblical promise? One never commands God, but comes to Him in humility and with the knowledge of who he or she is in Christ Jesus. See Isa. 45:11.

The atonement and faith:

Jesus did not heal everyone

1. Nazareth and the cities of Capernaum, Bethsaida, and Chorizim. Reason? Usually it was the lack of faith.
2. In Genesis 6:3 God placed a limit on man’s life of 120 years (not 70). God never placed a limit on man’s health.

Failure to recognize the difference between faith and presumption:

There are those who say that if you have enough faith, everything will be fine and you will not get sick. Or, if you get sick, confess your sin and with enough faith you will get well. In reality, these individuals do not have faith, but hyper-faith; faith in faith. This faith is also identified as spiritualized presumption as they have applied selected biblical passages that have been stretched out of context to support their belief system. It is a sick theology.

Examples of a sick theology on healing:

1. “If you had *enough* faith you would be healed.”

Some people use faith like spiritual dollars. If you have *enough* spiritual money you can buy your healing. In other words, the reason you did not get healed is because you did not have enough faith (spiritual dollars). It is a sin to think that by faith you can manipulate God.

2. “Blab it and grab it.”

Some refuse to admit that they have an illness. Rather they have convinced themselves that they must make

a “positive confession” of biblical verses, that in general conversation they lie about their physical condition. Faith is not a denial of reality, but an utter dependence upon a sovereign God. Those who are overdosed with the “faith theology” cannot deal with the sovereignty of God because they have no theological answers for it. The proper solution is to admit the condition that is present, but then focus totally on God’s provision. One’s conversation and thought-life should be on Jesus, not the illness. See Mt. 6:33.

3. A prayer with the phrase, “If it be your will, Lord...”

This is not a prayer of faith but a prayer of doubt. Those who pray like this admit they do not know the will of God relative to healing. Its theology is rooted in hyper-Calvinism and states that God has willed everything, including the suffering of selected people. This erroneous church doctrine makes prayer a useless exercise. Shared weakness opens the door for intimacy in a group, but not necessarily shared victories. Study of an unhealthy spiritual system is seen as persecution rather than attempted discovery of truth.

4. So-called healing through saints:

Healings that resulted from prayers to the Virgin Mary or other saints are not a verification of correct theology, but rather, is evidence that (1) God, in His great mercy, heals people who do not interpret the Bible correctly or (2) these healings are the result of demonic origins. Satan can also produce miracles as in the case when Moses and Aaron were before the Pharaoh of Egypt. (Ex. 7:1-12). Why would demons heal? To keep one’s focus away from Jesus. The true miraculous healing will always point men and women to Jesus. The Bible identifies today’s culture in 2 Timothy 3:1-9, in reference to the end-times that there will be false teachers and deceptions (2 Tim. 3:13-14).

5. Some have said, “Well, the Apostle Paul had a ‘thorn in the flesh.’ Obviously it was not God’s intention to heal him.”

How can it be that given all the Scriptures on healing, God did not want to heal him? Those who hold this position mistakenly focus their attention on the word “flesh” rather than “thorn.”

True faith in Christ Jesus includes the *entire* counsel of God and the application of the entire Word on one’s life.

The Kingdom of God:

The Kingdom of God is both now and in the future. It is now in the hearts and lives of individual believers and in the future it will be a Kingdom with the Messiah ruling from his Temple in Jerusalem.

Healing appears to be most effective when associated with evangelism:

Healing is a gift to the believer and a sign to the unbeliever. Jesus performed miracles and preached the Kingdom of God to authenticate His calling and Messiahship. The church is called to preach the Kingdom of God and pray for the sick as needed to point men to Christ.

NOTE: Gifts of the Holy Spirit (i.e., healing) were not just for the first century or the gifts would have been called the “gifts of the Apostles.”

A dialog between Voltaire and a group of pastors:

Among the many atheists and skeptics throughout history was the famous Francois-Marie Arouet (1694-1778), better known as Voltaire. He was a French philosopher who promoted civil liberties including the freedom of religion, but was also an ardent critic of Christianity.

Voltaire once met some pastors on a train. They thought they would challenge the famed atheist, so they introduced themselves and asked for a few minutes with the scholar. They soon discovered that he could defend the Bible better

than they. Voltaire believed the Bible was full of mistakes and outdated, that it was a collection of myths and Christianity would soon be a thing of the past. Voltaire asked them if they believed the entire Bible. They quickly responded that they believed all of it. So he asked them some questions -

“Can you heal the sick?”

“No, that was just for the first century apostles.”

“Can you cast out demons?”

“No, that was just a way of describing mental illnesses.”

“Can you speak with new languages?”

“No, that too was just for the first century.”

Voltaire ended the conversation by saying, “You are worse than me because you are an infidel. You say you preach the whole Bible yet you just confessed that you do not believe all these things. I am honest when I say I do not believe in God, but you are liars.”

(Incidentally, today Voltaire’s home is the home of the French Bible Society.)

QUESTION: Is Jesus only our role model or are we being transformed by the Holy Spirit to be like Him?

The Power of Our Words⁵

I repent of words I have spoken that have brought death and harm to me and others.

I choose to speak words that bring life to me and others

I will use the power of my tongue to produce life

I will speak words that transform and shape my future

⁵ Courtesy of Pastor Sam Smucker.

I will consistently deposit the Word of God into my heart.

I believe the words (based on God's word) that I speak will shape my world for His purposes.

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Lesson 5

Healing Through the Centuries

Purpose:

To reveal the historic fact that healing has been major function in the church throughout the centuries.

Objective:

Readers will have an understanding that healings and miracles occurred throughout the church age, but the emphasis in this study is on the early church leaders. Matthew 10:1 was never rescinded. Jesus took our sins, infirmities and carried our diseases (Mt. 8:17) to the cross, not just our sins.

All too many believers have the opinion that the current Pentecostal - Charismatic movement was resurrected around the year 1900 after being dead since the apostles. They seldom ask why Jesus did not heal throughout the centuries if He is the same yesterday, today, and forever (Heb. 13:8). However, the historical evidence clearly demonstrates that God has healed throughout the centuries. Knowledge of this information is a faith builder for those who desire a divine intervention but have doubts whether God is still in the healing ministry. Since an entire historical spectrum of divine healing is far too time consuming for this study, only a few significant church leaders in the early centuries of the church will be examined. However, first a few significant points need to be addressed:

1. The early church deliberately and consciously assumed healing was associated with salvation.

2. History has demonstrated that nearly every divine healer senses that God is working in a particular way through him (or her), and therefore, each healer believes that this is the only manner in which God functions. Every person called to this ministry needs to be open to the guidance of the Holy Spirit, and

therefore a methodology may be developed that is different from another minister or from this author.

3. God wants to deal with the whole person, not just a specific illness or life condition.

4. Healings are never proof of doctrinal correctness, but rather, point beyond to what was to be accomplished by Jesus on and through the cross. Coupled with the message, the healings not only demonstrated the divinity of Jesus but began to unfold the Kingdom of God to all who chose to believe (Mt. 9:35-36). Miracles are proof that a new dispensation of God's plan has arrived. These would be a visible form to confirm the message of salvation that He preached.

5. The Kingdom of God is not a place but a reign and rulership of Jesus in the hearts and lives of men and women. Jesus, the incarnate Son of God, brought the Kingdom into this world at His birth. During His years in ministry He challenged the devil repeatedly and then defeated him with a profound resurrection three days after a horrible execution. Miracles and healings are a sign of the Kingdom.

6. Miracles are not proof of faith, but it is faith that makes miracles possible.

7. Jesus still has the capability of dealing with sin and its consequences and He desires to do so in His church today.

2nd Century: Rabbi Ismael and the "heretic healer."

It is well known that in the early years of the church, the Jews considered Christians to be heretics. Therefore, the second century account found in the Babylonian Talmud is of particular interest. Apparently a well known Jewish scholar, Rabbi Ismael, had a nephew who was bitten by a venomous

snake. A Jewish believer, Jacob of Kafar Sakhnia, was a known faith healer and desired to bring healing to the young man. However, the rabbi considered the healer to be a heretic and his nephew died (BT Avodah Zarah 27b).

The question arises as to why the rabbi refused to permit the healer to treat his nephew. Clearly there was animosity between traditional Jews and Judeo-Christians as well as Gentile Christians. However, the Talmud implies that Jacob of Kafar Sakhnia had a reputation of being a Christian faith healer – a reputation that would not have existed among the Jews if it were not true.

Healing testimonies recorded by early church fathers:

Testimonies of the early church fathers have been collected in a number of venues. The writings of those who lived between the first century and AD 325 can be found in a ten volume set known as the Ante-Nicene Fathers (ANF). Another source is the Loeb Classical Library (LCL), which also includes a number of Greek and Roman writers. These and many others testify that the age of miraculous healings did not end with the apostles.

Quadratus (Early 2nd Century)

Quadratus was one of the earliest apologists of the Christian faith and debated scholars of pagan religions as well as Emperor Hadrian (who destroyed Jerusalem in AD 132). All the writings of Quadratus disappeared and only several quotations by Eusebius have survived history. Quadratus stated that some who were healed by Jesus were still alive during his lifetime.

But the works of our Savior were always present, for they were true, those who were cured, those who rose from the dead, who not merely appeared as cured and risen, but were constantly present not only while the Savior was living, but even for some time after he had gone, so that some of them survived even to our own time.

Quadratus as quoted by Eusebius *Ecclesiastical History* 3, LCL 1.309

Justin Martyr (100-165)

Justin Martyr was born and lived in Samaria, and obviously was close to the Jews and early Jewish believers. He stated that...

We believers in Jesus our Lord, who was crucified under Pontius Pilate, cast out all devils and other evil spirits and therefore have them in our power.

Justin Martyr, *Dialogue with Trypho*. 76, FC 6.269.

Tertullian (Early 2nd Century)

Tertullian, in reference to the joys of being a Christian rather than a pagan, said because as a believer you could...

Find yourself trampling underfoot the gods of the Gentiles, expelling demons, effecting cures, the spectacles of Christians, holy, eternal, and free.

Tertullian, *De. spectaculis*. [*The Shows*]: 29, LCL 295, 297.

Irenaeus (Late 2nd Century)

This early church father was a bishop in Lyons in South-central France, then known as Gaul. He stated that some in the church authenticated the power of God when hands were laid upon the sick and the sick were healed and others were raised from the dead. For example, he said...

Wherefore, also, those who are in truth are His disciples, receiving grace from Him, do in His name perform [miracles], so as to promote the welfare of other men, according to the gift which each one has received from Him.... [Some] heal the sick by laying their hands upon them and they are made whole.

Irenaeus, *Against Heresies*. 2.31.4, ANF. 5.409.

Moreover as I have said, the dead even have been raised up, and remained among us for many years.

Irenaeus, *Against Heresies*. 2.31.2, ANF. 5.407.

Cyprian (circa 200-258)

Cyprian was born into a wealthy pagan home, but when he converted to Christianity, he gave away his fortune. In 248 or 249 he was appointed to be the position of bishop in North Africa. He was influential in spreading the gospel and thereby became controversial among pagans. Hence, nearly a decade later he was martyred in Carthage. His ministry reflected the power of Jesus Christ. Hence, his words concerning exorcisms are noteworthy.

Yet these [spirits] when adjured by us through the true God, immediately withdraw and confess and are forced to go out of the bodies which they had possessed.

Cyprian, *That Idols are Not Gods*. 7, FC, 36.355.

Origen (185-255)

Origen first lived in Alexandria, Egypt but later moved to Syria. He is regarded as one of the most brilliant minds of the Ante-Nicene Period (AD 100-325). He said,

By these [the names of God and Jesus] we also have seen many delivered from serious ailments, and from mental distractions and madness, and countless other diseases, which neither men nor demons had cured.

Origen, *Contra Celsum*, 3.24. LCL 142.

Augustine (354-430)

Many scholars have concluded that Augustine was the greatest theologian since St. Paul. Augustine also recognized that miracles were performed in different ways by different faith healers, and therefore, he refused to take a firm position on the subject other than that these were acts of

God by much intercession and prayer. Concerning miracles he stated their importance when he said,

Great works of miracles are necessary... in order to bring into the church ignorant men and infidels.

Augustine, *Confessions* 12.27, NPNF 1.204.

He does miracles through His servants, it is all one whether He does these things through the spirits of martyrs, as though they were still living in their bodies, or whether He uses angels and affects His purposes by His orders, which are given invisibly, inaudibly, [and] immutably. In that case, miracles which we think are done by martyrs are the result, rather, of their prayers and intercession, and not of their actions.

Augustine, *City of God* 22.9, FC 24.451.

Rev. Johann Christop Blumhardt (1805-1880)

Johann Blumhardt was a pastor in Wottlinger, Wurttemberg in Germany. He was used by God in bringing about a revival movement and was well known for his ministry of healing the sick and delivering the demon-possessed.

Could these accounts have been exaggerations?

These writings were made as a defense of the Christian faith. The strength of these recorded statements lies in the fact that anyone could examine the reports and make a determination if there were in fact sufficient healings and exorcisms to establish evidence, such as recorded by Tertullian. Whereas there is no doubt that some testimonies are exaggerations, a great many are obviously true or these would not have been referred to as supporting events of the continuing work of Jesus Christ in the lives of many believers.

The writings of reliable church fathers should be accepted in the same manner as are other statements about their instructions and doctrines. Many were so sincere of their faith

that they willingly suffered martyrdom. Many of these dedicated men made huge sacrifices because of their faith. They most certainly would not lie or exaggerate knowing they would one day be held accountable to an angry God. The miracles they witnessed and recorded fortified the faith of many in the early church. If such signs and wonders were mere myths, they would have been the chieftains of fools. Nonetheless, it should be noted that the writings of some individuals are considered exaggerations. Hence, these men are not honored among the church fathers.

Why do some Christian critics disregard the historic evidence?

There are two primary reasons. First: it justifies why there are no healings in their own churches. They have established a theological construct to support their position which is beyond the scope of this study guide.

Second, for historical evidence they frequently look to early writings such as the erroneous *Apocryphal Acts of the Apostles* (written AD 150-230) and classify all other ancient writings as being of the same deceitful quality. The accounts recorded in the *Acts* bear little resemblance to the New Testament and therefore are not even in the same literary classification as the early church fathers. Throughout history the *Acts* were never seriously considered to be inspired or authoritative because they refer to grossly exaggerated stories of miracles of various kinds. In fact, in the fifth century, Pope Leo the Great said they should all be burned. The significance of these false writings is, however, not in what is recorded, but what the authors unconsciously acknowledged about themselves - they believed in miracles. This is the irony of those who use these documents to attempt to prove there were no miracles after the apostles.

