

## Healing and Health I Keys to Healing and Health

Gen 6:3

For man's days will be a  
hundred and twenty years.

God has promised that I will live a blessed long life. I will not settle for anything less than what God has promised.

Notice: Psa 90:10 says that man's lives are limited to 70. The context refers to the rebellious generation that wandered round the desert because of unbelief. Moses lived to 120 while Joshua and Caleb lived to over 110. We are now in the New Covenant, we carry better promises. We are receiving not what we deserve but what Jesus deserves. When you reach 70 or 80 years of age, don't have the set mind that time is catching up, any time I can go. No you are just in the teens!

How does this verse  
challenge our mind set?

When you are reaching 70 or 80, don't have the mind set that anytime you are going home. No, at age 60 you are just teens!

We are going to look into some keys to healing and health based not on mere testimonies but the WORD of God. Great to have testimonies, it enhances our faith but our faith will waver when we see others not getting healed. More imp't – fix our faith on the Word

The key is to rest  
Ephesians 2:6

6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.

Contrast to OT priest – got to stand

Not fighting for vict – from vict  
FAME FAITH FAVOUR  
FINISHED

1. Rest in God's FAME as  
your Healer

Exodus 15:26 "If you will diligently **hearken** to the voice of the LORD your God, and **do** that which is right in his eyes, and **give** heed to his commandments and **keep** all his statutes, I will put none of the diseases upon you which I put upon the Egyptians; for I am the LORD, your healer." RSV

What does the verse say about  
the first personal name of God?

Name – reveals his nature

LORD – **your** Healer – first  
personal name

**He said I AM: same word** used when he said to Moses – **I AM** the I AM

God himself has the faith that he is the Healer! He is absolutely sure!

Once you realise this – easy to trust him for healing – he believes he is the doctor – do you doubt his professional qualification

How many of you when you boarded a plane – instead of sitting down and relaxing – you stand up flapping your hands – thinking you are helping the pilot to take the plane off. It would be crazy! Rest and have faith in the plane's ability to fly

Successful man – suddenly struck with paralysis – head to toe – 3 months – wife - had to sell house to pay medical bill – went into coma

A church priest came to perform the Last Rites: last Holy Communion before death

He was conscious what the priest was doing, though he couldn't move.

As soon as the priest left, another man came, walked through the wall

Dressed in white

Leaned over and said to the man in comma: rise up and walk

Man replied: Sir! Are you crazy? – I am in coma – how can I rise up

The man in white said: I am Jesus of Nazareth – go and shave – go to a Christian bookstore – buy a Bible - read the Gospel of John – you will learn how to have eternal life

Then he turned and walked through the wall again

The man got up and shaved – while – nurse rushed in saying, "Don't you know you are dying – RC priest just said the Last Rite

Man answered: another priest came in and gave me the first rite!

Got up and shaved.

While the man was shaving, the nurse rushed in and

Please get into bed

Don't you know you are dying ?

The priest has come and done the last rite

Sister, but another priest came and he did for me the first rite

Interesting: Why did the man in white walk through the wall? – He is the door

I am the way, the truth and the life

John 10:9 I am the door. If anyone enters by Me, he will be saved. NKJV

No door? – He is the door

Ps 77:19-78:1

19 Your road led by a pathway through the sea-a pathway no one knew was there! 20 You led your people along that road like a flock

of sheep, with Moses and Aaron as their shepherds. TLB

I will put? Exo 15 - stove

Exodus 15:26 ... I will put none of the diseases upon you which I put upon the Egyptians ... ???

I will put? – Hebrew *permissive* tense

That means though God allows sickness, he is not the agent of the sickness.

If I said – don't touch the hot stove – or you get burn. When you disobey and touched it, am I the agent of pain? No. You disobeyed my word

2. Rest in **Christ's FAITH** and  
**ability as your Healer**

Mark 9:14-24

21 Jesus asked his father, "How long has this been happening to him?" And he said, "From childhood.22 And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us."23 Jesus said to him, "If you can believe, all things are possible to him who believes."NKJV

24 Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

How was the man's kid healed  
despite his lack of strong faith?

