

Adventures in God

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I Believe in Healing. Why Am I Not Healed?

Chapter 1 - Introduction & Overview

Any of us who've been to church for a long time, especially a church that believes in healing, have heard about healing. We have probably been taught that healing is God's will. We believe in healing because we see it in Scripture.

But at the same time, most people than not aren't as healthy as they would like.

WHY IS THAT?

We're going to go through various reasons throughout this course based on scriptures. People have come up with all kinds of reasons why some might not be healed. But we are going to look at the Word of God, as well as observations I have seen in my over fifty years studying the Bible, in order to find any blockages and hindrances

In order to be able to build doctrine and form strong beliefs, you have to have lots of scripture. You have to be convinced beyond doubt as to the Lord's will concerning healing. You have to know how God works in our healing in order to cooperate with Him and get the best results.

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I Believe in Healing. Why Am I Not Healed?

Introduction & Overview

Things We Will Cover

- Introduction & Overview.
- Basic Healing Facts.
- The Ministry of Jesus.
- Reasons People Aren't Healed.
- Physical Aspects of Health.
- Mental/Emotional Aspects of Health.
- Health and Long Life.

Welcome to My Book on Healing

Many of us have gone to church for years and have heard many messages about healing. We have been to healing services. Most of us believe in healing. This is especially true for those who believe the Bible as God's Word.

Teachers have taught us that healing is God's will—at least sometimes. We also believe in healing because we see it in scripture and in the ministry of Jesus.

But many people who believe in healing struggle in receiving healing. They have as many health challenges as the people who don't know God and don't have a covenant of healing. We who belong to God should be healthier than those who don't. There is a problem here which we need to solve.

If a minister comes into a church with an anointing for healing and says, "Who needs healing?" about half to two-thirds of the people might raise their hands or get in line to receive healing. And after receiving ministry for healing, they may not experience improvement. They leave the same way they came in. This leads to discouragement and unbelief.

Why does this happen? This book will help answer this question.

We will explore several reasons those who believe in healing are not healthy. These reasons will come from primarily from scripture, not only from my ideas or things I have heard. We will not be exploring

I Believe in Healing. Why Am I Not Healed?

the most popular viewpoints that other books on healing have covered. But we will look at teachings from the Bible that are plain and mention why people don't receive from God. We will look at many references and truths found throughout the book.

Building true, sound doctrine and firm beliefs requires a solid foundation in Scripture.

The Lord speaks through Scripture. A verse may jump out that speaks personally to you. This brings enlightenment and encouragement, which is a wonderful experience.

But to build your doctrinal belief system, you need extensive scriptural proof. You will need many scriptures that point to the same concept or idea. The more scriptural basis you can find, the stronger your belief can be.

You must develop a deep belief in God's will for healing for it to work consistently for you. This starts with having a strong faith that healing is what God wants for people—every time!

What You Put in is What You Get Out

What you get out of this book does not depend on how well I teach. Your takeaway depends on your engagement and application of the material presented.

To get beyond the place you have been before, you will have to do something different, something more. Learn things you don't yet know and let truths you know sink deeper into your heart and mind. Put in more diligence into your study and meditation than you have in the past.

There are many things we want to believe and think we believe that are only head knowledge or doctrinal beliefs. The truth of healing has to go deeper, into the very depths of your unconscious mind, to work most effectively.

I recommend you take notes as you go through the material. And not only take notes, but also go through the scriptures we cover for yourself—over and over. Think about them. Meditate on them. Apply them to your life. Do the activations at the end of every section. As you study and listen, seek the Lord's guidance to understand how to apply these scriptures to your life.

Practice honesty with yourself without self-condemnation. This is hard for most of us to do. But it is necessary for change. Life is a process, and we will always be in some sort of imperfection in our beliefs. To get the best result, we will have to be kind to ourselves as we work out our salvation.

I Believe in Healing. Why Am I Not Healed?