Did divine healings disappear throughout the centuries?

Obviously not but were often absent. There are multiple reasons. There was moral sin, financial and political corruption, and frequent anti-Semitic actions against local Jewish people. Little wonder then that many church leaders,

especially within Protestantism, believed that miracles ended with the apostles. To the credit of the Roman Catholic Church, in spite of its periodic internal problems it continued to promote the doctrines of miracles and healings.

“Jesus died for every one of us, as if there was only one of us.”

- Saint Augustine

Lesson 6

Renew Your Mind in Christ Jesus

Purpose:

How to successfully recreate a Christ-focused mind.

Objective:

The Student will learn to effectively wage spiritual warfare by believing, speaking, and acting on the Word of God as the power source of victory. Note that faith in God/Jesus is a constant theme in the biblical lessons.

To live as Christ is to live with the Fruit of the Holy Spirit operative in one's life. To attain this victory one must have,

1. A basic understanding of the evil one and overcome his influences by speaking the Word against him.
2. Have an attitude to be obedient to Scripture and the blood of Jesus will cover the rest.

This is not to eliminate the need for prayer and fasting, but in addition thereto. It is important to renew the mind in Jesus prior to renewing the mind in the principles of God relative to divine healing. The Kingdom of God is to be searched first, then the blessings will follow (Mt. 6:33).

Fruit of the evil spirit vs. fruit of the Holy Spirit:

Just as godly deeds are preceded by wholesome thoughts, so likewise sinful deeds are preceded by sinful thoughts (cf. Gal. 5:16-24). The battle of thoughts in your mind influences your self-esteem, your relationship with others and God, and your overall Christian maturity. There is no question this can be a major challenge, especially in a nation of declining moral and ethical values. Nonetheless, one must be pro-active in controlling his/her thought life. As the proverbial cliché says, "decisions determine destiny."

Understanding your enemy and your Defender:

To understand the enemy (Satan) and the defender (Jesus) is how one needs to respond to various thoughts and situations. Below is a partial listing of descriptions and directives.

Fears and worries:

Ps. 77:4-9 Questions by David while he is depressed.

Ps. 77:10-12 He then prays and meditates on God.

Jn. 10:10 The evil one comes to kill, steal, and destroy.

1 Pet. 5:7 Place your worries upon Him – Jesus.

1 Pet. 5:8 Satan comes to devour and destroy you.

1 Pet. 5:9 You are to resist him.

2 Cor. 10:3-5 Every thought you have must be obedient to Jesus.

Eph. 6:10-18 The armor of God is your defense.

NOTE 1: Those who need victory in their thought life need to mentally put on this armor one piece at a time as part of a morning and evening devotional exercise. We are more than conquerors by the blood of Jesus (Rom. 8:37; Col. 2:15).

NOTE 2: Becoming successful in personal relationships is a major step in becoming successful in winning the battle of our minds and thought life.

Prov. 10:12; 14:30 Results of hatred vs. love

Jn. 14:21 Results of true love

Prov. 17:14 Effects of small strife

1 Pet. 4:8; 1 Cor. 13 Significance of love

Prov. 17:9 Forgiveness vs. repeated memories

Mt. 7:1-2 Wisdom in judgment

Mk. 12:28-31 1st & 2nd Commandments

Rev. 12:11 My victory is secured by the blood of Jesus

Speak (confess) the Word into your being:

KEY POINT: Memorize and recite these Scriptures daily:

Rom. 8:6 Carnal mind = death / Spiritual mind = life

Prov. 14:30 Envy = destruction

2 Cor. 10:3-5 Know your weapons of warfare

Eph. 4:26-27 Resolve anger issues

2 Tim. 1:7 Place thoughts under self- (or God's-) control

Phil. 4:8-9 Focus on pure thoughts (not evil ones)

1 Jn. 4:1 Test the spirits

NOTE: A "spirit" in this context can often be considered the same as a thought

Heb. 13:5b The Lord will never abandon us

Jesus bled seven times for us: (Stated previously)

Gethsemane means "olive press."

The blood of Jesus was shed for such times as when we have severe pressure.

Jesus was beaten by the Sanhedrin & Romans

Isa. said he was marred. The gospels record that Jesus did not retaliate.

He shed His blood so I would not have to retaliate

Crown of thorns

In mockery and shame and they cursed Him

Jesus became the curse so that

We can be free of the consequences due to sin, and we could receive the Holy Spirit so that ultimately we could be transformed into the image of God. (Kingdom of God)

The purpose of the scourging of Jesus:

He was scourged for our healing (Isa. 53; I Pet. 2:24)

Jesus carried the cross-beam on his wounded back

He shed blood for our heavy loads and burdens

He was nailed with iron spikes

He then said "Father forgive them"

We are free of sin; our sins are nailed to the cross
The spear was thrust into His side
He spilled water and blood
We are washed in the water of His Word
The Word works in our lives only because of the shed blood
of Jesus

Prayer of victory:

“Father God, forgive me for permitting my mind to wonder into sinful thoughts and I place every evil thought in obedience to Jesus (2 Cor. 10:5). I call upon you to renew my mind in accordance to your Word (Rom. 12:1-2) and I ask you to bless those whom I desired to harm. I thank you Father, that you will guard me and keep me in perfect and constant peace (Isa. 26:3-4) and that my mind is well-balanced, godly, and under self-(or your-) control (2 Tim. 1:7). I place my faith, hope, and confidence in You and in your Word that my life will be abundantly blessed and full of joy (Jn. 10:10). In the name of my precious Savior I pray, Amen.”

Activate the transforming power of the Bible in your thoughts:

The Word is all powerful to the glory of God; that is to do His purpose. As Saint Augustine once said, “Jesus died for every one of us, as if there was only one of us.” Jesus died not only for the salvation of our souls and the healing of our minds and bodies, but also that we could become productive change agents in this world to bring the Kingdom of God into the hearts and lives of other people. Understanding your identity in Christ is absolutely essential to your success at living the victorious Christian life!

The full understanding of the death and resurrection of Jesus for a lost humanity is beyond human comprehension. Yet it is somewhat understandable when Colossians 1:19-22 is read in a personalized format as follows:

For it was the Father's good pleasure for all the fullness to dwell in Jesus, and through Him to reconcile me to Himself, having made peace through the blood of Jesus' cross; through Him, I say, whether things on earth or things in heaven. And although I was formerly alienated and hostile in mind, engaged in evil deeds, yet He has now reconciled me in His fleshly body through death, in order to present me before God the Father holy and blameless and beyond reproach.

Ask God why you are sick or have the problem you are facing:

1. There may be a spiritual or psychological reason for your problem.
2. Ask God, as well as a few trusted friends/prayer partners.
3. If a cause is revealed, deal with it first before moving toward your healing.
4. God will reveal the cause whereas the devil will have you run endlessly in circles thinking "maybe it's this" or "maybe it's that." When God reveals, he will give you inner peace when it is resolved.

Personalize Scripture:

To personalize Scripture is hardly a new concept. However, in previous years Christians would post verses on their door posts. For example, in the early 1600s the English Pilgrims posted Isa. 41:9-10 on their door lintels declaring the promises of God. First century Jewish men would wear a phylactery on their forehead which was a small leather box containing a blessing. Such practices were not only symbolic, but also reflected the devotion men and women had to their faith. The end purpose has always been, and continues to be, to be in God and have Him in the believer.

The late John Osteen once taught his congregation the transforming power of the Bible. He frequently instructed everyone to hold up their Bibles and recite the following confession that reveals profound truth:

**This is my Bible.
I am what it says I am.
I have what it says I have.
I can do what it says I can do.
Today I will hear the Word of God.
Faith will come into my spirit.
I boldly confess
My mind is alert,
My heart is receptive.
I am about to receive
The incorruptible,
The indestructible,
Ever-living seed of the Word of God.
It will change my life
I'll never be the same again
In Jesus' Name,
Amen.**

*** Notes ***

Lesson 7

Prayer and Fasting

Purpose:

The student will understand the significance of prayer and fasting in order to obtain victories over major challenges and difficulties. “That is why I would remind you to stir up - rekindle the embers, fan the flame and keep burning - the gracious gift of God, the inner flame that is in you” (2 Tim. 1:6-7).

Objective:

The student will exercise the practice of prayer and fasting for either personal victory or on behalf of someone else.

NOTE: Prayer is a dialogue, not a monologue, with God to understand His desire and obtain directives on how to completely fulfill His desire. God is not a bell-hop to make us comfortable and rich, but rather, we are His servants in need of reverence and listening silence to hear and discern His still quiet voice.

Biblical examples:

Book of Esther

- 3:6b Haman considered the destruction of Israel.
- 3:13 Destruction planned.
- 4:1-3 Mordecai and others cried and fasted.
- 4:15-16 Fasted and prayed for three days and nights on behalf of Esther.
- 5:2 The king responded in Esther’s favor.
- 7:7 Haman was justly rewarded.
- 8:17 The Jews rejoiced.

Book of 2 Chronicles

- 20:2-3 Jehoshaphat declared a fast.
- 20:17 The battle is the Lord’s

20:20 God is with you

20:21-23 Victory in praise

KEY POINT: prayer and fasting lays the foundation that praise and worship is built upon.

Book of Daniel

10:2-3 Three week fast

10:11 God heard the prayers of Daniel during the fast.

Book of Joel

1:14 Joel fasted and cried out to the Lord.

2:12 Return with your whole heart and with fasting and weeping.

2:15 Announce a fast.

Book of Isaiah

58:4 Wrong way to fast

58:6 Reasons to fast: Break every enslaving yoke and bondage.

58:7-8 Benefits of fasting.

58:9 The Lord will answer.

58:10 Extra blessings

Book of Luke

4:1 Satan tempted Jesus after a 40 day fast. WHY? After a 40-day fast one is physically weak, but spiritually strong and Jesus used God's Word to defeat Satan.

Why should we fast?

1. Fasting was divinely instituted by God as the "master key" whereby the impossible becomes possible. It strengthens and implements prayer (Acts 10:30-31).

2. The Bible says we should (Mt. 6:6, 16, etc.), but there is no *compulsion* to fast because God does not violate man's freewill.
3. A free-will offering to God for repentance and sincerity of the heart (1 Sam. 5-6; Neh. 9:1-3; Dan. 9:3-19).
4. Prayer and fasting give a new ability to concentrate on the things of God; it produces a spiritual and physical discipline (Lk. 2:36-37; 1 Cor. 7:5).
5. To let God know, and to prove to ourselves just how serious we are.
6. To give the stomach a rest.
7. This is a way to give faith the opportunity to rise for the impossibilities.
8. A sure way to defeat Satan if exercised properly; to exercise power and authority in spiritual warfare (Mt. 4:1-11).
9. Whenever we are in need of a spiritual revival, victory, or break-through (Mt. 17:21).
10. To receive revelation from God concerning a particular matter; to receive His directives for the future (example in Dan. 9).

Suggestions on how to fast:

1. Prayer with fasting is the denial of "self" for the higher purposes than mere abstinence from food; to impress others or as a "means to an end." It is vital to check one's motives and heart attitudes prior to prayer and fasting (Jer. 14:11-12; Lk. 18:12-14).
2. If you have a medical condition, see a doctor prior to beginning a fast.
3. Write a list of prayer needs.
4. Pray for strength and guidance for the coming fast. This includes requesting the desire to fast.
5. Set a date for fasting.

6. Avoid coffee and tea for a week *prior* to a fast. Similar beverages tend to produce headaches during a fast.
7. As the first day of fasting approaches, begin reducing rich foods.
8. Be alone with God where there is no interruption (i.e., telephone, children, etc.)
9. During the fast, spend time in prayer to improve your relationship with God, ask for a holy and pure attitude.
10. Drink plenty of water. This is a purifying agent for the body.
11. Do not end the fast if you feel any weakness or have a headache, often a symptom of eliminating caffeine.
12. Ask the Holy Spirit to reveal any sin in your life that may hinder your request and spiritual growth.
13. Read Scriptures related to your need.
14. End the fast with some light food (salad, yogurt) for a day or two before serving a full course meal.

Total Fast

The total fast excludes all foods but permits drinking of water as needed. Fast must be ended (broken) slowly beginning with diluted juices for one or two days, followed by blended fruits and vegetables. NOTE of warning: A full meal at the end of a long fast may cause serious stomach problems.

Non-total Fast

Fast excludes all foods but permits limited amounts of diluted fruit or tomato juices. Hot drinks can be prepared without milk.

Scriptures on fasting:

1. Phil. 3:10 Get closer to God
2. Jn. 17:20-23 Unify the churches

- | | |
|-----------------------|--|
| 3. Dan. 2:21 | Turn toward Christ |
| 4. Joel 3:13-14 | To see a harvest of souls |
| 5. 2 Chron. 7:14 | Revival of God's people |
| 6. Lk. 2:36-38 | The Prophetess Anna fasted and prayed |
| 7. Acts 9:8-16 | The Apostle Paul's total fast |
| 8. Acts 10:1-3, 30-31 | Obedience, prayer and alms |
| 9. Phil. 3:17-20 | Break passion for food |
| 10. Isa. 58:6-8 | Fasting will loose the chains of injustice and untie the cords of every yoke (addiction, spiritual oppression, etc.) and set the oppressed free. |

Prayer without expectancy of a healing is unbelief in disguise:

Prayers prayed in faith have an expectant result. If there is no expectant result, then the prayer was not a prayer of faith, but useless blabber.

Examples of personalized prayers of healing:

“Father, I come to you in the Name of Jesus, and I worship and thank You for my salvation. I thank You for your precious blood that was shed on the cross, redeeming me, saving me, healing me, and giving me eternal life.”

“Lord, I lift up (name of person) to You in prayer. I thank You that You have redeemed him/her and quickened his/her mortal body and have raised him/her by the same Spirit that raised Jesus from the dead. I thank You, that, by the stripes of Jesus he/she is healed.”

“Father, in Jesus’ Name, You said that if we ask anything according to your will, You will answer us. I thank You that healing belongs to _____.

Your will because you have come to give us life and to give it more abundantly. Lord, You said in your Word, that one of the signs of those who follow You is that they are to lay hands on the sick and the sick shall recover. Lord, I am a believer, and I believe your healing power has been released into his/her body when I laid hands on him/her.”

