

WALK IN VICTORY

7 Keys to
Experiencing
Healing

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INTRODUCTION

Jesus said that healing would be a sign that would follow those who believe.

When I worked in emergency rescue, I was exposed to the pain and destruction that disease and trauma brings to people's lives. I witnessed how illness eats away at a person—first their energy levels, then their ability to enjoy life, and finally their will to live. I realized the heartbreaking aftermath when tragic accidents result in death or crippling injuries.

It was during this time in my life when healing became very special to me.

We encounter people who need healing every day. You may be dealing with a health issue right now. If so, you likely already know the importance of understanding how and why God heals. However, even if you and your family are completely healthy, you likely know someone who suffers from a disease and you can see the fear it brings into their life.

These miraculous signs will accompany those who believe: ...In my name... they will be able to place their hands on the sick, and they will be healed.

Mark 16:17–18 (NLT)

In this eBook, we're going to cover seven keys to experiencing healing from God's Word, and I want you to open your heart and mind to these truths. Even if you don't need them today, they'll help you to be ready if you do need healing one day. Also, they'll equip you for when you meet someone who is going through a struggle with their health to know how to share your testimony, bring hope and see miracles through simple prayer.

YOU can see miracles take place in people's lives. This is not something that is reserved for pastors, evangelists or missionaries. Jesus said that healing would be a sign that would follow those who believe, **so believe with me today!**

1

Miracles Require Heart Faith

Knowing something in your head is useless if you don't also believe it deep down in your heart.

As we discuss seven keys you need to know about healing and miracles, understanding heart faith is the first.

In Mark 11, Jesus approached a fig tree because he was hungry. It didn't have any fruit on it, so He made a simple statement: "May no one ever eat your fruit again" (v. 14, NLT).

The next day the disciples were amazed to see that the tree had withered from its roots, and Jesus said, "Have faith in God" (v. 22, NLT). He told them to believe when they prayed, and showed how **you too can develop this kind of faith—it comes from the heart.**

I tell you the truth, you can say to the mountain, 'May you be lifted and thrown into the sea,' and it will happen.

Mark 11:22–23 (NLT)

Many times, we don't really believe what we think we believe. We agree mentally with God's promises, but **knowing something in your head is useless if you don't also believe it deep down in your heart.**

When it comes to miracles, what do you really believe? You see, God wants to do more than just help you put up with your problems. Romans 8:37 declares you are more than a conqueror through Christ who loves you! You have His miraculous power within you and you can overcome your problems by developing a firm, tenacious belief in your heart.

Develop this heart faith. Study God's Word on healing, listen to messages about healing and expose yourself to stories of people who have been healed. Over time, your confidence that God will heal you and those you pray for will grow, **and you'll see the miraculous in your life!**

2

God Doesn't Decide Who Gets Healed

You don't need to beg God for healing and miracles.

God isn't the one who decides who gets healed and who doesn't.

This statement is proven over and over in God's Word. For example, Mark 5 tells the story of a woman who had an abnormal flow of blood that had lasted 12 years. At the time, this was an "unclean" condition, so the woman was forbidden by religious law to leave her house. Nevertheless, she set out to find Jesus because she believed that if she could just touch His clothes, she would be made well.

When she touched Jesus' hem, He immediately knew something happened. Verse 30 says that He "realized at once that healing power had gone out

from him" (NLT). **This woman had pulled what she needed from Jesus to get her miracle.**

She didn't need to ask Jesus if it was His will to heal her and she didn't seem to wonder if she would be one of the lucky ones to get healed. When Jesus spoke to her after she was healed, He said that it was her faith that made her well (v. 34). **It was the belief in her heart that decided her healing.**

Daughter, your faith has made you well. Go in peace. Your suffering is over.

Mark 5:34 (NLT)

You don't need to beg God for healing and miracles. He has already given you the answer. Jesus is in you and you have every promise! Now it's up to you to convince your heart that you will get your answer.

Realizing that God isn't holding back your miracle is vital. Think about this woman's story. Just as she did, **you can draw from God's power—except in your case that power is already within you.**

3

Touch and Heal People Like Jesus

Holy Spirit's power can flow from you to heal people and set them free.

You can place your hands on sick people and they will get well, just as Jesus did. Jesus often touched people to heal them. Although healing didn't require touch every time, it seems that touch is powerful. In Matthew 8:14–15, for example, Jesus healed Peter's mother-in-law simply by reaching out and touching her hand.

