



Get Ready
for Your
Healing!



Jeff Doles

Get Ready for Your Healing!

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©2004 by Jeff Doles. Jeff is the author of *Healing Scriptures and Prayers*. He and his wife Suzanne are the founders of Walking Barefoot Ministries: preaching, teaching, worship, healing and revival ministry—to help you take the next step of faith in your walk with the Lord, to experience the presence and power of God in your life. For more faith-building articles, or more information about this ministry, visit their web page at www.walkingbarefoot.com

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Introduction

IF YOU ARE SUFFERING FROM PAIN AND SICKNESS in your body, or trouble in your soul, get ready for some good news: God wants to heal you! Scripture repeatedly reveals God's will and desire to bless and heal His people. But healing does not happen automatically, and there are things which can hinder you from receiving God's healing work in your life.

Fortunately, there are ways you can deal with these obstacles and prepare yourself to receive the healing God has for you. These are soul issues— matters of the heart. The Apostle John expressed God's desire to heal you and how this relates to the prosperity of your inner being. He said, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 2).

James spoke about the importance of soul prosperity and how wrong motivations can negatively affect your

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prayer life. “You do not have because you do not ask. You ask and do not receive, because you ask amiss, that you may spend it on your pleasures” (James 4:2,3).

Jesus gave us the perspective of a divinely prosperous soul in His Sermon on the Mount: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you” (Matthew 6:33). When we make our priority about God, His kingdom, His way of doing and being right, then we begin to understand His desire for us, and the provision He has made for our health and well-being.

The prosperity of your life and the health of your body are related to the well-being of your soul. If your soul is doing well, you will be more prepared to receive God’s healing touch. On the other hand, if you are having difficulty receiving healing, perhaps there are matters in your soul which need to be addressed.

This book is about four major obstacles you may encounter on the road to your healing: unbelief, unconfessed sin, unattended doors, and unforgiveness. More importantly, in this book you will discover some powerful steps you can take that will help you overcome these obstacles, experience soul prosperity and get ready to receive your healing.

Get the Word of God in Your Mouth and in Your Heart

UNBELIEF CAN HINDER HEALING. The Bible says that Jesus could do no mighty works in Nazareth, His hometown, because of their unbelief. Hebrews 11:6 teaches us that, "Without faith, it is impossible to please [God], for he who comes to God must believe that He is and that He is a rewarder of those who diligently seek Him." Jesus often commended the faith of those who came to Him for healing, saying "Your faith has made you well." We see the importance of faith in many of the accounts of Jesus' healing ministry. Here are just a few.

We can see how important faith was in healing the woman who had the issue of blood (Mark 5:24-34). She not only had faith, but also knew how to put it into action. We see this both in what she said and what she did. First, she spoke her faith, saying, "If only I may touch His clothes,

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I shall be made well." Then, she touched His clothes and was immediately healed. Jesus said, "Daughter, your faith has made you well."

As this was going on, a man named Jairus was standing nearby. He had earlier approached Jesus, asking Him to come to his house and heal his daughter. In fact, that is where Jesus was headed when He was stopped by the woman who had the issue of blood. But while Jesus was speaking to her, the servants of Jairus came and said, "Your daughter is dead. Why trouble the Teacher any further?"

When Jesus heard this, He immediately turned to Jairus and said, "Do not be afraid; only believe." Then He proceeded to Jairus' house and raised his daughter back to life and health (Mark 5:35-43). Notice that faith and fear do not mix together well. That is because they work against each other.

There is also the story of a boy who was demonized with a deaf and dumb spirit (Mark 9:17-29). His father went to Jesus and said, "If You can do anything, have compassion on us and help us." Jesus answered, "If you can believe, all things are possible to him who believes." The father said, "Lord, I believe; help my unbelief." Then Jesus rebuked the unclean spirit and cast him out.

Then there was Bartimaeus, the blind beggar who received his sight (Mark 10:46-52). When Jesus passed by,

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Bartimaeus cried out loudly and would not be quieted, for he fervently believed that Jesus would heal him. When Jesus asked him, "What do you want Me to do for you?" Bartimaeus readily answered, "Rabboni, that I may receive my sight." Jesus said to him, "Go your way; your faith has made you well."