“Lord, You instructed us in your Word to speak to the mountain, believe it to be removed, and it shall be moved. So I speak to this disease in _____ body, and I command it in the name of Jesus to be gone. Thank you Lord, for the healing and a cure in his/her body.”

“I worship You, Father, and thank You for your blessing of health upon _____ life. I declare that _____ shall live and not die and shall declare the works of the Lord. In the Savior’s Name I pray, Amen.”

References: Ex. 23:25; Ps. 118:17; Rom. 8:11; 1 Pet. 2:24; 1 Jn. 5:14; Jn. 10:10; Mk. 16:17-18; Mk. 11:23-24.

Prayer and Praise

Thankfulness and Praise to God our Father through Jesus is the highest form of faith. It breaks the bondage of depression, sends the devil on his way and unlocks the blessings of Heaven. It’s the only way to begin and end a prayer.

Begin a weekly WORD & PRAYER Night

Word and Prayer Night is based on Mark’s account (2:1-12) of a paralytic who wanted to be healed by Jesus who was preaching inside a house. Since there was a huge crowd of people around Jesus his four friends carried him up the stairs on to the roof. They opened it and lowered him to down to

Jesus. Verse 5 states that by the faith of his friends he was healed.

When one has a need, Jesus wants the community of believers to support him. The Christian life was never intended to be a solitary one. The question you must ask is this: If you had a need, would you have four friends to support you and “carry” you to Jesus?

A Word and Prayer Night is a group of believers who are focused on “carrying” each other to Jesus. In essence, it is a dedicated group that meets weekly to meditate on one or more verses and pray. It is also committed to daily prayer and fasting once a week. Everyone follows the format (below) and the leader maintains a prayer journal that monitors the prayer requests and records how the Lord responds. The journal is an important faith builder as it becomes a testimony of God’s faithfulness. After several months unexpected blessings will be noted.

Format for

WORD & PRAYER Night

Purpose:

The purpose of a weekly WORD & PRAYER Night is for the attendees to commit to daily prayer and fasting once a week. Participants desire to come closer to God, to have all the gifts of the Spirit manifest in their lives and to become effective agents to minister the love, grace and power of Jesus to others. Attendees also understand the covenant relationship between God and believer, and therefore, expect Jesus to respond to a holy lifestyle that is coupled with prayer. The Word and Prayer Night are for those who have an intercessory prayer ministry and those who desire to commit and discipline themselves to serious prayer.

Format:

Believers gather and briefly share important events for no more than a half hour. This is followed by Scripture reading and an hour of prayer. During the prayer time participants are free to sing, give a word of knowledge or read Scripture as the Spirit leads. Since many home groups are a gathering with coffee, cake and gossip with a “sprinkle of Jesus,” it is

recommended that no refreshments are served other than beverages.

WORD & PRAYER Night is not

1. A Bible study or an evangelistic tool.
2. A meeting for a curious occasional church attendee.
3. For an unbeliever who wants to know about Christianity; it is not seeker-friendly. While these elements are important, they are better offered at a different time.

WORD & PRAYER Night is less of a social evening and more of a prayer meeting. Meetings are focused on applying biblical promises and principles into lives through prayer and action followed by the recording of the results. It is for serious believers who have a passion to follow Jesus and have Him accomplish the work of the kingdom through each attendee.

Prayer List:

Every week the attendees receive an updated WORD & PRAYER NIGHT list that contains the name of the requestor (the sponsor who is also an attendee) and his/her prayer request. This is followed by the Praise Reports (answered prayers).

In most other prayer meetings, all too often prayers are requested and no one knows if anyone prayed or if there are any results. The leader of Word and Prayer monitors and records the weekly progress. Testimonies of answered prayers become an encouragement and faith builder. The Praise Report is followed by Points to Remember (special announcements) and verses of God's Word that are significant to the group. A sample copy is below:

WORD & PRAYER NIGHT
At Bill & Paivi's House
Sunday January 17 @ 6:30 p.m.

General Prayer Requests

- Pray that the Holy Spirit will revive our hearts that we may grow closer to
 Jesus.
- Salvation for our families
- Pray for our government (1 Tim. 2:1-4) and Israel (Ps. 122:6), especially for
 Jewish and Arab believers.
- Pray that our pastors and believers become the pure unspotted bride of Christ.
- Pray for our missionaries and the persecuted church
- Pray that each of us is covered by the blood of Jesus and wears the armor of
 God (Eph. 6:10-18).

Specific Prayer Requests

Sponsor Need

Bill & Paivi

1. Healing of Wilhelm's arthritic back.
2. Dick's salvation.
3. Healing for Cindy was diagnosed with cancer. She has three to 18 months to live.

Wes

God's direction for a possible missionary trip.

Doug and Pat

1. Continued prayer for both Dave and Clyde.
2. Divine wisdom for Jessica's career and employment.

Dottee

To be healed so she can get off Prednisone.

Don & Stephanie

1. Healing for Merlin who was diagnosed with liver tumor.
2. For Nathaniel and his future goals (military?)

Praise Report (Answered Prayers)

November

1. Michele accepted Jesus. 😊
2. Don's father Frances had a successful surgery, still needs salvation.
3. Giesla has been blessed with a part time that she needed.

December

1. Sergei was offered a new job that he accepted. PTL,
2. Dave and Clyde are responding well to chemotherapy.

January

1. Debbie has a part-time job, PTL !
2. Don and Stephanie received good news from their attorney.

Four Points to Remember

1. Seek first the kingdom of God.
2. Let us remember to fast one meal this coming week for these prayer requests.
3. We all have many responsibilities that have demands upon our time. However, for prayers to be most effective dedicated believers need to meet regularly.
4. Expect results. Prayers without expectant results are faithless prayers.

Unexpected Blessings that were not requested by Group Prayer

1. Stephanie reported that God kept her safe from a near accident on Interstate 78 during a heavy storm.
2. Don received an unexpected blessing concerning legal bills.
3. Hans has a new job with a significant pay increase.
4. We raised \$330 for Harry in India.

NOTE 1: Occasionally the group leader should remind everyone to keep faithful to the daily prayer and weekly fasting. The groups may to decide to fast more frequently or modify the format.

NOTE 2: Since healing is part of the covenant between God and His faithful believers, and since communion is a critical element of that covenant, the group may decide to incorporate communion as part of a regular prayer and worship.

What Makes this Group Different?

Commitment! The attendees make a commitment to worship our Lord and Savior, pray daily and fast at least one meal per week for the needs shared by the group. Visitors are invited to come once or twice to see if they would like to be active participants. However, we know that some committed believers cannot always attend due to employment and/or other circumstances beyond their control. They are invited to participate if they promise to pray for the listed needs daily and fast at least one meal per week. After three months participants may consider fasting two meals per week. It should be noted that fasting is a time of prayer with one's focus upon Jesus, not dieting or just going hungry. It is God's desire that we desire Him - results will follow us.

Word and Prayer Night is not just for healing, but for developing a closer relationship with Jesus and permitting Him to respond to all issues of life as the each member of the group does his/her part for the Kingdom of God.

*** Notes ***

Lesson 8

The Significance of Forgiveness in Healing

Purpose:

To study the significance of biblical forgiveness and the two hindrances that prevent the move of God; that encumber the possibility of receiving a divine healing.

Objective:

The student will understand basic biblical principles concerning forgiveness and its effect on receiving answers to prayers, including healings.

NOTE: The application of faith is a constant theme in these lessons

Unforgiveness is self-justification which is a process of condemning God (Job 40:8)

Biblical forgiveness:

A life of forgiveness is only one element in living in covenant with God. It is however, not only critical to the effective Christian life, but it is also one that is a persistent problem in that unforgiveness is rampant in the church. Therefore, it is the subject of a lesson. It has been said that the greatest impediment that prevents anyone from receiving a healing is unforgiveness. Therefore,

1. Forgiveness is a decision. Choose to forgive, even if extremely violated.
2. Confess the sin of unforgiveness (Jas. 5:16).
3. Unforgiveness gives Satan an advantage over us (2 Cor. 2:10-11).
4. Personally ask for forgiveness from those to whom you did wrong (Mt. 5:23). This will effect your finances, health, etc.
5. Forgive others who do not ask for forgiveness from you (Rom. 12:18).
6. Do something nicely to those who hurt you. (Rom. 12:21)

7. Accept the wrongful person even if he is still in the wrong (Rom. 15:7). Parents should not disconnect from their teens.

8. Ask God to bless those who hurt you and have not admitted their sin (Mt. 5:43-45).

9. Look at others with the eyes of faith and believe the best (1 Cor. 13:4-7). This is how God sees you.

Practical steps to forgiveness:

1. Do not tell anyone what the guilty person did to you.
2. Do not permit anyone to intimidate you.
3. Do not permit the guilty person to feel guilty.
 - a. Do not limit your forgiveness only if he/she is sorry.
 - b. You will need grace if the other person is not sorry.
4. Save face of the other person, do not cause embarrassment
5. Protect the from gossip
6. Forgiveness is a life sentence
 - a. You forgive once only to the person involved
 - b. For severe violations, you may have to silently forgive multiple times.
7. Ask God to bless those who offended you.
8. Forgiveness does not mean forgetfulness.
9. Forgiveness does not mean reinstatement of trust.
10. The greater the difficulty to forgive, the greater the rewards of peace and grace from God.

Comments:

1. God will not have mercy on those who do not forgive (Mt. 6:14-15; 18:35; Mk. 11:25). Hence, if you do not forgive, Christ cannot forgive you (Mt. 18:35).
2. Forgive 70 x 7 (Mt. 18:21-22). Not related to 490, but to the 70 member Jewish high court (Sanhedrin). Seven was/is considered the number representing

wholeness and perfection. However, forgiveness does not equal trust restored. Trust is earned, not deserved. Therefore in broken relationships the restoration of trust must be established after forgiveness, it is not assumed.

3. Comments on forgiveness by Stephen (Acts 7), Jesus on the cross. "Forgive as the Lord forgave you" (Col. 3:13).

4. Nothing pleases God more than someone who desires to please God.

5. It is possible to die before your appointed time (Ecc. 7:17). Smoking, drugs, alcohol, foolish actions, war, suicide, illnesses, etc.

6. Faith pleases God (Heb. 11:6).

7. Murmuring and complaining displeases God (Num. 11:1) as it represents unthankfulness for God's provision in the past, present and future. It reveals a negative attitude (Deut. 1:27), it reveals a lack of faith (Ps. 106:24-25) and is rooted in immaturity.

8. Complaining gives opportunity for Satan to attack (1 Cor. 10:9-13) as it releases negative and demonic forces. Complaints demonstrate that you do not act on the Word of God (Jude 16-24; Phil. 2:14; Num. 13 & 14). Complaints will not toss mountains into the sea, but impede the hand of God to work in your life. Thankful faith will bring success and joy (Mk. 11:23).

9. Negative confessions (Eph. 4:29-31). Our thoughts and words must correspond with the Bible. Complaints reveal the condition of the heart (Mt. 12:35-37; 15:11, 18-19).

10. Joshua saw the effects of murmuring and complaining (Josh. 1:8).

11. We are to rejoice in our suffering (Col. 1:24; 1 Pet. 4:13). We do not rejoice because we are suffering, but because in the midst of our pain we know that God is still God and He will enable us to have ultimate victory. We rejoice that God has victory over our problems (Ps. 20:5).

12. Praise and worship and a positive confession (God's Word) is God's method.

A lesson from *Ben Sirach*. (A Jewish non-biblical book). A profound passage from an intertestamental book known as *Ben Sirach* (circa 170 BC) was written during the reign of the wicked Greek dictator Antiochus Epiphanes IV. His cruelty was so monumental that it was described by the first century historian Flavius Josephus in the *Antiquities of the Jews*, and recorded in the *First* and *Second Maccabees*. In essence, Antiochus was an Adolf Hitler of antiquity as he brought severe persecution upon the Jewish people in an attempt to eradicate them. During those horrific days of suffering and starvation, some Jews turned against each other in a struggle of survival. Some became apostates and betrayed their religious brothers causing them to die. It was within this setting of bitterness and anger that the forgiving words of *Ben Sirach* were written.

He that takes vengeance will suffer vengeance from the Lord,
And he will firmly establish his sins.

Forgive your neighbor the wrong he has done,

And then your sins will be pardoned when you pray.

Does a man harbor anger against another,

And yet seek for healing from the Lord?

Does he have no mercy toward a man like himself,

And yet pray for his own sins?

If he himself, being flesh, maintains wrath,

Who will make expiation for his sins?

Remember the end of your life and cease from enmity,

Remember destruction and death and be true to the
commandments.

Remember the commandments,

And do not be angry with your neighbor.

Ben Sirach 28:1-6

Lessons for a release:

One never knows what tomorrow will bring but it is good to know the One who holds tomorrow. Jeremiah 29:11-14a states, "For I know the plans I have for you, declares the Lord, plans to prosper you and not harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you, declares the Lord." This will never occur in a climate of unforgiveness.

The good news is this: Just as unforgiveness has incredible power to steal and kill, the power of forgiveness is greater to restore and bring forth new life in relationships. It is remarkable! There are ten indicators of unforgiveness in one's life. The bitter and unforgiving person will be:

Barren	Lack of concern for others; consumed with self-pity; preoccupation with self
Biased fearful	Super-sensitive; touchy; paranoid and
Brief	Have few friends; too busy for close relationships
Brittle	Afraid to meet new people; inflexible; fear rejection
Blind joy	Show little or no gratitude; negative; no
Bigoted	Harshly critical; dogmatic and extreme
Brutal	Holds grudges for long periods of time
Base	Stubborn; sulky
Bleak	Gloomy and cold; distant.
Bizarre	Severe mood swings; no sense of stability

How can we overcome unforgiveness? "See to it that...no root of bitterness springing up causes trouble, and by it many be defiled" (Heb. 12:15).

Prayer of release of the bondage of bitterness and/or a grudge:

Dear Father in Heaven,

Thank You for forgiving me of my sins. Thank You for the cross. Thank You for the empty tomb. Thank You for Jesus.

Please help me to remember that my battle is not with other people; it is with spiritual forces that are in rebellion against You. I know that I will be disappointed, even hurt, from time to time. Help me to see those situations through Your eyes, and to learn from them. Please help me to forgive others as Jesus forgave me. Right now, I ask You to bring to my mind the names of individuals against whom I am harboring a grudge. Help me to respond to those hurts in a way that honors You and leads to true restoration. Father, in the name of Jesus, and by His power, I choose to forgive those people, and I ask you to bless them. Remove the root of bitterness I have allowed to grow in my heart. Bring healing and liberty. In Jesus' name, Amen.