If you don't seem to be as healthy as you want to be, ask the Lord, "Why am I not healthy? I see healing in your Word. I believe it. What am I missing?" If you don't acknowledge that you aren't yet experiencing healing, you cannot solve why.

What you get from me in this book is in seed form. Plant these seeds in the soil of your heart and nurture them to bear fruit in your life.

We often attend conferences with high hopes of transformation, and while those hopes can be realized to some extent, you are likely to discover that about a week after you get home, you are the same as you were before you went to the conference. It is common to find that the lasting change you hoped for has not occurred. What did occur? Why didn't you receive the extent of change you hoped for?

What is the reason behind this?

It could be that what God gave you in the conference was seeds. Your wonderful encounter and the revelation you received were only the start of further growth in the Lord. Growth is a journey. What you do after the conference matters more than what happens at the event itself.

In the same way, what you do with the information in this book matters more than what you feel when you are reading it.

You can have an encounter that will change your life forever. But along with that encounter, the Lord expects you to work with Him to transform your life. Integrate what you have learned into your daily life and belief systems.

The Bible teaches two paths to transformation. The first is renewing our minds by changing our thinking.

"And don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

Romans 12:2 (NASB)

We are also transformed in the presence of the Holy Spirit, by an encounter with God.

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are

I Believe in Healing. Why Am I Not Healed?

being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”

2 Corinthians 3:17-18 (NASB)

To be transformed and grow into God’s perfect will, which includes healing, we need both kinds of encounters with Him.

I would like to read you Mark 4:24 in the Classic Amplified Version to see what Jesus said about this.

“And He said to them, be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you—and more [besides] will be given to you who hear.”

Mark 4:24 (AMPC)

The degree of transformation you receive from the Word of God depends on what you put into it. The measure of thought and study you give what you are reading in this book will correspond to the measure of virtue (healing virtue) that will come to you.

No, I am not talking about works. You don’t receive healing by works; you receive by faith. It isn’t by your own effort that you are healed. God already did the work and provided healing for you. But what God provided by grace, we receive through faith (Ephesians 2:8).

In this book one of the main things we are going after is our beliefs and inner thoughts. More will come to you who hear. The more you hear the truth, the more you will understand, and the deeper the truth will enter your heart and become part of who you are in your internal belief systems.

Again, your improvement in health and strength depends on what you do with the words you hear. Your healing is more up to you than to God. He has already done His part in providing healing for us all in redemption. Your benefit from this book will be more based on what you do with the words you hear than on what I teach.

Your change will not be based as much on what you hear while listening or reading as on what you do with the information afterward. Your actions based on what you read in this book are more impactful than the teachings themselves.

While action is necessary, be mindful of falling into a works-based mindset. If you think, “I didn’t read about healing today,” or “I didn’t say my healing scriptures enough,” this suggests you are taking on the responsibility for your healing instead of relying on the Lord.

I Believe in Healing. Why Am I Not Healed?

There is a thin line between acting on what you have heard and trying to earn healing through your efforts. Whether or not you experience healing can depend on this distinction. There is a delicate balance that can influence your healing journey.

If your scriptural study and declarations are driven by a desire to please God or earn healing, you are operating under a works-based mentality. And you cannot walk in God's provisions by works—no matter how good your works are.

One primary goal of reading the scriptures and reflecting on their truths is to renew your mind and change your thinking. It isn't only to learn and gain knowledge.

Most of us are familiar with healing doctrines and have heard them many times. We wholeheartedly agree, expressing our certainty and faith. But are we healthy? Do we experience what we believe? If not, there are adjustments we may need to make.

God's healing provision and truth will not change; it will have to be us who change.

There are a few factors at play here. There is a difference between what you have learned and what you truly believe in your heart. This isn't based on what you want to believe; it is based on what you REALLY believe in the deepest places of your heart.

Genuine belief lives in the heart, not just in the mind. You can tell what is in your heart by what you expect and what you speak when not thinking about it. Your genuine belief is your default position. We will cover more on heart beliefs VS head beliefs in a later chapter.