The Bible has much to say about having and exercising faith. Paul said, "Faith comes by hearing and hearing by the Word of God" (Romans 10:17). As someone else has said, faith begins where the will of God is known. The will of God is revealed by the Word of God, and the Word of God has much to say about healing. For example:

- I am the LORD who heals you. (Exodus 15:26)
- Bless the LORD, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases. (Psalm 103:2,3)
- He sent His Word and healed them, and delivered them from their destructions. (Psalm 107:20)
- When evening had come, they brought to Him [Jesus] many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: "He Himself took our infirmities and bore our sicknesses. (Matthew 8.16:17)

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- God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him. (Acts 10:38)

These and many other Bible scriptures show that God's heart is to heal. But it is not enough just to get these scriptures into your head, you need to get them into your heart—and then into your mouth. The Bible says,

“The word is near you, in your mouth and in your heart” (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. (Romans 10:8-10)

With the heart we believe, with the mouth we confess. That's how faith works. So begin reading these healing Scriptures out loud, so that your eyes see them, your mouth speaks them, your ears hear them, your body feels the rhythm of the words, and your mind perceives them. More importantly, keep reading them and let the words penetrate into your heart and into your spirit. As you do, faith for healing will rise up and become strong inside you. Then continue to exercise that faith by saying about your healing what the Word of God says about it.

Confess and Repent of All Known Sin

UNCONFESSED SIN CAN HINDER HEALING. The Bible says, “Behold, the LORD’s hand is not shortened, that it cannot save, nor His ear heavy, that it cannot hear. But your iniquities have separated you from your God, and your sins have hidden His face from you, so that He will not hear” (Isaiah 59:1,2).

But do not despair, for God has provided a solution. That is why Jesus came. He bore our sins in His own body on the cross, and took the penalty for them in our place. That is why the Bible says, “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9). To confess our sins means to see them the way God sees them, to agree with God that they do not belong in our life. When we confess our sins, we are not only forgiven, we are also cleansed from unrighteousness.

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David certainly understood the burden of sin when he committed adultery with the wife of Uriah the Hittite, and then plotted to have Uriah killed. But he also experienced the joy of forgiveness and how that burden was lifted when he confessed his sin to the Lord. He spoke of it in Psalm 32:1-5:

Blessed is he whose transgression is forgiven,
whose sin is covered.
Blessed is the man to whom the LORD
does not impute iniquity,
and in whose spirit there is no deceit.
When I kept silent, my bones grew old
through my groaning all day long.
For day and night Your hand was heavy upon me;
My vitality was turned into the drought of summer.
I acknowledged my sin to You,
and my iniquity I have not hidden.
I said, "I will confess my transgressions to the LORD,"
and You forgave the iniquity of my sin.

James talked about confession and the forgiveness of sins in relation to healing.

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. (James 5:13-16)

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You see, there is a connection between forgiveness and healing. David understood this well. He said, "Bless the LORD, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases." (Psalm 103:2,3).

God is free to heal our diseases because He is able to forgive us our sins. He is able to forgive us our sins and cleanse us from all unrighteousness because Jesus carried our sins to the Cross and shed His blood for them in our place. The Bible says, "For He [God] made Him [Jesus] who knew no sin to be sin for us, that we might become the righteousness of God in Him" (2 Corinthians 5:21).

When we receive the Lord Jesus Christ, by faith, we also receive all the righteousness of God in Him. Therefore, sin no longer need be an obstacle to receiving God's blessing of healing. In fact, this very righteousness, and the shed blood of the Lord Jesus Christ, now cry out for our healing.

Close the Doors to the Enemy

UNATTENDED DOORS CAN HINDER HEALING. The Bible teaches us that it is possible for you to give place to the devil in your life. For example, Paul said, “Be angry and do not sin. Do not let the sun go down on your wrath, nor give place to the devil” (Ephesians 4:26,27). In this case, we see that unresolved anger can open a door and give the devil an invitation to come into your life.

The devil is not one to pass by an open door. In fact, he watches for just such opportunities. That is why the Bible says, “Be sober, be vigilant, because your adversary the devil, walks about like a roaring lion, seeking whom he may devour” (1 Peter 5:8). The issue in this passage is pride and humility. Verse 5 says, “God resists the proud, but gives grace to the humble.” Then in verses 6 and 7, “Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon

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Him, for He cares for you.” Then comes the warning to be sober.

Pride can give the devil an opportunity to come into your life. So can anxiety and fear. That is why we are told to humble ourselves before God, casting all our cares upon Him. Actually, we humble ourselves *by* casting all our cares upon Him. When we cast our cares on Him, we are saying that it is all about Him and what He can do, and not about us or what we can do. Casting our cares in dependence upon the Lord is a pride breaker.

First Peter 5:9 adds this bit of wisdom about dealing with the enemy, “Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.” Resist the devil, stand firm in faith and know that you are not alone-others are resisting him with you.