Man first say – I believe – then he realise he does not have that faith

Despite his limited faith – his son was healed on the basis of Jesus' faith

Christ's faith covers our lack of faith.

God knows that when we are physically sick – sometimes we faith level is low

It didn't hinder the man from getting healing – why – he **come** to Jesus

Peter look at the **waves** – sink – often we laugh at Peter

Matt 14:31 **Immediately** Jesus reached out his hand and **caught** him. "You of little faith," he said, "why did you doubt?"

See – Jesus' faith covers what's

lacking

**Rest in Jesus faith – your faith will  
arise**

If you rest on **Jesus'** faith, you have the faith for all the miracles that you need.

**Conscious** of own faith (whether big or small) – the less faith you have

E W **Kenyan:**

In the last days, there will be a new generation of Christians who will be so unconscious of their own ability and faith. The highest level of faith is when we are totally absorbed in Jesus. These people will clear hospitals and people will flock to the church for healing.

People who receive their miracle **are seldom conscious** of their own faith – they are only overwhelmed and are conscious of Jesus' love and goodness.

Ever been on a **boat** - Sea sick?

Know what experienced seaman would ask you to do

Look far towards the horizon  
Where it is firm and stable  
Giddiness of go

Rest in Lord – by listening to message tapes on love of Christ or the Voice of healing or Voice of Grace and Favour tapes. Listen to it while you are resting before you sleep or while driving, etc.

### **3. Rest in Christ's FAVOUR not your own righteousness for your healing**

John 9:1-3

Now as Jesus passed by, He saw a man who was blind from birth. 2 And His disciples asked Him, saying, "Rabbi, who sinned, this man or his parents, that he was born blind?" 3 Jesus answered, "Neither this man nor his parents sinned, but that the works of God should be revealed in him. NKJV

### **Why is there no practical relationship between personal sin and personal sicknesses?**

**If true** – most of us – would be dead

All have sinned

We need to deal with guilt – guilt is the greatest hindrance to healing

Couple without child came to a church leader for prayer

The leader asked: did you commit fornication Before marriage? Yes – that's why

What counsel! Feel like squeeze neck of that leader

Couple is in need – believe they asked and received for forgiveness of the past

Instead of helping build faith, that leader tear their faith apart by putting in condemnation – undermining cross

Easy way out for the leader – he does not have to stand in faith for the healing and restoration of the couple  
Romans 8:34 Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. NKJV

Focus on the greatness of Christ's mercy and not our sinfulness.  
Lamentations 3:22-23 Because of the LORD's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness.

Why new mercies – we do fail every day

Whenever the devil comes with an accusation – Jesus will say - yes that is true but Father, look at my hands and feet – they are nail-pierced. I have paid totally for their penalty!

Covered by his blood – have his righteousness

Heb 4:16

16 Let us therefore come boldly to the throne of grace, that we may

obtain mercy and find grace to help in time of need. NKJV

**He heals us not because of what we have done or promised to do**

Romans 5:17 For if by the one man's offense death reigned through the one, much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.

Galatians 3:5

5 Does God give you his Spirit and work miracles among you because you observe the law, or because you believe what you heard?

Obsessed with self **examination**

I didn't fulfil conditions – I should have **done** this – that – love more – give more - **didn't** do this – that

Moving into law again – what I can do

2 Corinthians 1:20 For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us. NKJV

God's favour and righteousness is the **basis** of all our blessings

**Jack** – NCC guitarist - severe pain in his fingers for several months

Injured it in a game

One day while driving, accidentally knocked against the gear handle

Pain so excruciating that he had to pull his car along the side of the road

Prayed

Lord you know I will have to play for you this Sunday, please heal me

Heard a voice - Why don't ask me to heal you because I love you

He prayed that way and he was healed instantly

Psalms 37:3

Trust in Jehovah and do good. Live in the land and feed (enjoy) on faithfulness.