Diligence in studying the scripture goes beyond mere knowledge acquisition. The Word is food. It nourishes, strengthens, and empowers. The Word will become part of you as you continue to partake of it. Through consistent engagement, the Word becomes ingrained in your being. When this happens, the promises of God come to pass more quickly and consistently.

As physical health requires daily nourishment, so does spiritual health. The Word of God is our nourishment and the source of strength and health.

Proverbs 4:22 says that giving attention to the Word is healing for your flesh. This emphasizes that consistent engagement with the Word brings healing and health. It is like taking medicine.

You continue in the word not to please God or to get healed. You do it to renew your mind and convince your inner self. This way, the truth about healing becomes part of you. You want the truths of healing to settle deep into your beliefs and into your subconscious, so health and healing are normal for you.

I Believe in Healing. Why Am I Not Healed?

Connect with the Word to gain a deep understanding of healing. Make it a key part of what you believe. This will lead to an expectation of health and healing as your norm. This enables you to walk consistently in health and healing.

“For we who have believed enter that rest, just as He has said, ‘As I swore in My wrath, they shall not enter My rest,’ although His works were finished from the foundation of the world.”

Hebrews 4:3 (NASB)

God completed the works in Christ for our salvation from the foundation of the world. This also includes God’s completed work in Christ for our healing from the foundation of the world. We can receive it now; it is ready.

Therefore, we don’t need to plead with God for healing, since God has already accomplished it. Our focus should be on receiving what He has done and walking in it.

“For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.”

Hebrews 4:2 (NASB)

We will have to mix our faith with the Word we have heard about healing for it to profit us. To experience the benefits of healing, we must combine faith with the Word. The healing reaction requires these two ingredients. Faith is a necessary ingredient in receiving any blessing and benefit of God.

Many individuals struggle with this concept. They say, “Lord, I know your Word is true, that healing belongs to me. I know you healed me, but don’t you understand? I’m not yet healed.”

While some will not accept their healing until they feel healed, others refuse to even acknowledging any sign of illness. They are afraid that might counteract their faith. They emphasize only scripturally based affirmations of healing. But honesty about our current state is key to healing both mentally and physically.

If you say, “By His stripes I am healed”, which is an accomplished fact, and you should say it, and that’s all you do, you could get to the end of your life with the same sickness still in your body.

While scriptural declarations are important, they may not bring about complete healing if other factors are at play. This book will address some of these factors.

I Believe in Healing. Why Am I Not Healed?

This book answers this question: “Why do I believe in healing yet still have consistent sickness and weakness in my body?”

It is essential to explore the reasons behind the persistence of sickness and weakness despite belief in healing. The Lord will help you understand. He wants you to be well. He gave His life for this purpose.

Feelings vs. Experience

As we have said, one of the first steps is honesty with God. Start by telling God how you feel and what is currently going on in your body. Open communication with God about your feelings and experiences is vital. But it is just a starting place.

You share your feelings and what is happening. Then you remind yourself of what He says, what He has done, and how it affects you. Your feelings are important, but you cannot stay in your feelings. While acknowledging your feelings is important, dwelling on them can be detrimental. Move on from feelings and experiences to the truth of the Word of God.

If you stay in your feelings, you will stay in your feelings.

If every time you go to God, you start by telling Him how you feel, you will not make much progress. Once you share your feelings with God, align your thoughts with His Word. Then, act on what you believe and move forward. Don't deny your feelings, but don't continue to focus on them.

If you continue to focus on your sickness, you will stay in your sickness. If you remain focused on sickness (in your mind, in your lifestyle, habits, and in what you continually say), you will remain in sickness.

Two things are going on. You can be healed and sick at the same time. We live in two different realms: the spirit realm and the natural realm. Understanding this eliminates the conflict between believing you are healed and still experiencing physical symptoms.

There is the legal aspect of redemption (what Jesus secured for us) and the experiential aspect (our current reality). These realms coexist. The spiritual and natural realms operate at the same time. We know this but still experience confusion in the contradiction.

I Believe in Healing. Why Am I Not Healed?