Of possible interest:

In the late 1940s the infamous Dead Sea Scrolls were discovered in clay jars near the Dead Sea. Written by Jewish scribes at the time of Christ, they recorded the events of daily life in addition to writing copies of OT books. Among the writings was this blessing found in a scroll known as the *Community Rule*.

May he (God) bless you with everything good and may he protect you from everything bad. May he illuminate your heart with the discernment of life and give you eternal knowledge. May he lift upon you the countenance of his favor for eternal peace.

Dead Sea Scroll *Community Rule* 1 QS 2, 1b-4 ⁶

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⁶ *Journal of the Evangelical Theological Society*.. Vol. 52. 2:341ff.

Lesson 9

Inner Healing with an Emphasis on Fear

Purpose:

The Student will understand the biblical steps to inner healing with an emphasis on victory over fears

Objective:

The student will either apply the steps personally or will aid someone else

NOTE: The application of faith is a constant theme in these lessons Read Isa. 61; 65:17-19

Some conditions for inner healing:

Guilt	Condemnation
Addiction	Discouragement
Depression	Suicidal
Inferiority	Worry
Anger	Resentment
Unforgiveness	Self-pity
Envy	Self-hatred (common in high school)
Jealousy	Sexual problems

Common fears:

Being a failure, rejection, sickness and pain, death, loneliness, financial problems, marriage/divorce, children, unemployment or underemployment,

Emotions (illogical or uncontrolled), hell, failure to please God.

Past experiences troubles, tragedies and personal violations (i.e., rape, abusive relationships, failures, etc.).

What is FEAR?

False Evidence Appearing Real

1. Fear is a lack of faith in God, and therefore is a sin.
2. Often fears appear to have a legitimate reason.
3. There is no legitimate fear listed in the Bible.
4. Exception: fear of hell.
5. "Fear the Lord" means to respect our Lord.
6. Fear is a sin – lack of faith in God to provide for one's needs.

The effects of fear:

1. Paralyzes one's ability to make right decisions.
2. Temporarily paralyzed emotionally, physically, mentally.
3. Encumbers one's ability to focus rightly on God.
4. One is unable to face the future.
5. Spiritual life and growth is either terminated or hindered..
6. One becomes a slave to the evil one, human passions, and the world (Rom. 8:15).
7. Possible inability to have a healthy personal relationship with a spouse and family.
8. Ineffectiveness in the Kingdom of God.

Biblical solutions to fear:

- Ps. 18:2 The Lord is my shield
- Ps. 27:1-4 Focus on the Lord who is your strength and stronghold.
- Ps. 34:4, 6, 17, 19 The Lord delivers from fear, troubles.
- Ps. 46 God is a refuge and He will be exalted.
- Ps. 84:12 The Lord is Joy
- Ps. 91:5-6 (With ref. to v.1) You will not fear.
- Ps. 124 (Esp. v. 7-8) Our help is in the name of the Lord.
- Prov. 29:25 Overcome the fear of man.

Isa. 35:3-6 The Lord will come.

Isa. 41:10, 13 Do not fear because God is with you.

Lk. 1:74-75 Jesus enables us to serve Him without fear.

Lk. 10:19 I have given you authority...over the enemy.

Lk. 12:31-32 Seek first the Kingdom of God and do not be afraid.

Jn. 14:27 Jesus gives peace, do not be afraid.

Phil. 1:13-14 Paul, a prisoner speaks fearlessly.

Phil. 2:9 Every knee (including fear) will bow.

1 Jn. 4:4b "Greater is He who is in you than he that is in the world."

1 Jn. 4:18 There is no fear in love, but fear brings the thought of punishment.

Students to daily recite the following:

Isa. 53:5 Jesus took our sins, sicknesses, sorrow, and pain to the cross.

Eph. 4:26-27 Deal swiftly but prudently with anger.

Eph. 4:31 The common reaction is *not* to act (Col. 3:8).

Col. 3:13 Live as Jesus did

Phil. 3:13-15 Be determined to forget the past and know that you have established a mark of maturity.

How is fear overcome?

Ps. 86:6-7 Call upon the name of the Lord and He will answer you.

Isa. 53:5 By His stripes we are healed.

Jn. 16:33 Jesus has overcome the world.

Ps. 84:12 Blessed is the man who trusts in the Lord.

Rev. 12:11 My victory is secured by the blood of Jesus.

A sample prayer should include these steps:

1. Be willing to forgive every person you ever met and those who hurt you even though you may never have

met them. Special attention to parents, family members, divorced spouse, in-laws, teachers, pastors, etc.

2. Ask God to forgive you.

3. Pray for the healing of memories AND self condemnation beginning from the time of your conception. This is to include traumatic experiences (house fire, rape, etc.), rejection, fears, and horrors of any kind. Pray for sections of life at a time such as the childhood years, teen years, twenties, thirties, etc. Include special events such as a summer camp, time of marriage, etc.

a. Pray for the healing of fear of rejection and failure, Isa. 4:2.

b. Cut the roots of rejection with each time segment, Heb. 4:12.

c. Ask God to bless those who hurt you (this might be challenging).

4. Pray by faith that the Holy Spirit will fill every area and void in your life.

5. Close with two prayers similar to these:

“Father God, I thank you for the plan of salvation and the work that Jesus did on the cross for me. I confess my sin of fear and ask that You forgive me. Father God, Your Word says, that if I confess my sins You are faithful to forgive me of my sins and will purify me (1 Jn. 1:9). I thank you for that forgiveness and cleansing. Lord Your Word also promises that I can have peace in my mind, my nerves, and throughout my body. Father God, I receive Your peace given to me by the blood of Jesus. I thank You for Your peace and a sound mind, emotions and body. In Jesus’ Name I pray, amen.”

Or

“Father God, I promise to keep my thought on You, especially when I am tempted to think on fearful things. I also promise to forgive all those who have

offended me and further promise to pray for them that they too may receive Your bounty full of blessings as I have. Furthermore, I ask You to fill me with Your Holy Spirit that I may be full of joy and love in the Name of Jesus. In His Holy Name I pray, Amen.”

6. Welcome the Holy Spirit

When the spirit of fear is cast out, a void is left within a person. It must be filled with the Holy Spirit or the evil spirits will return. Remember that perfect love will cast out all our fears. There is no fear in the love of Jesus. The prayer must close with a request for an in-filling of the Holy Spirit.

Lesson 10

Practical Advice for the Recovery of Addictions

Any pastor will tell you that “the deeds of the flesh,” meaning the sins of humanity listed in Galatians 5:19-21, are hardly a complete listing. These sins were listed to avoid as well as to compare to the fruit of the Holy Spirit in mankind (Gal. 5:22-24). Nonetheless, there are many within the church who are struggling with one or more of these issues. Note the words of the apostle Paul,

Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, that those who practice such things will not inherit the kingdom of God.

Galatians 5:19-20

When Paul wrote this letter to Christians in Galatia, he gave a warning for those who practiced these sinful actions and assumed they were living a good Christian life. His letter was not intended to condemn those who are struggling to overcome such practices and addictions, but to those who refused to repent. Nowhere in Scripture is there condemnation for those who are struggling to overcome a problem. Successful avoidance of these sins is both a constant attitude and an accomplishment.

Today’s technological and materialistic, self-centered Western culture has taken these sins to a greater depth of depravity. There are many who come to Jesus because they have reached “their end” of their agonizing addiction and have no where else to go. Jesus does not condemn them. On the other hand, some Christians, for one reason or another fall into one of these addictive sins and struggle to get recover. Jesus is their second chance.

Often people in these situations have challenges that are more complicated than most realize. Many are also struggling with secondary influences (called dual diagnosis).

For example: A secondary influence is when someone, who is struggling with drugs or alcoholism, may also be dealing with anxiety, depression or other serious psychiatric condition such as a bipolar disorder. This can make regaining physical and mental health difficult and complicated.

The cause of the secondary influence could simply have been a bad choice during high school. Or it could have been a more serious issue such as the pain resulting from a horrific event.

While the drug or alcohol addiction may be the motivation for seeking a counselor, the primary cause may be hidden in the history of one's life. Telling someone not to drink or take drugs when the causality is an event from years past is not going to prevent the drinking or taking of drugs. Neither will advise one to simply pray, have faith, and read a Bible verse every day. These well-intended suggestions will only add frustration to the recovery process.

Receiving treatment for only one element of a dual diagnosis will not result in a complete healing. It is crucial that rehabilitation focus on both the addiction and the secondary (psychiatric) symptoms involved.

While not all persons with an alcohol or drug addiction have dual diagnosis conditions, the trend is that as the American family continues to break down, the number is steadily increasing. For proper treatment, one needs to find a reputable Christian counselor who will apply solid counseling techniques with Scripture to help the client in the healing process.

There is hope. There is always hope. Christian drug and alcohol facilities such as Teen Challenge have consistently had a higher than national average recovery rate. The combination of the Holy Spirit, guidance from a competent Christian counselor, and your dedication to apply technique and God's Word into your life *will* result in a new man or new woman described in Galatians 5:22-24. From the time the foundations of the earth were laid, God had a plan for you.

“For I know the plans I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and a hope.”

Jeremiah 29:11

An amazing characteristic about God is that, once you accept Jesus as your Savior, He sees you as a member of the royal priesthood (1 Pet. 2:9) who is pure and holy. The difficulty is that:

1. We do not see ourselves that way and thereby have difficulty accepting His love.
2. We may have difficulties forgiving ourselves for past deeds.
3. We may still have to resolve issues such as anger or an addiction. We question how God could love someone like that. But the true difficulty is that we cannot comprehend the love of God (Jn. 3:16).

Without question the leading organization helping those who have fallen into alcohol abuse and addiction is Alcoholics Anonymous World Services, Inc., more commonly known as "AA." Founded in 1935, its founders considered the Sermon on the Mount, 1 Corinthians 13 and the Book of James essential for the recovery process to be successful. In 1939 AA published the 12-step recovery program that is essential to any recovery process. While this organization had its roots in the Bible,⁷ as the American culture grew increasingly secular, references to "God" were replaced by phrases such as "God as you know him."

The 12 Steps for a Successful Recovery.⁸

Step 1 - We admitted we were powerless over our addiction - that our lives had become unmanageable.

⁷See Dick B., *The Good Book and the Big Book: A.A.'s Roots in the Bible*. Bridge Builders ed. (Kihei, HI: Paradise Research Publications, Inc., 1997), 159-60.

⁸ This version of the 12 steps is an adaptation from the original 12 Steps of Alcoholics Anonymous and is intended for general use with any addictive or dysfunctional behavior.

Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

Step 3 - Made a decision to turn our will and our lives over to the care of God as we understood God.

Step 4 - Made a searching and fearless moral inventory of ourselves.

Step 5 - Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Step 6 - Were entirely ready to have God remove all these defects of character.

Step 7 - Humbly asked God to remove our shortcomings.

Step 8 - Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10 - Continued to take personal inventory and when we were wrong promptly admitted it.

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs.

A sister organization is Narcotics Anonymous (“NA”) for those with a challenge of drug abuse or addiction. While both organizations are based on biblical and practical principles of recovery, whatever emphasis is given to the Bible and God is directly dependent upon the counselor. Unfortunately, many today chose to ignore the power of God’s Word. That said, two Bibles that are highly recommended for study are the *Celebration Recovery Bible* ⁹ and the *Life Recovery Bible*.¹⁰ Both Bibles have editorial comments that help the reader connect the God’s grace and promises to meaningful life situations.

⁹ Zondervan Publishers. 2007.

¹⁰ Tyndale House Publishers, 2007.

When we experience challenging or overwhelming difficulties, often we conclude that God can no longer use us. It is then that we need to remember that God is the God of a second chance. Examine the lives of those in Scripture:

Noah was a drunk	Abraham was too old
Isaac was a daydreamer	Jacob was a liar
Leah was ugly	Joseph was abused
Moses had a stuttering problem	Gideon was afraid
Rahab was a prostitute	Jeremiah and Timothy were too young
Elijah was suicidal	Isaiah preached naked
Jonah ran from God	Naomi was a widow
Job went bankrupt	Peter denied Christ
Zaccheus was too small	Paul was too religious

The disciples fell asleep while praying
Martha worried about everything
The Samaritan woman was divorced many times
Samson had long hair and was a womanizer
David had an affair and was a murderer
Timothy had an ulcer and Lazarus was dead!

So what's your problem? Jeremiah 29:11 is just as true today for you as when it was first written. In fact, God's Word has *always* existed – even before the prophet Jeremiah was born. Meditate on that.

“For I know the plans that I have for you,”
declares the LORD, “plans for welfare
and not for calamity to give you
a future and a hope.”

With Jesus all things are possible.

Lesson 11

Maintain Your Healing - the Test of a Miracle

Purpose:

How to maintain a healing and identify a true miracle.

Objective:

The student will understand basic biblical principles and will be instructed to incorporate them into his or her daily life. This is a lifestyle change.

NOTE: The application of faith is a constant theme in these lessons.

Attention to God:

Daily praise God for your healing.

Ps. 40:2

Memorize salvation and healing Scriptures.

Ps. 34:4 (including the fear of losing a healing)

Isa. 53:4-5; 61:1; Phil. 3:13

Spend regular time with God.

Jn. 15:7

Attention to others:

Pray for the healing of others.

Jas. 1:22, 25

Share your healing experience with many others.

Ps. 40:9a; 107:2, and especially Ps. 118:17.

Forgive everyone. Be certain not to hold any grudges.

Mt. 6:14-15; Mk. 11:25-26

Let anger rest in peace

Eph. 4:26-27; Prov. 16:32; 25:28

Respect your spouse

1 Pet. 3:7

Be merciful and giving to the poor.

Ps. 41:1-2

Pastors must care more for others than for themselves.

Ezek. 34:1-10

Attention to self preservation:

Resist the Devil and put on the armor of God.

Jas. 4:7; Rev. 12:11; Eph. 6:10-18

Die to sin, live to righteousness

1 Pet. 2:24

Be a living sacrifice, holy and acceptable to God.

Rom. 12:1; 6:13

My victory is secured by the blood of Jesus

Rev. 12:11

A true test of a miracle:

It is important that ministers of the gospel maintain the highest level of integrity. We are told to worship Him in spirit and in truth, and the latter includes the testimonies of what is observed in the lives of people who are touched by the healing grace of God. At times people become excited thinking they have received a miracle, when in fact they wished for it so badly their emotions led them to a false conclusion. Others enjoy the popularity ministry can give them. Therefore, the following four points established by the late Kathryn Kulhman are considered to be a true test of a genuine miracle.

