

DECLARE

SPEAKING THE WORD OF GOD OVER YOUR HEALTH

TEXT: PROVERBS 4:20-22

Several terms in the Bible fit under this heading of sickness including

(1) “afflicted” (kakoucheo)

- Heb. 11:37; (thlibo)

- 2 Cor. 4:8

(2) “weaknesses” (astenos)

- Rom. 8:26

- 2 Cor. 12:5, 9, 10

(3) “sickness” (asteneo)

- Matt. 10:8

- 2 Tim. 4:20

- James 5:14;

(4) “trouble” (thlipsis)

- 1 Cor. 7:28

- 2 Cor. 1:4

(5) “hardship” (kakopatheo)

Suffering may therefore be:

- spiritual (having to do with the soul and sin)

- physical (having to do with the body and sickness)

- mental (having to do with the mind and anguish)

the beginning on sickness - the Garden of Eden

The source of sickness -

- God Himself is sometimes the direct cause of suffering in the lives of people - Exodus 15:26.
 - The Lord not only made the blind to see; He also made the seeing blind (Mark 10:46-52; John 9:3; Acts 9:8-18; 13:8-12). To attribute all suffering to the devil is simply a distortion of the Word of God.
- Satan is sometimes the source of human affliction - Job's suffering (in conjunction with God's will).
 - **Luke 13:10-17**
 - Jesus' ministry as including "healing all who were oppressed by the devil" (**Acts 10:38**). Scripture warns believers to be alert for such attacks (**1 Pet. 5:8-9**).
- Sometimes individuals themselves are responsible.
 - (a) directly—because of personal decisions and diets, etc.
 - (b) indirectly—because of the consequences of the universal Fall in Eden and the curse, which the earth is under.
 - Sometimes the "cares of the world" and the "cares of life" are enough to instill suffering into human beings.

There is more than one type of healing available to humanity

1. Natural Healing - This "built-in" ability for the body to heal itself of many infirmities and is a grace-gift from a compassionate God. Praise Him for the provision of physical restoration.

2. Medicinal Healing - God has also blessed the minds of men and women with an abundant amount of knowledge that has produced medicine designed to bring healing (**James 1:17**).

- Relief from suffering through legitimate means and faith in God for healing can work together without contradiction.
- Jesus Himself said that the sick need a physician (**Luke 5:31**).

- He healed a woman with an issue of blood who had sought the help of doctors (**Luke 8:43**). If seeing a doctor was a sin, Jesus would have told this woman that.
- Paul told the young pastor, Timothy to, “No longer drink only water, but use a little wine for the sake of your stomach and your frequent ailments” (**1 Tim. 5:23**).

3. Divine Healing - a supernatural intervention of God where there is no other explanation except that the compassionate, sovereignty of an Almighty God chooses at times to give humanity a taste of what He will ultimately complete in the re-creation of glorified bodies.

- There is no scriptural basis for healing on demand, where a manipulated God responds to commands to follow a specific formula.
- Contrary to the popular opinion of some, God is not in heaven like a genie in a bottle that we just command to do what we want. We are here on earth to worship and glorify Him in preparation for what we will do for eternity.
- The cross of Christ made provision for both sin and suffering. However, the distinction between the two deserves attention:
 - Sin is never beneficial; suffering may be.
 - Sin is never according to the will of God; suffering may be.
 - Forgiveness for sins occurs immediately; suffering may endure until death.
 - Faith is necessary for salvation; sometimes healing comes without faith.
 - A person may make it to heaven without healing, but no one can enter into glory with sin.

DECLARATION

- *I believe the Word above my thoughts and feelings. His Word is truth!* (**Proverbs 4:20-22**)
- *I will be led by the Spirit and eat what is healthy and life-giving for my physical body.*
- *I have a spirit of self-control, and I am in control of the foods I eat every day.* (**Galatians 5:22-23, 25; 1 Corinthians 6:12**)
- *I speak life, strength, health, energy and longevity to my body.*

- *Regardless of how I'm feeling I believe that I am strong in the Lord and in the power of His might.*
- *I will not declare sickness. I will not speak disease. I will not speak malfunction in my body of any kind.*
- *I rebuke fatigue or any other attack on my body. I receive the life, strength and energy of God! (Ephesians 6:10; James 4:7)*
- *I am strong and healthy.*
- *I will exercise, and I will take time to strengthen my body. I do this so I can be a blessing to those around me and have the energy to serve the Lord in every way He asks.*
- *I am increasing in endurance, and I purpose to make exercise a regular part of my daily life. (1 Timothy 4:8)*
- *I have supernatural knowledge about how to take care of my body. I am led by the Spirit of God about how to approach whole-life health. I do not let the world dictate how I care for my body, but I seek the Lord in making decisions. (Romans 8:14)*
- *God has said to me that with long life He will satisfy me, so I declare now in the Name of Jesus that I will live long and strong on the earth.*
- *Jesus is the Name above all names. His Name is above every sickness and disease, and every sickness and disease must bow to His Name.*
- *I speak the Name of Jesus over every part of my body today.*
- *I am strong in Jesus' Name.*
- *I am healed in Jesus' Name.*
- *Weakness, pain, tiredness and weariness must leave my body in the name of Jesus.*

15 Healing Scriptures to Declare

Proverbs 4:20-22

Isaiah 53:5

Acts 3:16

Psalm 30:2

Psalm 103:2-3

Jeremiah 33:6

Deuteronomy 7:15

Jeremiah 17:14

Exodus 15:26

Exodus 23:25

Psalm 107:20*

Matthew 8:17*

Psalm 118:17*

Jeremiah 30:17qqqqq

Isaiah 57:19