Take the Promised Land of Healing

You are healed because Jesus healed you; this healing belongs to you. This points back to the Promised Land God gave the Israelites in the Old Testament. God gave it to them, but they had to take it.

What if the Israelites went to the border of the Promised Land and says, “Oh God, thank you. You have given us the Promised Land,” and stayed there thanking Him for it for years? They could have thanked God forever, but without taking action, they would never have entered the Promised Land.

Likewise, He has given us healing. But we have to take possession of it. We may even have to put forth effort and fight for it. We will have to kick enemies out of our lives, out of our thinking, and mindsets to take the land of healing.

This book will cover more on these things and others. Come and join the adventure.

How Much God Loves You

Jesus loves you so much that He bore the stripes for your healing on the cross, and He is touched with the feeling of your infirmities (Hebrews 4:14). God understands your constant experience of pain and the frustrations, burdens, and financial costs associated with your medical struggles. He knows what it feels like to get up every morning and face the same old, same old, same old symptoms, whether they are in your spirit, your soul, or your body. And He cares.

God’s love for us is so profound that it sent Jesus to redeem us from sin and its consequences. Part of what Jesus did in our salvation is that He took our sickness upon Himself as He took our sins.

Isaiah 53:3-5 is the great redemption chapter. It says,

“He was despised and forsaken of men, A man of sorrows and acquainted with grief; And like one from whom men hide their face He was despised, and we did not esteem Him. Surely our griefs He Himself bore, And our sorrows He carried; Yet we ourselves esteemed Him stricken, Smitten of God, and afflicted. But He was pierced through for our transgressions, He was crushed for our iniquities;

I Believe in Healing. Why Am I Not Healed?

The chastening for our well-being fell upon Him, And by His scourging we are healed.”

Isaiah 53:3-5 (NASB)

No matter your pain or distress, God loves you deeply. Jesus' work in our salvation covers it. He took your spiritual, mental, emotional, and physical suffering.

The Bible teaches He took our sickness upon Himself at the same time He took our sins. Why did he do that? Did He take our sicknesses to heal us in heaven? I don't think we need to be healed in heaven. He took our sicknesses because He wants us to be healed and healthy here on this earth. But few of us enjoy the full health and vitality in life He desires for us.

Keep Listening and Hearing on Healing

Keep reviewing the healing truths this book presents and allow yourself to be transformed. Spend time with the scriptures and just be in the Lord's presence. Trust Him to reveal what you may be missing. He will help you identify any blockages in your road to healing and health.

We are going to cover many reasons people are not as healthy as they want to be and believe they should be. Some you may have heard before, and some may not.

There is a difference between understanding healing as a doctrine and believing it is available to you. What we want is to experience the healing we believe in until our body is consistently healthy.

Your body's health connects to how much you know and truly believe these truths and appropriate them (3 John 2). The renewal of your mind corresponds to the degree to which you enjoy God's perfect will (Romans 12:2).

You need to start by believing in the doctrine of healing. We are going to begin with some foundational scriptures on healing. Then, we will look at the ministry of Jesus to show the will and nature of God about healing.

Scripture offers many insights into the reasons we don't experience what is rightfully ours. It shows why we don't have what we should and why we are not living in the fullness of life and health that God desires for us. He paid the price for us all to enjoy these things.

Some people are afraid to talk about their health because they don't want to make a wrong confession. They feel concerned that those around them will correct them if they do. So, they keep quiet and yet

I Believe in Healing. Why Am I Not Healed?

feel guilty because they believe in healing but are not yet healthy. When they cannot talk about it, it stops them from solving why they have not received all that God has done for us.

Guilt should have no place in the matter of not being healthy. Jesus completely dealt with sin and guilt. God does not see you as falling short. He loves you deeply and cares about your health. He wants you healthy.

There are many ways of healing; God has provided doctors and uses doctors, and I thank God for doctors. But preeminent over every natural doctor, our God is THE HEALER. He is our Great Physician.