The disease or injury should be organic or structural in nature – and should have been medically diagnosed. The healing should have occurred rapidly, or instantaneously. The changes would have to be abnormal and not the kind that could result from suggestion. All healings would have to be medically verified – preferably by more than one doctor. At least one of the doctors must be the patient's private

physician. The healing should be permanent, or at least of sufficient duration as not to be diagnosed as a “remission.”¹¹ The irony of the above test is that it is ideal for a Western culture, but doctors are generally impossible to find in Third-world countries. Yet this does demonstrate the discernment of delineating the difference between a genuine miracle and one that is false. El Shaddai - The God who is more than enough for me (Ps. 91:14-15). God will. God will answer me (Jer. 33:3; Is. 43:25-26; Mt. 7:7-8; Mk. 11:24; Jn. 16:23 Heb. 3:8). God will deliver me (Ps. 34:19). God will set me on high and honor him, because I have known God’s name. (Ps. 24:3-4; 91:15).

Common sense:

Possibly one of the greatest horrors that must behold Heaven is to see how people in the Western culture eat. We have become a culture wherein we eat ourselves sick and then ask God to heal us. When He does, we revert back to the same junk food that crippled our immune system in the first place. When you receive your healing, whether naturally or by divine miracle, give thanks to God. Then reduce the calories and carbohydrates. Consider the fact that your body is the temple of the Holy Spirit. Treat it respectfully. It will add years to your life.

Closing comment:

There are those who claim to have such incredible faith that they refuse to see a doctor, and furthermore, they insist that others do likewise. This is not faith, but a power struggle to demonstrate super spirituality. True love searches for the highest and best good in others. If someone has a medical condition, then thank God for that person’s healing and take him or her to see a physician.

God gave all of us the mental faculties to make rational decisions. If we were to live solely by faith and never use our thinking faculties, then God made a horrible mistake at the time of creation.

¹¹ Jamie Buckingham in *Daughter of Destiny*, 152, cited by Ron Kydd in *Healing Through the Centuries: Models for Understanding*. (Hendrickson, 1998). 188.

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“Let the words of my mouth and the meditation of my heart
be acceptable in Your sight, O Lord, my strength and my
Redeemer.”

King David (Ps. 19:14)

Lesson 12

Eat Healthy

Purpose:

To encourage the reader to research basic health information and thereby attain and maintain a healthy body and lifestyle.

Objective:

The student will understand several basic guidelines of good health and nutrition.

NOTE: This subject is beyond the scope of this book, but is a necessary component to living a long and healthy life in a modern Western culture.

Attention to God:

The human body is the temple of God. Many Christians are selective of how they will honor God with their bodies. They insist on not smoking and drinking but neglect some of the weightier issues such as junk foods (i.e. white sugar, white bread, white salt) that cause obesity and degenerative diseases. After spending years eating unhealthy foods they complain to God that they are sick and wonder why. They have forgotten is the principle that states, “*Whatever* a man sows, this he will also reap” (Gal. 6:7). This principle applies to all areas of life: spiritual, social, diet and exercise or the lack thereof.

Key Verse:

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

1 Corinthians 6:19

First Seek Professional Counsel:

1. See a medical professional prior to beginning any diet or exercise program.

2. Then see a natural health care professional. The American medical establishment is the best in the world for curing diseases, but cannot legally advocate alternative natural methods without the possibility of facing medical-malpractice. Natural health care professionals will guide you to various resources in books and on the Internet.

Principles and Guidelines for Health:

1. In the '70s a popular slogan was that "you are what you eat." The fact that Americans are suffering from degenerative diseases related to the diet suggests the slogan is true. T. Colin Campbell in his book, *The China Study* confirms this with startling results and has become a college reference book for those in nutritional studies.¹²

2. Cholesterol level in China is low, as are heart diseases, diabetes and cancer. The death rate of breast cancer is 5 times higher in China than in the U.S. No heart disease fatalities among patients with cholesterol levels below 150 mg/dL.¹³

3. Do you have a problem with weight? T. Colin Campbell says you should disregard calories. "You can eat as much as you want and still lose weight - *as long as you eat the right type of foods.*"¹⁴

4. Doctors can measure your blood cholesterol but cannot measure how much cholesterol you consume with your food. Genetics is only about 2 or 3% of the health risk.¹⁵

5. The following foods are strong anti-oxidants that fight cancer: Blueberries, Acai Berries, Raspberries, Cranberries, Green Tea, Garlic, Broccoli, Cabbage, [Onions, Leeks, Tomatoes, Resveratrol, Soy, Turmeric, Watercress and Spinach.](#)

¹² T. Colin Campbell. *The China Study*. Dallas, TX: Benbella Books. 2006.

¹³ T. Colin Campbell, 79.

¹⁴ T. Colin Campbell, 140. Emphasis by Campbell.

¹⁵ T. Colin Campbell, 71.

6. Calcium and protein that come from low-fat dairy products promote weight loss and maintain muscle mass.
7. A United States Department of Agriculture study concluded that as little as $\frac{1}{4}$ teaspoon of cinnamon will reduce blood sugar levels and increase insulin levels.
8. Beans are a good source of protein, fiber and iron. Protein keeps blood sugar levels steady and hunger at bay.
9. Consuming fish regularly has been shown to lower levels of the essential fatty acid leptin, a hormone linked to slower metabolism and obesity.
10. Pectin has a water-binding ability that may limit the amount of fat your body can absorb. All fruits have pectin, but it is especially plentiful in apples and berries.
11. Garlic is said to be a miracle herb. It boosts metabolism and keeps insulin levels low by maximizing fat burning. Bad breath is a small price to pay for good health.
12. Ginger has the health benefit of increasing metabolism while also expanding blood vessels, and thereby improving blood flow.
13. Green tea containing caffeine will increase metabolism 28 to 77% depending on how much is consumed.
14. Soybeans are a high-source of low-fat protein and are low on the glycemic index. This means that one's blood sugar will not spike and then crash an hour later.
15. Spicy foods can make one sweat and increase heart rate for a short time, during which time the metabolism rate is increased.
16. Olive oil is a good fat.
17. You burn more calories digesting protein than you do digesting carbohydrates or fats. That is one reason low-carb diets work.
18. Dehydration slows down metabolism and often disguises itself as hunger.

19. Everyone must consume some carbohydrates. Eat only whole wheat or whole grain breads and pastas.
20. Avoid artificial sweeteners. The Federal Food and Drug Administration refused to approve Aspartame for 16 years until a powerful politician was appointed into office and managed to get it legalized. It and other artificial sweeteners have been linked to brain cancer, memory loss, impaired vision, joint pain and other health challenges. Furthermore, these sweeteners slow down the metabolism rate and increase appetite. Hence, diet foods have results that are opposite of intended goals.
21. Avoid MSG and its excitotoxin cousins. MSG, or monosodium glutamate, is a chemical additive commonly used by the food industry as a “flavor enhancer”. Unfortunately, it is put into most processed foods. Even Campbell’s soups have MSG, which is sometimes deceptively labeled as “natural flavoring.” One of its excitotoxin cousins is Aspartame.
22. Avoid sodas. One can of sugar sweetened soda per day can add 15 pounds per year.
23. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).
24. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water: best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.
25. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in

the intestines becomes putrefied and leads to more toxic buildup. Fat and excessive protein from red meat is linked to obesity. NOTE: Some recent health studies suggest avoiding red meat totally. Consume only unfarmed northern fish such as salmon, some poultry and minimal pork.

26. Cancer cell walls have a tough protein covering. By refraining from or eating less meat the body will free more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

27. Some supplements build up the immune system (IP6, Florscence, Essiac, anti-oxidants, vitamins, minerals, EFA s etc.) to enable the body's own killer cells to destroy cancer cells. Too many other supplements such as vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

28. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

29. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing helps to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

30. Warning: Microwave radiation from cell phone use is suspected to brain tumors. Unfortunately, case studies are often biased in favor of the sponsors of the study (i.e. cell phone industry). A new review of more than 100 studies on the safety of mobile phones has concluded that cellular devices are poised to cause an epidemic of brain tumors that will kill more people than smoking or asbestos. (Natural News. August 20, 2008 by David Gutierrez).

31. Parsley will reduce blood sugar and diabetes dangers. A pinch of bay leaf will also bring down blood sugar.
32. Eating a few stalks of celery daily will reduce high blood pressure.
33. 1,400 IU of Vitamin E with 2-3,000 mg Vitamin C per day is believed to be 66% effective against Alzheimer's Disease.
34. 2,100 mg Co-Q-10 with 1,200 mg Red Yeast Rice lowers cholesterol. However, some researchers believe that high cholesterol is NOT a primary reason for heart disease (see reference to *The China Report* below).
35. 4-5,000 IU Vitamin D3 daily is 60+% effective against cancer, heart disease, the common cold, etc.).
36. Seven foods to avoid: canned tomatoes, corn-fed beef, micro-wave popcorn, farmed salmon, nonorganic potatoes, conventional apples, mild produced with artificial hormones (Prevention. Nov. 2009).
37. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and are harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts.
38. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.
39. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened Soya milk cancer cells are being starved.
40. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
41. Concerning Plastic Containers: Do not use plastic containers in microwave, water bottles in freezer, or plastic wrap in microwave.

For Further Study:

Do you want to know how the foods you eat affect your health? *The China Study* is a landmark book authored by Dr T. Colin Campbell that conclusively shows the link between diet and many serious ailments such as heart disease, cancer and diabetes. This book details the largest study ever of diet, disease and overall health in more than 2,400 counties in China surveying over 6,500 individuals. Even though the United States is one of the richest countries we suffer from diseases of affluence linked to our diet. Rich, high protein, high fat foods are our nemesis and they are taking their toll on our health and healthcare system as Campbell shows.

Other recommended resources include *Prevention* magazine. Also check out H.M. Kwok article, "Chinese Restaurant Syndrome" *New England Journal of Medicine*. 1968. 4:796. Russell L. Blaylock has authored three must-read books: *Excitotoxins: The Taste That Kills*, *Health and Nutrition Secrets That Can Save Your Life*, and *Natural Strategies for Cancer Patients*.

A final word:

You can have all the faith in the world and all the grace of God in Heaven, but if you fail to care for your physical wellbeing, you will get sick or continue to be sick. While the above recommendations are focused on dietary guidelines, the subject of physical exercise is equally important. Discuss an exercise program with a medical professional and/or therapist for maximized results. Your health is your responsibility. You do your best and let God do the rest.

*** Notes ***

Lesson 13

Healing Scriptures

Abraham prayed to God, and God healed Abimelech and his wife and his maids, so that they bore children.

Genesis 20:17

And He said, "If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer."

Exodus 15:26

Honor your father and your mother, that your days may be prolonged in the land which the LORD your God gives you.

Exodus 20:12

If you walk in My statutes and keep My commandments so as to carry them out, then I shall give you rains in their season, so that the land will yield its produce and the trees of the field will bear their fruit.

Leviticus 26:3-4

You shall walk in all the way which the LORD your God has commanded you, that you may live and that it may be well with you, and that you may prolong your days in the land which you will possess.

Deuteronomy 5:33

You shall therefore impress these words of mine on your heart and on your soul; and you shall bind them as a sign on your hand, and they shall be as frontals on your forehead ...so that your days and the days of your sons may be multiplied on the land which the LORD swore to your fathers to give them, as long as the heavens remain above the earth.

Deuteronomy 11:18, 21

The LORD will remove from you all sickness; and He will not put on you any of the harmful diseases of Egypt which you have known, but He will lay them on all who hate you.

Deuteronomy 7:15

I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. So choose life in order that you may live, you and your descendants, by loving the LORD your God, by obeying His voice, and by holding fast to Him; for this is your life and the length of your days, that you may live in the land which the LORD swore to your fathers, to Abraham, Isaac, and Jacob, to give them.

Deuteronomy 30:19-20

Return and say to Hezekiah the leader of My people, 'Thus says the LORD, the God of your father David, "I have heard your prayer, I have seen your tears; behold, I will heal you. On the third day you shall go up to the house of the LORD.

2 Kings 20:5

So the LORD heard Hezekiah and healed the people.

2 Chronicles 30:20

O LORD my God, I cried to You for help, and You healed me. O LORD, You have brought up my soul from Sheol; You have kept me alive, that I would not go down to the pit. Sing praise to the LORD, you His godly ones, and give thanks to His holy name.

Psalms 30:2-4

Many are the afflictions of the righteous, but the LORD delivers him out of them all.

Psalms 34:19

How blessed is he who considers the helpless. The LORD will deliver him in a day of trouble. The LORD will protect him and keep him alive, and he shall be called blessed upon the earth; And do not give him over to the desire of his enemies. The LORD will sustain him upon his sickbed; In his illness, You restore him to health.

Psalms 41:1-3

For all our days have declined in Your fury; We have finished our years like a sigh. As for the days of our life, they contain seventy years, or if due to strength, eighty years, yet their pride is but labor and sorrow; For soon it is gone and we fly away.

Psalms 90:9-10

Yet those who wait for the LORD will gain new strength; They will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.

Isaiah 40:31

Do not fear, for I am with you; Do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.

Isaiah 41:10

He (Jesus) was despised and forsaken of men, a man of sorrows and acquainted with grief; And like one from whom men hide their face He was despised, and we did not esteem Him. Surely our griefs He Himself bore, and our sorrows He carried; Yet we ourselves esteemed Him stricken, smitten of God, and afflicted. But He was pierced through for our transgressions, He was crushed for our iniquities; The chastening for our well-being fell upon Him, and by His scourging we are healed. All of us like sheep have gone astray, each of us has turned to his own way; But the LORD has caused the iniquity of us all to fall on Him.

Isaiah 53:3-6

Then your light will break out like the dawn, and your recovery will speedily spring forth; And your righteousness will go before you; The glory of the LORD will be your rear guard.

Isaiah 58:8

My son, do not forget my teaching, but let your heart keep my command- ments; For length of days and years of life and peace they will add to you.

Proverbs 3:1-2

For by me your days will be multiplied, and years of life will be added to you.

Proverbs 9:11

For I will restore you to health and I will heal you of your wounds,' declares the LORD.

Jeremiah 30:17a

Behold, I will bring to it health and healing, and I will heal them; and I will reveal to them an abundance of peace and truth.