You can touch people and see them healed in the same natural, effortless way. **Actually, something transfers to others when you touch them if you believe.**

He laid His hands on every one of them and healed them.

Luke 4:40 (NKJV)

When I was working in a hospital, I didn't always have a chance to pray with the patients. I had to abide by strict rules against doing anything "religious," so before heading to work each day, I prayed that God's healing power would flow from me into every person I touched that day. I believed this at my job and everywhere I went, and I still believe it today. Every time I hug my kids or shake someone's hand, I believe I'm imparting something, and it comes from Holy Spirit in me.

Healing can happen so effortlessly. Jesus didn't shake people or push them over. He also didn't have a worship band following Him from place to place to get the mood going. But this didn't stop Him from working with Holy Spirit in a miraculous way.

You must realize that Holy Spirit can touch and heal people through you. Every day, as you touch people in the normal interactions of life, **Holy Spirit's power can flow from you to heal people and set them free.** Believe it!

4

Holy Spirit is in You, Guiding You

There is no place for fear in your life because Holy Spirit is in you.

As a believer, Holy Spirit is in you. **You can trust Him to nudge you in the right direction.**

If you often wake up with a knot in your stomach because of fear, anxiety, worry or stress, you need to remember that Holy Spirit is in you and He's guiding you. **The future is not something you need to fear.**

You cannot allow stress, anxiety and worry to take root in your life. These are fear-based and can make you sick. Disease at its very root is dis-ease; it means you're not at ease. Instead, you can have the peace of God—a peace that surpasses all understanding (Philippians 4:7).

Some may say that it's smart to be afraid of a serious problem. Now, a healthy respect benefits you, but fear never does. Think about it. A healthy respect for fire will keep you safe. But a fear of fire will give you nightmares and keep you up at night. **There is no place for fear in your life because Holy Spirit is in you.**

So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."

Romans 8:15 (NLT)

No matter what tomorrow holds or what's happening in your world today, Holy Spirit will never leave you. He will lead you around and through the storms of life. His plans for you are amazing, so even if you miss out on an opportunity, an even better one is waiting for you just around the corner!

5

You're entitled to this protection and blessing because you follow Jesus, but it's not automatic.

Exodus 7–12 tells of the time when the ten plagues brought destruction to Egypt to convince Pharaoh to release the Israelites from slavery. One of these plagues involved swarms of flies, and Exodus 8:22 says that it didn't touch the land of Goshen in Egypt where the Israelites lived.

Imagine how this must have looked. The entire nation was in disarray. People, houses and even the ground were covered in flies. But in Goshen, it was business as usual. The devastation stopped at the border line of Goshen.

God Wants You Protected and Blessed

Goshen reminds me of the protection and blessing we have access to as believers through the new covenant.

But on that day I will sever and set apart the land of Goshen in which My people dwell....I will put a division and a sign of deliverance between My people and your people.

Exodus 8:22–23 (AMPC)

God wants you to be confident in His protection and blessing.

You're entitled to this protection and blessing because you follow Jesus, but it's not automatic. It won't be your reality until you speak His promises of protection and blessing over your life, get them in your heart and mind, and believe them without a shadow of a doubt.

No matter what kind of devastation hits—diseases, recessions, depressions—it won't touch you! Just as it says in Psalms 91:7, "Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you" (NLT). **You're a child of the King and you are protected and blessed!**

6

God Always Wants to Heal and Prosper You

Jesus already paid for every blessing to be yours.

You need to know that God ALWAYS wants to heal and prosper you.

This revelation is key! You need to know that you never have to ask God if it is His will to heal or prosper you because He already said it is.

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

3 John 1:2 (NKJV)

God's Word clearly states that He has given us healing and prosperity. According to 3 John 1:2, we can prosper in all things. Do you know what all things means in the original language? It means just what it

says—everything! Yet many Christians say, “Well, you never know what God might do.” God isn't unpredictable or unreliable! We need to be confident that God's promises are ours! He's for us, not against us!