James offers a similar strategy. “Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you” (James 4:7). If you do not resist the devil, he will continue to trouble your life and keep you in bondage-he has no reason to leave. But resist him, the Bible says, and he will flee. However, you cannot effectively resist the devil until you have first submitted yourself to God. Then it is all about Him and not about you.

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There are many ways in which we can open the door and give the devil a place in our life. The obvious ones are things like satanism, witchcraft, and other involvements in the occult, such as, astrology, séances, ouija boards and horoscopes. But as we can see from the passages above, even such things as anger, pride and fear can give the devil a foothold to harass and ensnare you.

Now, the place you give to the devil in your life can certainly be an obstacle to receiving your healing, and in some cases it may even be the *cause* of your affliction. Many sicknesses of the body, as well as diseases of the soul, have a spiritual root. Some may even be directly caused by demonic presences. For example, in Luke 13:10-17, Jesus healed a woman who had a spirit of infirmity that caused her body to be permanently bent over.

Now He was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up.

But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God.

But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day."

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The Lord then answered him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?"

And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him. (Luke 13:10-17)

This woman was bound by Satan, by a spirit of infirmity. When Jesus loosed her from that spirit, He loosed her from that infirmity.

No matter how you may have given the devil a place or opportunity in your life, God has provided a way for you to deal with it and be free from it:

- First, turn to the Lord—submit to Him. The Bible says that whoever calls on the name of the Lord will be saved. The word for "saved," in both the Old and New Testaments, also means "to deliver." In other words, call on the name of the Lord and He will deliver you from the clutches of the devil.
- Second, if you have opened a door for the devil, close it by repenting of whatever it was that let him into your life. As an old song says, "Shut de door, keep out de devil."
- Third, if you have given the devil a place in your life, cancel the invitation and evict him. As a Christian, you

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actually have the authority to do that. That is why the Bible says, “Resist the devil and he will flee from you.” Say “no” to his ways and to his lies. Command him, in the name of Jesus, to leave you. Then give no further place to him.

- Fourth, ask God to fill up those places in your life with His Spirit. After James said, “Resist the devil,” he said, “Draw near to God and He will draw near to you.” If you don’t let the Lord fill you, you may be leaving the door open for the devil to come back into your life.
- Fifth, our adversary can be very deceptive, so you may need to seek out someone who has had some training and experience in deliverance ministry to help you expel these demonic presences from your life. But approach this in faith, not in fear, recognizing your identity in Christ and the authority He has given you.

*If You Have Anything Against
Anybody—Forgive!*

UNFORGIVENESS CAN HINDER HEALING. It may very well be the greatest obstacle to receiving healing. In Mark 11:23, Jesus taught the disciples about mountain-moving faith: “For assuredly I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he said will be done, he will have whatever he says.”

In the next verse, He taught them about powerfully effective prayer: “Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them” (Mark 11:24).

But then, in the very next verse, He said, “And whenever you stand praying, if you have anything against anyone,

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forgive him, that your Father in heaven may also forgive your trespasses” (Mark 11:25). As powerful as faith can be and as effective as prayer can be, they can both be blocked by our unwillingness to forgive.

Forgiveness is not an easy thing, and it always costs something. When God wanted to forgive us, it cost Him His Son. Jesus was fully aware of the cost when He instructed His disciples to forgive: “Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. And if he sins against you seven times in a day, and seven times in a day returns to you, saying, ‘I repent,’ you shall forgive him” (Luke 17:3,4). The disciples recognized how difficult this was, for in the very next verse we find them saying, “Lord, increase our faith!”

Forgiveness is indeed a matter of faith, so Jesus taught them something about faith: “If you have faith as a mustard seed, you can say to this mulberry tree, ‘Be pulled up by the roots and be planted in the sea,’ and it would obey you” (Luke 17:5). In other words, it is not the size of the seed, it is what you do with it that counts.

The same thing is true about faith. It is not the size of your faith, its what you do with it that counts. A seed must be planted, and so must your faith. In this passage, we see that faith is a seed that we plant by what we say. In the matter of forgiveness, we plant the seed of faith by saying, “I forgive.”

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Yes, you *can* forgive! And yes, you *must*! Unforgiveness is a lack of putting faith into action. It can block your prayers, and whatever can block your prayers can block your healing.

You may already know of someone in your life whom you need to forgive. Or you might need to ask the Lord to reveal to you if there is anyone in some repressed memory that you have yet to forgive. The Lord will show you because He wants you to be free. When you forgive, you not only free the person you have forgiven but you free yourself as well.