Jeremiah 33:6

If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him.

Matthew 7:11

This was to fulfill what was spoken through Isaiah the prophet: "HE HIMSELF TOOK OUR INFIRMITIES AND CARRIED AWAY OUR DISEASES."

Matthew 8:17

Christ redeemed us from the curse of the Law, having become a curse for us--for it is written, "CURSED IS EVERYONE WHO HANGS ON A TREE"--in order that in Christ

Jesus the blessing of Abraham might come to the Gentiles, so that we would receive the promise of the Spirit through faith.... And if you belong to Christ, then you are Abraham's descendants, heirs according to promise.

Galatians 3:13-14, 29

Children, obey your parents in the Lord, for this is right. HONOR YOUR FATHER AND MOTHER (which is the first commandment with a promise), SO THAT IT MAY BE WELL WITH YOU, AND THAT YOU MAY LIVE LONG ON THE EARTH.

Ephesians 6:1-3

For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, WHO COMMITTED NO SIN, NOR WAS ANY DECEIT FOUND IN HIS MOUTH; and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously; and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.

1 Peter 2:21-24

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

3 John 2

Healing Scriptures of Jesus

Jesus was going throughout all Galilee, teaching in their synago-gues and proclaiming the gospel of the Kingdom, and healing every kind of disease and every kind of sickness among the people. The news about Him spread throughout all Syria; and they brought to Him all who were ill, those suffering with various diseases and pains, demoniacs, epileptics, paralytics, and He healed them.

Matthew 4:23-24

And a leper came to Him and bowed down before Him, and said, "Lord, if You are willing, You can make me clean." Jesus stretched out His hand and touched him, saying, "I am willing; be cleansed." And immediately his leprosy was cleansed.

Matthew 8:2-3

Jesus got up and began to follow him, and so did His disciples. And a woman who had been suffering from a hemorrhage for twelve years, came up behind Him and touched the fringe of His cloak; for she was saying to herself, "If I only touch His garment, I will get well." But Jesus turning and seeing her said, "Daughter, take courage; your faith has made you well." At once the woman was made well.

Matthew 9:20-22

As Jesus went on from there, two blind men followed Him, crying out, "Have mercy on us, Son of David!" When He entered the house, the blind men came up to Him, and Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then He touched their eyes, saying, "It shall be done to you according to your faith." And their eyes were opened.

Matthew 9:27-30a

Jesus summoned His twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every kind of disease and every kind of sickness.

Matthew 10:1

But Jesus, aware of this, withdrew from there. Many followed Him, and He healed them all.

Matthew 12:15

Now when Jesus heard about John, He withdrew from there in a boat to a secluded place by Himself; and when the people heard of this, they followed Him on foot from the cities. When He went ashore, He saw a large crowd, and felt compassion for them and healed their sick.

Matthew 14:13-14

When they had crossed over, they came to land at Gennesaret. And when the men of that place recognized Him, they sent word into all that surrounding district and brought to Him all who were sick; and they implored Him that they might just touch the fringe of His cloak; and as many as touched it were cured.

Matthew 14:34-36

Departing from there, Jesus went along by the Sea of Galilee, and having gone up on the mountain, He was sitting there. And large crowds came to Him, bringing with them those who were lame, crippled, blind, mute, and many others, and they laid them down at His feet; and He healed them. So the crowd marveled as they saw the mute speaking, the crippled restored, and the lame walking, and the blind seeing; and they glorified the God of Israel.

Matthew 15:29-31

Seeing Jesus from a distance, he (a demoniac) ran up and bowed down before Him (Jesus); and shouting with a loud voice, he said, "What business do we have with each other, Jesus, Son of the Most High God? I implore You by God, do not torment me!" For He (Jesus) had been saying to him, "Come out of the man, you unclean spirit!" ...And coming out, the unclean spirits entered the swine; and the herd rushed down the steep bank into the sea, about two thousand of them; and they were drowned in the sea.

Mark 5:6-8, 13b

A woman who had had a hemorrhage for twelve years.... after hearing about Jesus, she came up in the crowd behind Him and touched His cloak. For she thought, "If I just touch

His garments, I will get well." Immediately the flow of her blood was dried up; and she felt in her body that she was healed of her affliction.

Mark 5:25, 27,-29

When they had crossed over they came to land at Gennesaret, and moored to the shore. When they got out of the boat, immediately the people recognized Him, and ran about that whole country and began to carry here and there on their pallets those who were sick, to the place they heard He was. Wherever He entered villages, or cities, or countryside, they were laying the sick in the market places, and imploring Him that they might just touch the fringe of His cloak; and as many as touched it were being cured.

Mark 6:53-56

They brought to Him one who was deaf and spoke with difficulty, and they implored Him to lay His hand on him. Jesus took him aside from the crowd, by himself, and put His fingers into his ears, and after spitting, He touched his tongue with the saliva; and looking up to heaven with a deep sigh, He said to him, "Ephphatha!" that is, "Be opened!" And his ears were opened, and the impediment of his tongue was removed, and he began speaking plainly.

Mark 7:32-35

But after hearing of Him, a woman whose little daughter had an unclean spirit immediately came and fell at His feet. Now the woman was a Gentile, of the Syrophoenician race. And she kept asking Him to cast the demon out of her daughter....And going back to her home, she found the child lying on the bed, the demon having left.

Mark 7:25-26, 30

And one in the crowd answered Him, "Teacher, I brought You my son, possessed with a spirit which makes him mute; and whenever it seizes him, it slams him to the ground and he foams at the mouth, and grinds his teeth and stiffens out. I told Your disciples to cast it out, and they could not do it."

And He answered them and said, "O unbelieving generation, how long shall I be with you? How long shall I put up with you? Bring him to Me!"

They brought the boy to Him. When he saw Him, immediately the spirit threw him into a convulsion, and falling to the ground, he began rolling around and foaming at the mouth. And He asked his father, "How long has this been happening to him?" And he said, "From childhood." It has often thrown him both into the fire and into the water to destroy him. But if You can do anything, take pity on us and help us!"

And Jesus said to him, "'If You can?' All things are possible to him who believes." Immediately the boy's father cried out and said, "I do believe; help my unbelief."

When Jesus saw that a crowd was rapidly gathering, He rebuked the unclean spirit, saying to it, "You deaf and mute spirit, I command you, come out of him and do not enter him again."

After crying out and throwing him into terrible convulsions, it came out; and the boy became so much like a corpse that most of them said, "He is dead!" But Jesus took him by the hand and raised him; and he got up. When He came into the house, His disciples began questioning Him privately, "Why could we not drive it out?" And He said to them, "This kind cannot come out by anything but prayer."

Mark 9:17-29

And He came to Nazareth, where He had been brought up; and as was His custom, He entered the synagogue on the Sabbath, and stood up to read. And the book of the prophet Isaiah was handed to Him. And He opened the book and found the place where it was written, "The Spirit of the Lord is upon me, because he anointed me to preach the gospel to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to set free those who are oppressed, to proclaim the favorable year of the Lord" And He closed the book, gave it back to the attendant and sat down; and the eyes of all in the synagogue were fixed on Him. And He began to say to them, "Today this Scripture has been fulfilled in your hearing."

Luke 4:16-21

In the synagogue there was a man possessed by the spirit of an unclean demon, and he cried out with a loud voice, "Let us alone! What business do we have with each other, Jesus of Nazareth? Have You come to destroy us? I know who You are--the Holy One of God!" But Jesus rebuked him, saying, "Be quiet and come out of him!" And when the demon had thrown him down in the midst of the people, he came out of him without doing him any harm. And amazement came upon them all, and they began talking with one another saying, "What is this message? For with authority and power He commands the unclean spirits and they come out."

Luke 4:33-36

While the sun was setting, all those who had any who were sick with various diseases brought them to Him; and laying His hands on each one of them, He was healing them. Demons also were coming out of many, shouting, "You are the Son of God!" But rebuking them, He would not allow them to speak, because they knew Him to be the Christ.

Luke 4:40-41

Jesus came down with them and stood on a level place; and there was a large crowd of His disciples, and a great throng of people from all Judea and Jerusalem and the coastal region of Tyre and Sidon, who had come to hear Him and to be healed of their diseases; and those who were troubled with unclean spirits were being cured. And all the people were trying to touch Him, for power was coming from Him and healing them all.

Luke 6:17-19

And there was a woman who for eighteen years had had a sickness caused by a spirit; and she was bent double, and could not straighten up at all. When Jesus saw her, He called her over and said to her, "Woman, you are freed from your sickness." And He laid His hands on her; and immediately she was made erect again and began glorifying God.

Luke 13:11-13

On another Sabbath He entered the synagogue and was teaching; and there was a man there whose right hand was withered. The scribes and the Pharisees were watching Him closely to see if He healed on the Sabbath, so that they might find reason to accuse Him. But He knew what they were thinking, and He said to the man with the withered hand, "Get up and come forward!" And he got up and came forward. And Jesus said to them, "I ask you, is it lawful to do good or to do harm on the Sabbath, to save a life or to destroy it?" After looking around at them all, He said to him, "Stretch out your hand!" And he did so; and his hand was restored.

Luke 6:6-10

In these lay a multitude of those who were sick, blind, lame, and withered, [waiting for the moving of the waters; for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the stirring up of the water, stepped in was made well from whatever disease with which he was afflicted.]

A man was there who had been ill for thirty-eight years. When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, "Do you wish to get well?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me."

Jesus said to him, "Get up, pick up your pallet and walk." Immediately the man became well, and picked up his pallet and began to walk.

John 5:3-9a

As He passed by, He saw a man blind from birth. And His disciples asked Him, "Rabbi, who sinned, this man or his parents, that he would be born blind?" Jesus answered, "It was neither that this man sinned, nor his parents; but it was so that the works of God might be displayed in him. "We must work the works of Him who sent Me as long as it is day; night is coming when no one can work. "While I am in the world, I am the Light of the world." When He had said this, He spat on the ground, and made clay of the spittle, and

applied the clay to his eyes, and said to him, "Go, wash in the pool of Siloam" (which is translated, Sent) So he went away and washed, and came back seeing.

John 9:1-7

The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.

John 10:10

Healing as a Christian Lifestyle

He will call upon Me, and I will answer him; I will be with him in trouble; I will rescue him and honor him. With a long life I will satisfy him and let him see My salvation.

Psalms 91:15-16

My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your sight; Keep them in the midst of your heart. For they are life to those who find them and health to all their body.

Proverbs 4:20-22

Do not be excessively wicked and do not be a fool. Why should you die before your time?

Ecclesiastes 7:17

"Truly I say to you, whatever you bind on earth shall have been bound in heaven; and whatever you loose on earth shall have been loosed in heaven. Again I say to you, that if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven. For where two or three have gathered together in My name, I am there in their midst."

Matthew 18:18-20

And Jesus answered saying to them, "Have faith in God. "Truly I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says is going to happen, it will be granted him. "Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they will be granted you. "Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions. "But if you do not forgive, neither will your Father who is in heaven forgive your transgressions."

Mark 11:22-26

"Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son. "If you ask Me anything in My name, I will do it.

John 14:13-14

In that day you will not question Me about anything Truly, truly, I say to you, if you ask the Father for anything in My name, He will give it to you. Until now you have asked for nothing in My name; ask and you will receive, so that your joy may be made full.

John 16:23-24

And He said to them, "Go into all the world and preach the gospel to all creation. He who has believed and has been baptized shall be saved; but he who has disbelieved shall be condemned. These signs will accompany those who have believed: in My name they will cast out demons, they will speak with new tongues; they will pick up serpents, and if they drink any deadly poison, it will not hurt them; they will lay hands on the sick, and they will recover." So then, when the Lord Jesus had spoken to them, He was received up into heaven and sat down at the right hand of God. And they went out and preached everywhere, while the Lord worked with them, and confirmed the word by the signs that followed. And they promptly reported all these instructions to Peter and his companions. And after that, Jesus Himself

sent out through them from east to west the sacred and imperishable proclamation of eternal salvation.

Mark 16:15-20

The crowds with one accord were giving attention to what was said by Philip, as they heard and saw the signs which he was performing. For in the case of many who had unclean spirits, they were coming out of them shouting with a loud voice; and many who had been paralyzed and lame were healed.

Acts 8:6-7

There he found a man named Aeneas, who had been bedridden eight years, for he was paralyzed. Peter said to him, "Aeneas, Jesus Christ heals you; get up and make your bed." Immediately he got up.

Acts 9:33-34

At Lystra a man was sitting who had no strength in his feet, lame from his mother's womb, who had never walked. This man was listening to Paul as he spoke, who, when he had fixed his gaze on him and had seen that he had faith to be made well, said with a loud voice, "Stand upright on your feet." And he leaped up and began to walk.

Acts 14:8-10

God was performing extraordinary miracles by the hands of Paul, so that handkerchiefs or aprons were even carried from his body to the sick, and the diseases left them and the evil spirits went out.

Acts 19:11-12

So faith comes from hearing, and hearing by the word of Christ.

Romans 10:17

Jesus Christ is the same yesterday and today and forever.

Hebrews 13:8

Is anyone among you sick? Then he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him.

James 5:14-15

Final comment

There is an old cliché that says, “God said it, I believe it, that settles it.” The fact of the matter is that what one believes or does not believe has little to do with the authority of the Bible. The cliché would be more accurate if it said “God said it -- that settles it” - period!

* * * Notes * * *

*** Notes ***

Appendix

Information You might find Useful

When organizing this study guide, some interesting historical information did not fit into any conventional lessons. This data is placed below and it might be useful in your instructional lessons or sermons.

1. The use of the term “physicians” in the Old Testament:

1. *Raphe* or *rophe* from the Hebrew root word, *rafa* or *rapha*
2. “Physicians” mentioned 9 times in the OT, such as:
 - a. Embalmers of Jacob (Gen. 50:1-11)
 - b. Wounds and ulcers (cf Isa. 1:6; 30:26; Hos 6:1).
 - c. Bone setters (Ezek. 31)
 - d. Physicians condemned for giving useless advice and worthless treatment (Jer. 8:22; Job 13:4; 2 Chron. 16:12)
3. “I am the Lord your healer”
4. Contrast with the false gods, not against physicians.

2. The church established hospitals:

In 325 Emperor Constantine convened a church council for the purpose of establishing a consensus on various doctrines. Among the many subjects the bishops approved were the establishment of hospitals for the sick and wounded. Note the brief reference of the 70th Canon on the Nicaean Council.