God in Exodus began to reveal His redemptive names. He called Himself Jehovah Rapha, “I AM The Lord Who Heals You” or “I AM The Lord Your Physician.”

He wants to be your physician. He wants you to come to Him first. Doctors are fine as long as the Lord is first to you in your health issues and in your spiritual issues.

Think of God as your primary physician. When you go to the primary physician, they might refer you to a specialist. The Lord is your primary physician on all health issues. He will guide you on when to see a doctor and when to rely only on Him alone. He will also help you understand what steps to take for your healing.

I always go to Him first when I encounter something wrong in my body. My first reaction isn't to say, “I've got to run to the doctor. I'll go tomorrow, and, oh no, I may have to spend thousands of dollars to get this thing identified and fixed.”

No. I go to my primary physician first. He is the Lord that heals me. He is the Lord my Physician. And He leads and guides me in all that I do. He wants to be the Lord in my health issues—as well as the Lord of my life.

Instant Healing or Process

In this course, we are going to cover the basics of healing. I know that you have probably heard these things many times. You know the healing scriptures. You have likely learned what the Bible teaches about healing.

But if you have heard the Bible's teachings on healing for years but are not healthy, you might be missing something. And the problem isn't with God or with His promises; it is with your believing and receiving.

I Believe in Healing. Why Am I Not Healed?

God has many ways of doing things; there are instant miracles, and there is process. God heals people instantly. He is a miracle working God—and that is wonderful. But most of us have to go through a process.

Why does it take a long time for some to get healed? Does God have some hidden, mysterious reason? Does He not want to heal you? Is there something He wants to work out in your life before healing you?

No! It is more likely that there is something in your life that is blocking the healing He has already provided. Healing is like a continually flowing river penetrating wherever it can get through.

We know that He's already provided healing and wants us to get rid of the problem and give you a prescription or advice to make you well.

If the doctor gives you a prescription, you say, "Oh, thank you. I appreciate this, doctor." And then you leave. If you have a prescription but never get it filled or take it as directed, would it help you? No. You would probably continue to be sick, even if you carry the prescription around in your pocket.

Use the same diligence for your spiritual life as we go through the scriptures I am presenting to you. Take the time to study them out for yourself, go to Him for help and experience it. In many cases, I have found the blockage is likely something in your beliefs about God, about yourself, or about the truths of healing. The problem is more likely in your thinking and belief systems than in your lifestyle.

Identify and Remove Hindrances

What is blocking your healing? Once you identify and remove the blockage, you open the way for God's healing to flow freely into your life.

As you read this book, the Lord will help you see what you are missing. You will discover any adjustments you need to make. I expect Him to identify any lack in your knowledge. I expect Him also to show you where your heart beliefs don't match your outer beliefs.

In this short book, I can only cover a few healing scriptures. Much of what is going to happen to you depends on what you do in your own time. It isn't reading the book that will make you healthier; it is doing what you hear.

If you want to be healthier, go back through the scriptures and thoughts we study. It is up to you to put in the work. I trust what you hear will spark something in you, that the truths presented will become a key to your victory.

I Believe in Healing. Why Am I Not Healed?

Take the Prescription

You will have to take the prescription for it to work. When you encounter symptoms in your body, you may see a doctor. You want them to find the source of the problem and give you a prescription or advice to make you well.

If the doctor gives you a prescription, you say, “Oh, thank you. I appreciate this, doctor.” And then you leave. If you have a prescription but never get it filled or take it as directed, would it help you? No. You would probably continue to be sick, even if you carry the prescription around in your pocket.

Use the same diligence for your spiritual life as we go through the scriptures I am presenting to you. Take the time to study them out for yourself, go to Him for yourself, and get His plan for your healing. This is the same as taking the prescription.

If you carry your Bible and the notes you take from this book around but never go back over them or apply them, will the information you receive work for you? No. You will probably continue in the same health patterns as before.

In the natural realm, you would not think, “Why didn’t that work? Why didn’t I get well after I saw the doctor? He must not be a good doctor, or maybe he didn’t mean to heal me.”