Begin by simply saying, "I forgive." Then every time the issue comes up in your heart, forgive again. It may take a little while before this thing is finally settled, but if you keep responding with forgiveness, it will one day be gone, and you may find that a new sense of freedom has come and that your healing has finally arrived.

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THERE ARE OTHER THINGS YOU CAN DO TO enhance your healing: Spend time with Jesus, in His Word and with His people. Lose yourself (and loose yourself) in praise and worship. Partake of the Lord's Supper regularly. Learn to serve others and give, just as Jesus came to do. In fact, anything that exalts the Lord Jesus Christ in your life will contribute to the prosperity of your soul and aid you in receiving your healing.

Start today. Get the Word of God in your mouth and into your heart. Confess and receive cleansing of all known sin in your life. Shut any and every door you may have ever opened up to the devil. Most importantly, if you have *anything* against *anyone*—forgive! If you will give attention to these four areas, you will come a long way in laying hold of the healing and blessing God has for you.

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Dear Lord,

I thank You that You have a great desire to bring healing to all your people. I thank You for the Lord Jesus Christ—that His body was given for me, that His blood was shed for me. I thank you for the forgiveness of all my sins, and for the healing of all my diseases—because I trust in Jesus, my Lord and Savior.

Lord, I ask you to help me overcome all the obstacles in my life, and the things that may be keeping me from fully experiencing the healing You have for me. Strengthen my faith, as I put your Word in my mouth and in my heart.

Lord, if there is any sin I have not yet dealt with in my life, please show me now, and help me confess it before you. [Pause to listen for what the Lord might say.] Father, forgive me and cleanse me of all unrighteousness, just as You have promised in Your Word. I receive it now.

Lord, if there are any doors I have opened up to the devil, please show me now and help me close them. [Pause to listen for what the Lord might say.] Help me identify and cancel every invitation I have ever given him. In the name of Jesus, by His power, by His authority, and by His blood, I now command anger, pride and fear to leave me.

Lord, if there is anybody or anything I have not yet forgiven, please show me now, and help me to say, “I

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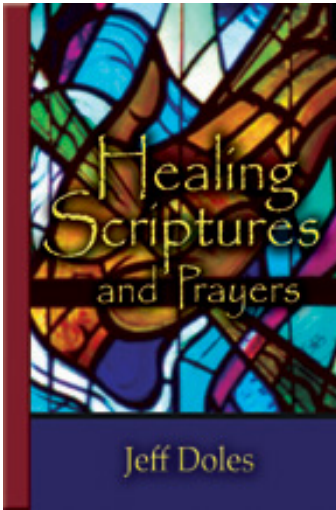
forgive.” And as often as that offense may come to mind or rise up in my heart, help me every time to say, “I forgive.”

And now, Lord, I give You thanks and praise for the prosperity you have for my soul, and the healing you have for my body. I receive it now by faith, and I give You all the glory.

In Jesus’ name, Amen.

SOME OF THESE ISSUES CAN BE EXTENSIVE, AND you may need more time to deal with them. That’s okay. Just continue to watch for the Lord to reveal to you the things that need additional attention. You may also need to seek help from your pastor, or from a trusted Christian brother or sister who has some experience in these matters. Don’t be afraid to do so. Go in faith, not in fear, and as you do—watch for your healing to come.

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by Jeff Doles

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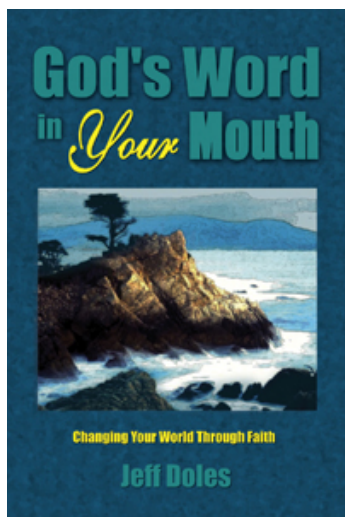
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by Jeff Doles

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Jeff is a seasoned Bible teacher with great enthusiasm for bringing out the life-changing, world-changing truths of God's Word. His desire is to see people activated in faith and joy as he preaches on the awesome presence and power of God. As a worshipper, he delights to lead in extended times of worship—to press into the "inner courts."

Suzanne received a powerful work of the Lord in the Summer of 2000, a deliverance which released her from deep-seated fear. With strong faith and insight, she now gives testimony to the healing power of God, on the theme of moving from fear to faith.

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