### **Feed on his grace instead of making promises. Why?**

**Don't promise** – what yr business can do for God if breakthrough comes – sometimes very innocently but sometimes to impress God to bring success to a project

**Problem:** 1 – may not be God's will in where you purpose to give. 2 – focus on work instead of grace – focus on his grace – his work not yr work

2 Cor 9:5-7

5 Therefore I thought it necessary to exhort the brethren to go to you ahead of time, and prepare your generous gift beforehand, ... and not as a grudging obligation. NKJV

pleonexia *pleonexia* grudging obligation, covetousness, greediness

**Don't give** – out of **greed** – what you can get – or **fear** of any calamities

It becomes grudging obligation.

You will be very **frustrated** – joy **only come** when breakthrough comes

Sometimes, we go thru – season of trials

6 But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. NKJV

epi eulogia epi eulogia bountiful: upon blessings, praise, devotion, thanksgiving.

**Give out of gratitude** - have **Immed joy**

**Giving out of gratitude** – prod **wholesome character** – brings **bountiful multiplication** – in every area of our lives

Where most **fruitful** ministry to give?

– **where** God puts you (where are you) – where you are **FED** – you give out of gratitude

It is unnatural - **farmer** don't sow in other fields

and it's illegal to go harvest from other field

Some very concern – how money is used and hence reluctant to give – that means even if they have even,

they really have not given –  
hence there is no  
breakthrough

Give as unto the Lord –  
trust the Lord to take care of  
the church – he is well able  
to do it. If you have given as  
unto the Lord, you would  
have received the blessing.

Zeph 3:15-16

15 The LORD has taken  
away your judgements and  
punishments, He has cast out  
your enemy. The LORD, the  
King of Israel, is in your midst;  
You shall see disaster no more,  
never again will you fear any  
harm. NIV NKJV

Isa 60 – world getting  
darker – but the church –  
you and me – getting  
brighter and brighter

**4. Rest in Christ's  
FINISHED work for your  
healing**

Why we don't have to beg  
for healing?

Let me make this shocking  
statement: God is not going to  
heal you now! Why?

He *did it 2000 years ago!*

Take it. It's done. Just receive  
it!

In the Old Testament,  
healing was only promised. "I  
shall heal"

In the New Testament:  
Healing is a historical fact and  
truth!

1 Peter 2:24 ... who Himself  
bore our sins in His own body  
on the tree, that we, having  
died to sins, might live for  
righteousness -- by whose  
stripes you were healed.

Video - NCC Version

It is not: "I believe one day I  
*will* be healed."

It is: "I *was healed* by His  
stripes."

Altar call - team get ready

Thomas' testimony - Jesus  
praying for your healing

**Therefore, there is no need to  
beg for healing; simply receive  
it.**

Story of a 17 yrs old girl stricken  
with tuberculosis

One of her lungs has already  
collapsed

Church not teach on healing

Infact, believe God teaching her a  
great lesson through the sickness

Send home to die

Surviving on pure oxygen

Mere 67 pounds.

One day she was reading

1 Pet 2:24

24 who Himself bore our sins  
in His own body on the tree, that we,  
having died to sins, might live for  
righteousness-- by **whose stripes  
you were healed.**

As she read the first part, tears  
stream from her eyes

Thank you Jesus for dying for my  
sins

Glad to see you soon, Jesus

This goes on for about 20 minutes

Suddenly part two of the verse  
caught her eyes

who Himself bore our sins in His  
own body on the tree, that we,  
having died to sins, might live for  
righteousness-- by **whose stripes  
you were healed.**

The verse lit up – with very bright  
light

Dawn on her, she needs not die!

Started to sing and praise

Run out and told her mother

Mama, by the stripes of Jesus I am  
healed

Her mother was very worried: You  
are out of your mind!

Doctor said you are dying

Rushed her to hosp thinking that  
the disease has affected her brain.

Doc examined her – found two  
brand new lungs!

No preachers around, but just the  
revelation!