People may not view it this way in the natural world, but many do in the spiritual realm. When the doctor gives you a prescription, you know you have to take that prescription to the pharmacy to get it filled. You then take it home, but you must also take the medication prescribed according to the instructions to get the results. And even then, the results will not be instant. Most medications take time to build up in your body to affect the area they are created to treat.

That is why what you do outside of the time of reading this book is more important than the time you spend reading it. God’s Word is medicine to all your flesh, but you have to take it according to the instructions.

“My son, attend to my words; consent and submit to my sayings. Let them not depart from your sight; keep them in the center of your heart. For they are life to those who find them, healing and health to all their flesh.”

Proverbs 4:20-22 (AMP)

What are the instructions for His Word to be healing to your flesh?

- Attend to His Words.

I Believe in Healing. Why Am I Not Healed?

- Consent and submit to what He has said.
- Let them not depart from your sight. Keep looking at them.
- Keep them in the center of your heart.
- Then they are life and health and medicine to you.

Reading will help because it will open doors into your heart and mind and plant seeds in you. I trust that as you read, the Lord will reveal things to you. I believe for the lights to come on and illuminate any darkness in your understanding.

But for the full benefit, you will have to do something besides reading; apply what you have learned.

A Sneak Peek at Reasons

What prevents people from being healed? We are going to cover many reasons I have seen in scripture and observed throughout my life.

I don't know all the reasons, but I am trusting the Lord to cover the ones that we need to know. There are probably as many reasons as there are individuals.

Below are previews of some ideas that we will cover in more detail in later chapters.

Traditions of Man

One of the greatest hindrances to receiving healing are the traditions of man. Jesus said that the traditions of man can invalidate the power of the Word.

There are many untruths and deceptions mixed in with established Christian doctrine. Let us identify some of these and separate the true from the false. And then let us remove what is false from our belief systems.

How do we do this? Through scripture. As Jesus said, when we continue in the Word, and the Word will make us free.

A key reason Christians are sick is that wrong teaching about healing and the nature of God have influenced them. Teachers have propagated ideas such as God no longer heals, miracles are a thing of the past, and God only heals selectively and on his own timetable, along with other unscriptural concepts, misconceptions, and falsehoods.

I Believe in Healing. Why Am I Not Healed?

These ideas have become part of the underlying belief system of the church as a whole. There are so many false doctrines, and even what is called “sound doctrine” can be partially lies. In many church circles, inaccurate ideas often blend with sound doctrine, and most people can’t see the difference.

People often cling more strongly to traditions than to the Word. They will defend their beliefs, even if you present clear scripture contradicting their teachings. Make sure this isn’t you. Open your mind to learn and see what the Bible teaches and remove your religious glasses.

Healing as a Gift vs. Healing in Redemption

Not knowing the difference between gifts of healing and the provision of healing included in redemption hinders many. They may realize that salvation is for all who believe, but they don’t understand that healing is part of salvation, free for the taking.

This leads to another misconception that hinders some from receiving healing. They are waiting for God to heal them when He is waiting for them to take it.

Faith Mixed with the Word

Even if you hear the Word of God about healing and decide to believe it, you may still not receive it. How can this be? The Word will not benefit you if not mixed with faith, faith that comes from the heart, not only the mind.

You need to exercise intentional, consistent faith when you hear a truth differing from your previous teachings. Tear down the untruth and replace it with the truth.

Prosperous Soul

Your soul’s prosperity also affects your health level. The degree to which your mind is renewed determines your health (3 John 2). You can tell how your soul prospers by your outward prosperity and health.

Health isn’t Automatic

Though Christ provided healing, and His stripes healed you, health isn’t automatic. You may need to fight the fight of faith to strip off the things that hinder you from walking in your God-given provisions in Christ.

I Believe in Healing. Why Am I Not Healed?

People like to get their healing through someone else's prayer and faith. It seems easier. They may have learned that getting prayer from someone is the primary way to get healed. It is a way, but God has provided many ways.