When a leper approached Jesus and said, “Lord, if You are willing, You can make me clean” (Matthew 8:2 NKJV), Jesus didn't say, “Let me think about it.” He said, “I am willing; be cleansed” (v. 3, NKJV). He is willing and able. God isn't in Heaven with seven billion little strings that He pulls to drop prizes onto our laps if He feels like it or if we pray hard enough. No, **Jesus already paid for every blessing to be yours.**

You can know what Jesus made possible for you. Get the belief into your heart by studying God's promises in His Word and then speak healing and prosperity into your life. Be confident that in every situation, **God's will is for you to prosper and be in good health!**

7

No More Curse

There's no part of the curse you need to accept. Jesus took it all!

The topic of healing and miracles is very often misunderstood. Many books have been written to try to explain why some people don't get healed and many even claim that God's healing is not for today.

We can't allow ourselves to get caught up in all the controversy that surrounds this topic. **We just need to get back to the simplicity of the Gospel.**

Jesus said that signs and wonders would follow those who believe, and that fact hasn't changed. The issue is not whether or not God does miracles; the issue is whether or not you're going to see the miraculous in your life!

Christ has rescued us from the curse pronounced by the law. When he was hung on the cross, he took upon himself the curse for our wrongdoing.

Galatians 3:13 (NLT)

To see the miraculous, **you need to believe that Jesus took the entire curse** that came onto mankind as a result of Adam and Eve's disobedience (Genesis 3:16–19).

The curse of sickness and mental illness has no right to be in your life. Jesus suffered so you could be healed (Isaiah 53:5, NLT). And since poverty is part of the curse, you can be sure that it has no right to take hold of you because Jesus took that curse!

There's no part of the curse you need to accept. Jesus took it all! Speak to the mountains—those things you want gone from your life. Jesus gave you the power to send them running, and as you grow to believe this more deeply in your heart, they will!

CONCLUSION

Understanding grace is vital because it elevates your life to an entirely new level.

You can overcome anything life throws at you through a confident belief in what God has promised you.

We all want this overcoming kind of faith we've talked about in this eBook. We want faith that can move mountains—but there are two specific concepts we need to understand before we can confidently believe and walk in the seven keys we've discussed. **We need to understand grace and righteousness.**

First, let's talk about grace. The grace of God became yours when you gave your life to Jesus, and this grace encompasses so much more than you may realize. Grace is God's mercy and favour in your life, but it's also the power and ability He provides you. It's His full provision

for every part of your life. It's the blessings, amazing strength and overcoming power you now have in you because of your decision to follow Jesus.

Understanding grace is vital because it elevates your life to an entirely new level. You see, when you begin to understand God's grace, you start to realize that you truly can do all things through Christ who strengthens you (Philippians 4:13). You have all you could ever need inside of you!

For the sin of this one man, Adam, caused death to rule over many. But even greater is God's wonderful grace and his gift of righteousness, for all who receive it will live in triumph over sin and death through this one man, Jesus Christ.

Romans 5:17 (NLT)

God doesn't expect you to handle this life on your own strength. You have His grace in you always, and you can choose to look to that grace for help. It can empower you to become all that God says you can be and it can help you to tap into God's joy in the middle the most stressful times of life.

God's grace provides you with His miraculous, life-transforming power. Don't forget it's yours!

Jesus Heals: Unlocking the Miraculous

Because of Jesus, you're already qualified to walk in perfect health, unstoppable peace and the supernatural provision of God.

Yet often, we find ourselves going from crisis to crisis. We're surviving from one miracle to another as we beg God to intervene in our situation. Now, God loves to do the miraculous in our lives, but He didn't design you to live in this desperate survival mode. He created you to live in a constant state of the supernatural!

It starts with paying attention to your heart and what beliefs you're planting in it. In my three-part audio series, *Jesus Heals: Unlocking the Miraculous*, learn how to:

- persuade your heart of God's promises
- qualify for God's help, and
- take back the controls of your life.

When you become convinced of what God has promised you, faith rises up inside you. It begins to change things in your external world and the supernatural becomes your norm. Whether the miracle you need is in your health, finances, relationships or any other area, the Biblical principles in this series are designed to help you unlock the miraculous in your life.

Click here to get my audio series and begin this journey of greater health, peace, joy and power!



Jesus Heals: Unlocking the Miraculous

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Leon Fontaine

Leon is the CEO of *Miracle Channel*, host of *The Spirit Contemporary Life*, and the Senior Pastor of *Springs Church*, one of the largest churches in Canada.

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Leon's daily devotional, *Devoted with Leon*, is sent by mail and email to thousands of readers.

