



Beyond the Sermon

A Sermon Application Guide

Title: Don't Stay Sick

This guide offers a simple tool for those wanting to take the next step with Sunday's message. You can print it to study on your own or use it in a group to experience transformation together.

Message Theme

Sickness Is Not Your Identity

Prayer Focus

"Father, I come before You with a heart open to Your truth and Your presence. Thank You for sending Jesus to carry both my sin and my sickness on the cross. Today I choose to believe Your Word, receive Your healing, and align my thoughts, my faith, and my actions with what You have already provided. Strengthen me to resist anything that opposes Your will, and help me walk boldly in the wholeness You purchased for me. In Jesus name, Amen."

Key Truths

Sickness is never from God. When it lingers, we can grow accustomed to it, but we must remember its source: the enemy. Scripture says Jesus came to heal all who were *"oppressed of the devil."* Not every sickness is an evil spirit, but all sickness is a form of oppression—not a gift, not a lesson, not "just part of the journey."

Jesus is perfect theology. His life shows us exactly what God is like and what God's will is. Everywhere Jesus went, He healed. He never turned someone away. He never said sickness was God's plan. That tells us everything. Sickness was never part of God's design, but He can redeem anything the enemy meant for harm. He can use it, but He does not send it.

It's not enough to simply believe *in* healing—we must believe *for* healing. Part of that is resisting the enemy. Scripture instructs us clearly to resist the devil and everything he attempts. We do this by submitting to God, speaking His Word over our lives, staying spiritually alert, and keeping our focus on Him.

We need to know—deeply and confidently—that it is God's will for us to be healed. Then we cooperate with that will. Everything God has done for us is by grace; none of it was earned. Our part is to believe and receive through faith. Faith takes what grace has provided.

Healing is God's will. Victory is God's plan. And our role is to align our thoughts, our words, and our faith with what He has already accomplished.

Practical Application

When Jesus hung on the cross, He paid not only for our forgiveness but for our healing, making it a purchased gift we're meant to receive by faith; so choose one area of your life that needs healing, speak His finished work over it, thank Him for what already belongs to you, reject every lie that contradicts His promise, and take one faith-aligned step today that reflects your confidence in the healing He has provided.

Reference Verses

- Acts 10:38, 19:11-12
- Luke 13:10-16, 5:17-26
- Job 42
- Hebrews 1:3, 4:1-2, 1:3, 5:17-26
- 1 Peter 5:8-9
- Colossians 1:13
- James 4:7
- Isaiah 54:17, 53:5
- Psalms 103:3
- Matthew 8:16-17, 4:23, 10:7-8, 9:35
- Mark 16:17-18

Declarations

- "God's will is that all people would be healed, including me."
- "Healing happens when I act on what God has promised me."
- "I will act in faith and glorify God before I see the promise."
- "Every part of me comes into agreement with His truth."
- "I refuse anything Jesus defeated at the cross."

What's Next?

Now it's time to put what you've learned into action. Here are three ways you can apply this message to your daily life:

1 - Change Your Mindset About Sickness

This week, catch yourself if you find your thoughts framing sickness or hardship as "just my journey" or something God is doing to teach or test you. Instead, root your thinking in Acts 10:38 — sickness is oppression of the devil, not a gift from God. When something is attacking your body, name it as an enemy to resist, not a lesson to passively accept.

2 - Speak Directly Against Sickness

Following the pattern in Luke 13 and 1 Peter 5:8-9, practice speaking out loud against sickness rather than silently enduring it. When symptoms or fear try to "talk" to you, verbally resist: "No, devil — not in my body, in Jesus' name I resist you." James 4:7 promises that when you resist the devil, he will flee.

3 - Mix What You Hear With Faith

This week, choose one healing promise (like Isaiah 53:5 or Psalm 103:3) and don't just read it — actively believe and act on it, per Hebrews 4:2. Grace already did its part; faith is your part. Write the verse down, declare it daily, and take one concrete step of faith connected to it (praying boldly, scheduling a next step, or simply refusing to speak defeat over your situation).