God may want them to take it for themselves. Each individual has to receive salvation for themselves. One could also say the same about healing.

God is into diligence. Seeking God and His provision with diligence is part of faith (Hebrews 11:6). You cannot please God without faith. God loves diligence and rewards it. In the Kingdom of God, most things require effort to take hold of and experience.

People Tolerate Sickness

People put up with sickness because they believe everyone gets sick from time to time. Some even believe God wants them to be sick or “allows” them to be sick for some divine purpose.

Sickness is a natural part of life, but life on earth is under the curse that came when Adam and Eve sinned, and God has redeemed us from the curse.

Sickness is in the world and comes to all, but you don't have to accept it. You can and should resist it. Sickness is an enemy of God and of God's Creation. It will come to you and be a part of your life if you expect it to. But you don't have to be sick.

In his book, “The Bible Secret to Divine Health”, Gordon Lindsay, the Founder of Christ of the Nations, says.

“This book reveals one of the most practical secrets for daily living found in the Bible. It recognizes divine healing as God's promise for the believer but—and this is important—it goes further. It teaches the profound truth that God does not intend for His children to be sick at all.

Having more than thirty years of experience in divine healing ministry, I have observed one circumstance which I believe is the main hindrance to receiving permanent deliverance from sickness. Christians, even those who believe in divine healing, tend to accept occasional sickness and getting healed as normal—as God's order for life. But it has been made clear in the Word of God that it isn't divine healing but divine health which is God's intended plan for His children.

A careful study of both the Old and New Testaments reveals that divine healing is more or less an emergency measure provided by the Lord for believers when they,

I Believe in Healing. Why Am I Not Healed?

through neglect of health laws or for some other reason, become ill. In this case, deliverance may be obtained from the Great Physician.”

Gordon Lindsay - “The Bible Secret to Divine Health”

Negative Examples of Healing Seekers

Some people point to the “crazy faith folks,” who they think deny symptoms and act in presumptuous ways. Some even risk death, claiming it is faith. No one wants to be labeled with the crazies. But maybe the crazies aren’t as crazy as you think.

Regardless of what you think of others, people’s mistakes don’t change or nullify the Word of God. People reject the truth along with the extremes. They throw out the baby with the bathwater. And then they do without God’s provisions.

Many don’t realize that you can believe in your healing even when you don’t feel it. You can have faith even when contrary things are going on at the same time. This lack of understanding has caused many to turn from healing by faith and speak negatively of the “faith-healers.”

Continue and Learn

If you are struggling with your health and healing, this book might be what you need to find your way to better results.

We are going to learn more about how to walk in His provision of health and healing. Continue on, and we will answer these questions and many others.

I trust the Lord will open your eyes to things that might be hindering your healing. He will also reveal to you how you can enjoy health greater than you have ever imagined. This is His will for you!

My Personal Testimony

I used to get a month-long cold every year. Now I cannot even remember when I last had a cold. If I feel any of the initial cold symptoms, like scratchiness or a sore throat, I resist it. I say, “I’m not taking that in Jesus’ name because Jesus took it already.” When I do this at the first sign of symptoms, I don’t catch it. I have walked in this to increasing degrees for over fifty years now.

I Believe in Healing. Why Am I Not Healed?

Sometimes I was too busy to take the time to deal with the symptoms when they first showed up. At those times, the cold got more of a hold, but it left faster than it used to. But this has not happened for years. I keep learning and growing.

When I have an accident and injury, I instantly say something like, “This will not hurt me.” “No hurt or pain in Jesus’ name,” or something similar. And most of the time, any negative results pass as nothing. This has come out of my mouth so naturally that it has surprised people.

In our family raising our five boys, we mostly only took them to the doctor for checkups; we rarely had to take them in for sickness. We went in one time for an ingrown toenail and one time for planter’s warts.

As they got older, one of our sons had a few accidents. He was a little more adventurous. He had a skateboard accident and a bicycle accident, and we had to take him in on those occasions. But, overall, during our children’s upbringing, illness was infrequent, and doctor visits were rare.