Of the hospital to be established in every city, and of the choice of attendant and concerning his duties. [It is interesting to note that one of the duties of the superintendent is—“That if the goods of the hospital are not sufficient for its expenses, he ought to collect all the time and from all Christians provision according to the ability of each.”]¹⁶

¹⁶ <http://www.fordham.edu/halsall/basis/nicea1.txt> Retrieved December 4, 2009.

3. Didn't Jesus warn us of those who used His name relative to healing?

In Matthew 7:15-23 and its parallel in Luke 6:43-45 Jesus predicted that false prophets would call Him "Lord, Lord" and perform miracles in His name. This passage has been interpreted by some well-meaning believers as to state that other Christians who do call upon the Lord Jesus to heal the sick and cast out demons are those false prophets. In fact, they believe that since miracles and healings ended with the death of the last apostle, only false prophets can perform similar miraculous signs and wonders. Note the following verses 21-23 from Matthew 7:

Not everyone who says to Me, 'Lord, Lord,' will enter the kingdom of heaven, but he who does the will of My Father who is in heaven will enter. Many will say to Me on that day, 'Lord, Lord, did we not prophesy in Your name, and in Your name cast out demons, and in Your name perform many miracles? And then I will declare to them, "I never knew you; DEPART FROM ME, YOU WHO PRACTICE LAWLESSNESS."

The point of theological misinterpretation is the phrase, "Lord, Lord, did we not prophesy in Your name, and in Your name cast out demons, and in Your name perform many miracles? And then I will declare to them, "I never knew you." This passage has been one of controversy throughout the centuries. The primary point of difficulty is that someone who professed to exercise the power of Jesus but is unknown by Him. In ancient times, exorcists often called upon the names of several deities to exercise supernatural (spiritual) powers. Two ancient non-biblical documents help bring clarification to this passage. The first is an exorcism that invoked the names of Solomon and Yahweh against Belial and the Liliths (devils).

[Text missing] of David. Concerning the words of the spell in the name of YHWH [text missing] of Solomon, and he will invoke the name of YHWH to set him free from every affliction of the spirits, of the devils, Liliths,

owls and jackels. These are the devils, and the prince of enmity is Belial who rules over the abyss of darkness [text missing] to [text missing] and to magnify the God of wonders... the sons of his people have completed the cure [text missing] those who have relied on your name. Invoke [text missing] guarding of Israel. Lean on YHWH, the God of gods, he who made the heavens, and the earth and all that is in them, who separated light from darkness.

Dead Sea Scroll *Apocryphal Psalm of Exorcism* (11Q11 [11QPsApa]), Col. 1, Lines 1-13.¹⁷

This manuscript obviously indicates that this first century Jew had a functional knowledge of using the name and authority of God to cast out demons. His success, however, is unknown. Nonetheless, it is known that he was dedicated **solely** to Jesus, and therefore, he would not be considered “saved.”

The second example is a third century A.D. document found in Egypt. It was written by a Jew who called upon more than the God of his faith. A large portion of the text was omitted because the spirits were repeatedly adjured. It should be noted that the word “I adjure you” is a command that means “to cast out.” The abbreviated form is as follows,

For those possessed by demons, [here is] an approved charm by Pibechis. Take oil made of unripe olives, together with the plant Mastigia and lotus pith, and boil it with marjoram (very colorless), Saying, “Joel, Ossarthiomi, Emori ...Come out of such-a-one.” But write on the phylactery... “Jaeo, Abraothioch, Phtha ...and hang it around the sufferer: it is of every demon a thing to be trembled at, which he fears. Standing opposite, adjure him. The adjuration is this: “I adjure you by the god of the Hebrews Jesu, Jaba...you that appear in fire, you that are in the midst of the earth and snow and vapor, tannetis: let your angel descend, implacable one, and let him draw into captivity the

¹⁷ Florentino Garcia Martinez. *The Dead Sea Scrolls Translated*. 2nd ed. (Wilfred G. E. Watson, trans. Grand Rapids: Eerdmans. 1996). 376.

demon as he flies around this creature which God formed in his holy paradise.”

The magical formula ¹⁸ closes with the following:

I adjure you by him who appeared unto you O Israel in the pillar of light and in the cloud by day, and delivered his word from the task work of Pharaoh and brought upon Pharaoh the ten plagues because he did not listen. I adjure you, every demonic spirit, whoever you are...I adjure you by God the light-bringer, invincible, who knows what is in the heart of all life, who from dust formed the race of men... I adjure you by the great God Sabaoth through whom the Jordan River flowed backward, the Red Sea also, which Israel journeyed over and it was impassable.

I adjure you -- every demonic spirit -- by Him that looks down on the earth and makes the foundations tremble thereof, and made all things out of things which were not into being. But I adjure you, you who see the adjuration: the flesh of swine you must not eat, and there shall be subject to you every spirit and demon, whatever he may be. But when you adjurest, blow sending [your] breath from above [to the feet], and from the feet to the face, and he [the demon] will be drawn into captivity. Be pure and keep it. For the sentence is Hebrew and kept by men that are pure.

Selections from the lines 3,007-85 of the *Paris Magical Papyrus of Jewish Origins* ¹⁹

The command “come out” is the same word used by Jesus in Luke 4:35 (cf. Mk. 1:25, 5:8, 9:25) and was a common

¹⁸ It is not the intent to teach demonic formulas or ancient witchcraft, but rather to present evidence that exorcism was practiced by pagan exorcists who call upon the name of God and/or Jesus.

¹⁹ C.K. Barrett. *The New Testament Background*. (San Francisco: Harper-San Francisco, 1999). 34-37; See also Adolf Deissmann, *Light From the Ancient East*. (Lionel R.M. Strachan, trans. Peabody, MA: Henderson, first ed. 1927, reprint 1995). 250-60.

formula used in ancient exorcism. “Phtha” was the name of an Egyptian god. “Adjure” is a formula to command a spirit to act and the name “Jesu” is the abbreviated name of Jesus, the power source used to cast out the demon. Jews had a high regard for the name of God. So much that even today orthodox Jews will spell the name of Deity as “G-d”. Likewise, any Jew who considered the deity of Jesus spelled His name “Jesu.”

These writings reveal that the demons were commanded to leave in a manner similarly used by Jesus. The typical exorcist’s formula used by both Jews and Greeks had the same essential elements. Generally there was the invocation of the names of deities, the use of magical names, the use of a religious object (gem or piece of lead), and some form of a religious rite.²⁰ In contrast, Jesus simply commanded demons to leave their victims. His disciples were told to do the same by simply using the authoritative phrase, “in the name of Jesus”(Mt. 10:1; Lk. 10:19).

The above exorcisms differ from those of the early Church in that the Church fathers used only the name of Jesus for their authority and power. One of the earliest church fathers who acknowledged this divine power by the Holy Spirit was Justin Martyr who lived in Samaria about a century after Christ. He stated that, “We [are] believers in Jesus our Lord, who was crucified under Pontius Pilate, cast out all devils and other evil spirits and thus have them in our power.”²¹

In the early third century, Tertullian constantly and aggressively attacked pagan philosophies and their accompanying lifestyles. In stark contrast, he spoke of the joys of being a follower of Christ and stated that as a Christian, what could be better...

²⁰ Clinton E. Arnold. *Power and Magic: The Concept of Power in Ephesians*. (Grand Rapids: Baker, 1992). 78.

²¹ Justin Martyr, *Dialog* 6:269.

Than to find yourself trampling underfoot the gods of the Gentiles, expelling demons, effecting cures, seeking revelations, living to God? These are the pleasures, the spectacles of Christians, holy, eternal, and freed.

Tertullian, *De Spectaculis* 29. LCL, 295, 297

Origen was another early church father of the early third century who recorded the signs and wonders of the Holy Spirit in the lives of Christians. In one of his apologetic writings of his Christian faith, he stated

By these [the names of God and Jesus] we also have seen many delivered from serious ailments, and from mental distractions and madness, and countless other diseases, which neither men nor demons had cured.

Origen, *Contra Celsum* 3.24 ²²

In the Roman-Greco world, the pagan religions promoted the teaching that the spirit world had an overriding influence on every aspect of the daily affairs of men. The Apostle Paul referred to the powers of Christ being dominant over the powers of evil in his letters to the Ephesian and Colossian churches. In ancient religions, when one prayed, one commanded the gods to a particular action, and therefore, expected the requested results. When the early church leaders prayed they expected and received results. Demonic powers are broken in the name of Jesus because of His death and resurrection, His ascension and exaltation by His heavenly Father (cf. Eph. 1:21; Cor. 2:12-15; Phil. 2:9).²³

Note: While ancient magical texts describe elaborate methods with repeated phraseology to adjure an evil spirit, Jesus uttered a simple command to leave and the demons obeyed Him.

²² *Contra Celsum* 3.24 trans. by Henry Chadwick (Cambridge: Cambridge University Press, 1953). 124.

²³ Aune 1521 with reference to ancient writers Origen *Contra Celsum* 6.41; 7.4 and Philostratus vit. Sophist. 523, 590; See also Arnold, 19.

4. The spiritual warfare of Ephesians 6:

The full meaning of Ephesians 6:10-18, is best understood within the cultural context of the Roman capital city of Ephesus. It was a significant cultural and religious center known for the worship of the patron Greek goddess Artemis (Romans called her Diana). The Temple of Artemis also served as a bank because it housed the tax revenues of the eastern third of the Empire. Hence it was a strategic city of immense importance and wealth.

Artemis was the multi-purpose patron goddess of war, childbirth, wildlife, hunting and the defender of the city. As goddess of protection and war she was depicted wearing a fortress-type crown. She was said to have superb archery skills, enabling the hunter to bring home wild game and help the warrior kill his enemy. Roman Soldiers in Ephesus soaked their arrows in oil and ignited them prior to shooting at their targets; arrows believed to have been guided by her. In time of war, the Ephesians tied an idol of her to the protective city wall so her power could flow into it.

She was the cunning goddess of the underworld and ruled at least forty-four other deities (demons) that were also worshipped by the Ephesians. Little wonder then that she was called “savior, lord” and “queen of the cosmos.”²⁴ Some idols depicted her as a multi-breasted woman wearing a long flowing robe on which are inscribed images of those deities (demons) that she nursed. Paul did not focus his writing on just any deity, but on the feminized form of Satan who was supreme commander of the spiritual world of the Ephesians.

In Ephesians 1 Paul described the identity of a believer “in Christ Jesus” and the end of Chapter 6 commands the believer to fight the good fight of faith with the power of Jesus. For any spiritual battle to be successful one must know who he/she is in Christ Jesus and know the enemy. No better illustration of spiritual warfare could be given than a

²⁴ Arnold, 149-51.

victorious believer dressed in the armor of God vs. the satanic commander of Ephesus.

Ephesians 6:10-18: The dual imagery of the armor of God:

Imagery of a Roman soldier.

We fight the good fight of faith (1 Tim. 6:12; 2 Tim. 4:7).

Imagery of the high priest in Jerusalem.

We are a royal priesthood (1 Pet. 2:9).

V. 10. Be strong in the Lord.

The Lord is our strength.

V. 11-13. The armor of God

Whole armor of God = Whole counsel of God.

Word of God = knowledge of God

God's knowledge in proper (= wisdom) use wins battles.

Cannot expect to win with only one element of the armor.

Purpose of the armor:

To stop satanic attacks that include destruction to health, finances, relationships, etc.

To stop thoughts, ideas, suggestions given to us by human nature and Satan.

All sin originated by a thought, idea, of evil suggestion.

Example: Eve made a wrong decision based on thought, but she had knowledge that she failed to use.

V. 11-13 Demonic power

Artemis is identified as the Devil

Her cunning schemes should be opposed
successfully

Stand firm in the faith (v. 13, Gal. 5:1) against demonic
forces

Military combat terminology (Hosea 4:6).

V. 14. Belt of Truth

The belt held the sheath of the sword.

Paul affirms the importance of truthfulness in order to
have a successful victory over demonic forces.

Jesus said “Spirit of truth” (Jn. 16:13).

Shall guide you into all truth

Shall speak, show things to come.

V. 14. Breastplate of Righteousness

Soldier’s protective covering of his chest

Priest wore a breastplate (Ex. 28:29) with which he
made important decisions.

1 Thess 5:8 Breastplate of faith and love.

To the first century readers of the letter to the Ephesians, the priest represented worship and sacrifice before God, not warfare. Yet the Christian life is one of worship, sacrifice and spiritual warfare. Paul underscored the power of God available to the believer with the fact that Christians are dedicated to be holy to God (signified by the helmet of salvation) and are to make godly decisions (signified by the breastplate). The priest was not only to have the character of God (fruit of the Spirit), but was also to be dedicated to God. Hence, Paul used OT words such as “faithfulness” and “righteousness.”

Relative to the breastplate of verse 14, In the pouch of the breastplate worn by the High Priest were two stones, urim and thummim, that brought either a blessing or cursing (Deut. 11:26-28) life and good, or death and evil (Deut 30:15). In the OT the covenant became binding when Moses sprinkled it (breastplate) and the people with blood (Ex.

24:8); and in the NT the covenant became binding when Jesus shed his blood (Lev. 17:11; Mt. 26:28; Heb. 9:15-18; 10:1-22).

V. 15. Shoes

Protective covering for the feet, symbolized servanthood.

V. 15. Gospel of peace

Paul said to be ready to proclaim the gospel of peace.

Artemis was the goddess of war and the defense of Ephesus

(Demonic forces create terrorism, war, and anarchy.)

V. 16. Shield of faith

Paul said that faith in God will be the shield that will not only protect us from the flaming arrows (darts) of the enemy, but will also quench them.

V. 17. Helmet of salvation

Helmet was the soldier's protective covering of the head

Priest wore a head band that read "HOLY TO THE LORD" (Ex. 39:30)

Success depends on one's active thinking and thought life

Every thought needs to be/is screened.

Thoughts filtered or evaluated by what you know.

Some innocent thoughts have bad consequences.

Little biblical knowledge = little filtering ability

2 Cor. 10:5 Take every thought captive.

Do not make decisions by emotions.

1 Tim. 1:18 Fight the good fight "jihad" - a holy war to control your mind.

War with thought-life is a lifelong process.

Jn. 16:13 Spirit of truth will guide you

Jesus spoke more of the Spirit of truth than of miracles.

1 Peter 5:8 Maintenance of thought life

“Sober” = clear minded

“Alert” = observant of the Devil’s possible attacks

Every person who has ever failed, first failed in thought life.

