

**I. Review****A. Previous Sessions**

1. **Building your Spiritual Immune System**
2. **How do you Build Resistance to Sickness?**
3. **Believing in the Healing Nature of God**

**II. Sustained by His Word****A. Sustained Definition**

1. To continue for an extended period without interruption.
2. To give support or relief.
3. To supply with sustenance – nourish.
4. To support – carry – or withstand.

**B. Sustained and Healing**

1. Personal Example – *Being Sustained when the blood in my body was lacking and there was no blood available.*
2. There are times when God instantaneously moves things out of our life including sickness and disease.
3. There are times when God's sustaining power works in us bringing a progressive healing during which we are SUSTAINED with his strength to remain and move forward.

### C. Scriptures to Consider

1. **Hebrews 1:1-4 (NKJV)** – <sup>1</sup>God, who at various times and in various ways spoke in time past to the fathers by the prophets, <sup>2</sup>has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds; <sup>3</sup>who being the brightness of His glory and the express image of His person, and **upholding all things by the word of His power**, when He had by Himself purged our sins, sat down at the right hand of the Majesty on high, <sup>4</sup>having become so much better than the angels, as He has by inheritance obtained a more excellent name than they.

a. **God is upholding all things.**

- **Upholding** = to carry – to move or convey- to bear up – to bring forward – Note: This word can easily be connected to God's sustaining power.
- **Hebrews 1:3 (NLT)** – *The Son radiates God's own glory and expresses the very character of God, and he sustains everything by the mighty power of his command.*
- The Amplified Bible states that his is *upholding and maintaining and propelling all things by his powerful word.*

b. **How is He upholding all things? By the WORD OF HIS POWER**

**Pastors' Note:** While some modern translations offer a slight variation from the way King James translates this, there is a revelation in the statement **“Word of His Power”** and **“Power of His Word.”**

- **The Word that we have is powerful because it is the Word of His power.**
- **Original Language** – *The Word of Himself*
- **This phrase denotes** –  
*The Word of His Power – reveals his power.*  
*The Word of Himself – reveals God himself.*  
*God is upholding/sustaining all things by the Word of his power – the word revealing and releasing His power.*

**Pastor's Note:** As I read, hear, or meditate upon what the

*Word says about His power, I am receiving revelation of His power, but at the same time His power is being released to me. As this occurs, His word is sustaining/ upholding me.*

*Yes, there is power in the Word – but I am not just reading His Word, I am receiving the Word – of His power that is available to sustain me in every storm including sickness.*

- The Word of His Grace – **Acts 14:3 – Acts 20:32**  
*The Apostles spoke of the Word of His Grace.*
- The Word of His Saving power – brought salvation to me.
- The Word of His deliverance power – will bring freedom.
- The Word of His forgiveness power – will bring forgiveness.
- The Word of His Healing power will bring/release healing.

2. **2 Peter 1:1-4 (NKJV)** – <sup>1</sup>*Simon Peter, a bondservant and apostle of Jesus Christ, To those who have obtained like precious faith with us by the righteousness of our God and Savior Jesus Christ: <sup>2</sup>Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, <sup>3</sup>as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, <sup>4</sup>**by which have been given to us exceedingly great and precious promises**, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.*

- a. His divine power has made everything available to us.
- b. Through the knowledge of Him, all things provided by Christ become available to us.
- c. We become partakers of everything provided in the divine nature through the exceeding great and precious promises given to us.

**Pastor's Note:** These great and precious promises speak of the Word of His Power available to us.

**D. Be Personally Sustained by the Word of His Power.**

1. **Peter had a “Rhema Word” when he walked on the water.**
  - a. The Word “Come” sustained Peter as long as he believed it and kept his eyes on Jesus.
  - b. The sustaining word that Peter had allowed him to do what others could not.
  - c. The sustaining word that Peter had kept him from being overcome with what would overcome others.
2. **A sustaining Word will keep you from being overcome by what will overcome others, cancer, depression, grief, anxiety, addiction, etc.**
3. **How can I put His sustaining power to work in my life?**
  - a. Know His Word
  - b. Agree with His Word
  - c. Speak His Word

**Proverbs 18:20-21 (NKJV)** – <sup>20</sup>*A man’s stomach shall be satisfied from the fruit of his mouth; from the produce of his lips he shall be filled. <sup>21</sup>Death and life are in the power of the tongue, and those who love it will eat its fruit*

The power of Life is connected to the Tongue.

The power of Death is connected to the Tongue.

*You get to choose which one you will release through your words.*

- d. Be planted in His Word
  - Personal testimony of being planted *B.J.M*
  - **Psalm 1:1-3 (NKJV)** – <sup>1</sup>*Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; <sup>2</sup>But his delight is in the law of the LORD, and in His law he meditates day and night. <sup>3</sup>He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper*

- **Jeremiah 17:5-8 (NKJV)** – <sup>5</sup>Thus says the LORD: “Cursed is the man who trusts in man and makes flesh his strength, whose heart departs from the LORD. <sup>6</sup>For he shall be like a shrub in the desert, and shall not see when good comes, but shall inhabit the parched places in the wilderness, in a salt land which is not inhabited. <sup>7</sup>“Blessed is the man who trusts in the LORD, and whose hope is the LORD. <sup>8</sup>For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit

**Pastor’s Note:** One of the definitions of “Sustain” is to nourish and supply with sustenance. If you are planted in the word of His power the supply of nourishment and strength will be continually working in you to release His power as needed.