Some might say that God chose you to not have sickness. Or maybe it is just genetics or luck. No, we weren’t chosen to be healthier than others; we chose not to have sickness. We learned God’s Word and will and put the Word of God first and trusted Him for our health.

Even before our marriage, we were doing this separately. My husband could count on one hand, or possibly two times he has been sick or had to stay home from work for his entire work career.

Because we see it in scripture, we choose health. We learned through time how to take it and walk in it. Now we resist sickness whenever it shows up and never accept it as normal or something we have to have. Our results have not been perfect, but they were obvious to those around us.

Do these truths still apply as we get older? Of course! God’s Word does not depend at all on how old I am. There are many examples of the Word of long life and health. I will cover that in a later chapter.

We continue to learn and act on the truths of the Word. And it always works, and it works better through the years. And if it has worked for us, it will work for you.

We can ALL Learn to Walk in Health

So, what am I saying? What I am saying is that we can ALL learn to walk in health. All can partake of God’s promises for health and healing.

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God has provided it for us all. Jesus many times healed all in a multitude that came to Him. We can all hear and learn scripture, and grow through fellowship with Him, as we commune with Him, and we accept Jesus as our physician. It comes through putting into practice the principles we will go over in this book.

He will show you what you need to adjust or remove in your life. He will show you what isn't in your life that needs to be there. Trust Him. He wants you whole much more than you do and will work with you to get you to that place.

God's Word contains God's thoughts and is medicine to all our flesh. He sends His word and heals us. Another point is that though you can O.D. on medication from a doctor, you cannot O.D. on God's Word.

A key to maintaining your health is to make a habit of regularly studying God's Word, particularly the teachings about healing. Spend time with Him over His Word. Let Him reveal it and make it real to you.

These days, there is no reason not to study and learn. Not only do you have your Bible, but there are many excellent teachers online. Find teachers who teach healing according to scripture. You can ask me for some names, links, and books. I have many. I am always feeding on healing. That is another reason I can walk in health to a great degree.

As you read books on healing or the Bible, make a list of healing scriptures and points that stand out to you. Write them down or type them out. Review them regularly. Make them into declarations and repeat them. Even the time you spend gathering them is beneficial.

When you focus on God's truths about healing, you renew your mind. The more you renew your mind, the more you will prosper, and the healthier you will be.

Your inner beliefs might hold you back from good health. These are not the thoughts in your conscious mind; they are the deep thoughts and beliefs rooted in your heart. They operate in your unconscious mind, affecting you even when you are not aware of it. These have much more of an effect on us than we realize.

Later in this book, we will explore how beliefs, thoughts, and mindsets contrary to the truth can affect your health. The Bible speaks much about what we are to think and not think and how it affects our health.

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But underlying all I present; this is a key thought I want to communicate with you. Your belief system causes many of your problems. I call it your BS. Let go of your BS. Any belief that does not align with God's Word and truth needs to go. Replace all contrary ideas with God's ways of thinking.

As you read this book, I trust you will see things in your life that are blocking your health. Sometimes you only need a minor change. Sometimes it might be a bigger life change, but the Lord will show you.

Activations

- Why are you reading this book? Write down your thoughts.
- What do you expect to receive from it? Your expectation has a great deal to do with what you receive.
- Are you ready to work hard? Though healing is a freely-given gift; it takes effort to learn about it and apply its truth.
- What you put into it is what you will get out of it.
- You can discover and fix anything blocking your healing and health. Ask the Lord what you need to focus on and find scriptures that speak to your life.
- Journal what you hear. Write the scriptures and the thoughts that come to you.
- Go over these things regularly and say them aloud to yourself. Tell yourself who you are, who He is, and what He has done for us.
- Speak to your body. You have authority over your body. Tell sickness to go away. Command health and healing into it.
- Choose to trust what God says instead of your own thoughts and experiences.
- Be willing to change what you think. Replace your old thoughts with truth. Take what God has said and done higher than your thoughts.