Jn 13:1- 2 Devil put an evil thought in heart of Judas, that he accepted.

Acts 5:1 Ananias and Sapphira failed because of an evil thought they accepted.

“Knowledge” use as in military phraseology:

God’s people in exile due to lack of knowledge (Isa. 5:13).

God’s people die due to lack of knowledge (Hosea 4:6).

“Set you free” military combat terminology in John 8:32.

V. 17. Sword of the Spirit

Sword of Spirit = Word of God (Bible)

The Word of God is to be used in conjunction with clear thinking.

V. 18. Pray in the Spirit.

Prayer is the dialog between man and God .

Jesus said Holy Spirit is the “Spirit of truth” (Jn. 14:16)

Jesus said Holy Spirit “teach you all things” (Jn. 14:25)
“Bring all things to remembrance”

The Holy Spirit is spoken of more as a Revealer of truth than a Worker of miracles (See 1 Cor. 12)

Victory through Jesus:

Jesus disarmed demonic powers and principalities (Col. 2:15).

Jesus came to destroy the works of the devil (1 Jn. 3:8).

God gave us victory through Jesus (1 Cor. 15:57).

Because of Jesus...“It is finished,” Satan is defeated (Jn. 19:30).

Jesus gives freedom from Satan (Jn. 8:36).

Jesus, not Satan, has the keys of death and Hell (Rev. 1:18).

Ephesians 6:10-18 personalized:

10 Finally, *I am* strong in the Lord and in the strength of His might.

11 *I will* put on the full armor of God, so that *I* will be able to stand firm against the schemes of the devil.

12 For *my* struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

13 Therefore, *I have taken* up the full armor of God, so that *I* will be able to resist in the evil day, and having done everything, to stand firm.

14 *I will* stand firm therefore, HAVING GIRDED MY LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,

15 and having shod MY FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE;

16 in addition to all, *I am* taking up the shield of faith with which *I* will be able to extinguish all the flaming arrows of the evil one.

17 And *I will* take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.

18 With all prayer and petition *I will* pray at all times in the Spirit, and with this in view, *I will* be on the alert with all perseverance and petition for all the saints...

Suggested prayer:

The following prayer is for someone who has a demonic spirit, but must first accept Jesus as Lord and Savior.

Father God I thank you that I am in your covenant through faith and the blood of Jesus. I am covered by His blood and I command you (demonic spirit) in the name of Jesus to come out of your victim. With the authority of Jesus and in His name, we command you to go at once to the place that Jesus has prepared for you. There He will bind you for ever. You cannot return. For the victory belongs to Jesus, and in His name I pray, Amen!

Notes of interest:

1. People feel that if signs and wonders are not flowing there is something wrong with the pastor or the church.
2. Jesus is more interested in your obedience and what you know than a display of His power. (i.e., Marriages are saved by display of obedience to the Word and character, not power).
3. We are destroyed by lack of revelation knowledge, not by lack of signs and wonders. Knowledge in proper use wins battles.
4. Forgiveness is best demonstrated when you, as the one who was violated, ask God to bless and prosper the one who violated you.
5. Consider this thought for your purpose in life: God's plan for humanity takes into account human sin and human errors.
6. This does not mean that God condones sin and errors, but it does mean that God is able to redeem any and all situations and use them for His purpose and glory.
7. Finally: To anyone who has not dealt with demonic spirits, this is not child's play. One must fast and pray before becoming involved and minister only with others who are experienced in this ministry. Jesus spoke to demonic spirits. He never touched one who

was demonically possessed or oppressed. Likewise, you need to apply wisdom.

5. Insights into ancient medicine

Diseases:

Archaeoparasitology is the scientific extraction and identification of parasite eggs from archaeological sites. The purpose is to identify the parasites that inflicted the people of Bible times.

Ancient leprosy as described in Leviticus 13 and 14 was a classification of various skin diseases that is not related to the modern leprosy, or Hansen's disease. Some of these skin diseases were effectively treated when the sufferer bathed in hot sulfur springs. Consequently, people with all kinds of ailments came to the hot springs hoping to be cured.

However, the question raises as to why God had Moses write two chapters (13 & 14) in Leviticus related to leprosy when there would be only two reported healings of the disease in the Old Testament? The answer lies in the fact that by the first century it was common knowledge that only the Messiah would be able to heal this dreaded disease. Therefore, when Jesus healed the ten lepers and sent them to the temple to be declared "clean" it was a profound statement that He was the Messiah. Many had claimed to be the Messiah, but Jesus was generally silent about His Messiahship and demonstrated it. Caiaphas and many other temple leaders were aware of the cleansing of the lepers and still chose to have Him crucified.

Ancient Surgery

Trephination or trepanation is the medical process in which a hole is drilled in the skull to relieve a medical problem. In 1867 the Parisian Anthropological Society captured global attention when reported that ancient brain surgeries had a 77% recover rate. According to Joe Zias, who is the curator

of anthropology for the Israel Antiquities Authority, some physicians in ancient Israel were apparently successful. Zias said,

In Israel 28 trephinated crania, ranging in time from the pre-pottery Neolithic at Jericho (8350-6000 BC) to the early Arab Period (8th century AD), have appeared. The post-operative survival [rate] is 77%....”²⁵

The appearance of new bone tissue at the surgical site indicates that healing, and obviously recovery, had occurred. Human skulls have been found in Europe where, in the Middle Ages, the survival rate was much lower than in ancient Middle East due to post-surgery infection and possible climate conditions.

Amulets

Throughout history people have always turned to the supernatural when confronted with problems, whether health or military conflict. By the first century the ancients, and especially the Babylonians, had developed a massive amount of literature on magic and incantations; more than half of them written in the Jewish-Aramaic dialect.²⁶ This is probably due to the influence of the Jewish people and their belief in YHWH (Yahweh).

Many Jewish amulets that were written against a disease or evil spirit contained Bible verses. An example is one that was discovered in an ancient synagogue near Kibbutz Nirim in Israel. It reads,

An amulet proper for Esther, daughter of T'tys, to save her from tormentors, from evil eye, from spirit, from demon and shadow-spirit, from all evil tormentors, from evil eye, from pure spirit. “And he said, ‘if thou wilt diligently hearken to the voice of the Lord thy God, and wilt do the right in his sight and wilt give ear to his

²⁵ Zias, Joe. “Health and Healing in the Land of Israel.” *Illness and Healing in Ancient Times*. Haifa, Israel: University of Haifa, 1997. 16.

²⁶ Naveh, Joseph. “Illnesses and Amulets in Antiquity” *Illness and Healing in Ancient Times*. Haifa, Israel: University of Haifa, 1997. 24.

commandments, and keep all his statutes, I will put none of these diseases upon thee, which I brought upon the Egyptians for I am the Lord that healeth thee.”

(Ex. 15:26)²⁷

The verse indicates that the amulet was written to save Esther from any illness caused by any demonic spirit identified in various forms. People had faith in their amulets and in their God that they would be healed. Therefore, by the time Jesus came on the scene, He performed the miracles they requested and taught the Word they believed in. They had to make the decision as to whether to accept Jesus as was the Promised One (Isa. 53) Who would personally heal them.

The reason Physicians condemned for giving useless advice and worthless treatment (Jer. 8:22; Job 13:4; 2 Chron. 16:12) was that they probably applied remedies common in pagan cultures instead of pointing their clients to God as their Healer. Since then amulets have since evolved into spiritually useless good luck charms.

Luke 4:38-39 and an amulet (?)

When Jesus went to Simon Peter’s home in Capernaum, He found Simon Peter’s mother-in-law sick with a high fever (Lk. 4:38-39). First century Jews had various prayers and written amulets for the cure of various diseases. An amulet found by archaeologists in a tomb in Tiberias, just a few miles south of Capernaum, calls upon God (“Yah” for YHWH) for the cure of a fever. It reads,

Yah, Yah, Yah, Yah, Yah... (70 times) Eradicate from the body of Ina, daughter of Ze’irti, all hectic fever and illness and sickness”²⁸

²⁷ Naveh, 25-25.

²⁸ Naveh, 27.

The written amulet calls upon God seventy times to heal the daughter. It is assumed that she died due to the fever and illness. This was typical of practical principals of divine healing at the time of Jesus. This is not to imply that there was an amulet related to the Luke 4 narrative. But the use of them by the Jews and other people groups is well known to scholarship. Nonetheless, in this case, when Jesus arrived He did not call upon the “Yah” (for YWHW) because He was God in human form. Simon Peter’s mother-in-law was healed simply by the spoken word of Jesus. Numerous times Jesus demonstrated His power over amulets and other superstitions.

6. Trials, Difficulties and Tribulations:

We all go through trials and tribulations and yours might seem to be the worst of all. Life would not be normal without those challenges, but how often have we asked ourselves, “Where is the Lord during these troubling times?” Rev. David Wilkerson provides a thought on this that is particularly encouraging from Jeremiah’s book, Lamentation. (Jeremiah is often referred to as “the weeping prophet”.) Be blessed by the hope and promise that comes from the scriptures that suggests that when we are at our lowest we are NOT ALONE. Guess who is there waiting for you?

I have known of great Christians who have experienced a trial so dark and deep that life itself seemed almost not worth living. In his very darkest hour, Jeremiah discovered a glorious truth that mind. It was something he already knew about God, but it didn't touch his soul until he came to the end of himself. He discovered that at the very bottom, God was there! The farther down he went, the more God was to be discovered. God was not to be discovered up there in some blissful soaring into untroubled skies, but in the shadows of grief and despair. When Jeremiah hit bottom, he bumped into God! He fell hard against the faithfulness of a compassionate God. Listen to his discovery:

“God is a God of compassion...his compassions for me cannot fail.... They are new every morning...great is his faithfulness...” (Lam. 3:22-23).

Little by little, Jeremiah came to realize great truths that can only be discovered by those who are down.

1. When I am at the very lowest point; when troubles flow over my heart like water, and I say, "I am cut off," God draws near and whispers, "Do not fear!" (Lam. 3:54-57).
 2. When God seems to have "covered himself with a cloud, so that my prayers could not pass through," he will still see my oppression and will "judge my case" (Lam. 3:44, 59).
 3. If the Lord allows grief and sorrow, he will at the same time uphold me with abundant compassion and love (Lam. 3:32).
 4. God is not against me, trying to crush me under his foot when I'm down like a prisoner in trouble (Lam. 3:34).
 5. God is not trying to sabotage any of my plans; he is not causing my confusion; he is not working against me (Lam. 3:35-36).
 6. Even in my despair and bitterness, when I hated to face a new day, his compassion failed not. His mercies were waiting for me, new each morning. (Lam. 3:22-23).
 7. Because God is always faithful, he will not cast me off. He will do right by me and save me (Lam. 3:25-26).
 8. When I am at my lowest, I have nowhere to turn but to God, so I will lift up my heart and my hands, and thank him for his faithfulness! (Lam. 3:40-41).
 9. Being down has spent my strength and hope. I am left empty and humbled, so now I depend totally on his mercies! (Lam. 3:18, 20-22).
- 7. Do not go to Hell over a mystery. Or, why is "Why" a futile question?**

It seems that there are more and more people experiencing life altering events; events that are so traumatic that they never return to normalcy. To make matters worse, often the instigator of pain and suffering continues to enjoy life while victims lay emotionally paralyzed. Reoccurring memories replay mental videos in both nightmares and frightful day dreams. At such times professional counseling often needed in conjunction with spiritual healing.

Some become angry at God for perceived injustice; when innocence has been violated. It makes little difference whether the injustice is related to health, employment, or whatever. But disappointments are most devastating if one never recovers. Do not let an unresolved mystery become a ticket to hell.

It is the question of “Why?” The answer is that painful events will happen in a fallen sinful world. Jesus never promised a rose garden but He did promise to give us strength and endurance for life’s difficulties. Some mysteries will forever remain hidden in Heaven. Furthermore an answer would not heal the resulting pain and suffering. In fact, the search for “Why” is a pursuit of futility. If an answer were given, it would not resolve anything but generate another “Why?” It is important to let go of the “Why” question.

Understood that just because God allows bad things to happen, that does not mean He approves of it. This may sound strange, but at times an important step in the healing process to forgive God. Not that God has done anything wrong, but forgiving God is a human way of “letting go” of what emotionally binds you. The “forgiveness of God” is a healing tool that will permit one to recover. With the emotional pain out of mind one can then obtain a healthier perspective of life and enjoy restoration with Jesus.²⁹

8. Demon Basics?³⁰

²⁹ For further study, see James Dobson’s book *When God Doesn’t Make Sense*, by Tyndale Publishers.

³⁰ Notes acquired from Pastor Curt Seaburg, October 31, 2010.

1. What are demons?

Lucifer, who is later called Satan, and his angels served God. When he decided to be equal to God, he was thrown out of Heaven and fell to earth. Notice that "I will" appears five times in Isaiah 14:12-14. See also Revelation 12:7-9.

2. Demons influence the leaders of nations.

Dan. 10:13

3. Demons desire to inflict suffering on you and everyone else.

Demons do not discriminate.

Mt. 17:15, 17-18

4. Demons scheme to lure people away from God.

1 Tim. 4:1

They know everyone's weak points and temptations.

Pride, porn, drugs, alcohol, gossip, white lies, amulets, etc.

Most people have no problem choosing between right and wrong, but fail to make correct choices between good and best. Solution: Do not flirt with temptations including horoscopes, various Internet sites of unholy content, etc., but renew your mind in Christ Jesus (Rom 12:1-2).

Deut. 18:10-12 God clearly defines His hatred for those who practice divination, sorcery, omens, and other forms of witchcraft (incl. horoscopes).

5. Demons want to paralyze you with fear and worry.

Fear is the opposite of faith in Christ (2 Tim. 1:6-7).

Spiritual battles are fought in the mind.

2 Cor. 2:11; 4:3-4; 10:3-5; 11:3-4.

6. We do not fight with our power but with God's authority.

Mt. 4:1-11; 10:1; James 4:7-8.

Fight Satan with Scripture and praise God at all times for your victory.

7. Why do demons have a vendetta against people?

Satan and his demons were thrown out of Heaven and now have a passion to destroy people - creatures who were created in the image of God. If the evil one cannot conquer God, then he will try to conquer and destroy God's prized possession. The success of Satan in your life is dependent upon your decisions. In essence, decisions determine destiny.

Notes

A note to remember -

May those who minister in the Name of Jesus always
remember

it is not they who heal or should be honored,
but Christ Jesus Who heals and is the
focus of all life and ministry.