

Adventures in God

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I Believe in Healing. Why Am I Not Healed?

Chapter 7 - Reasons 16-22 Some Aren't Healed

This chapter covers other reason that some might not be healed and ends with some last observations.

The reasons covered in this chapter are:

- Soul Prosperity
- Miracles, Gifts, Redemption
- Rightly Judging the Body of Christ
- Unconfessed Sin
- Forgiving Others
- Rebellious Ways
- The Heart is Dull
- Last Observations

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I Believe in Healing. Why Am I Not Healed?

Reasons 16-22: Other Reasons

Reason 16: Soul Prosperity

Your soul prosperity corresponds to your health. You will be in health to the degree your soul prospers. If you want better health, increase your soul prosperity.

God desires that we prosper and be in health.

“Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.”

3 John 2 (NASB)

Prosper (euodoō)—Have a good journey, succeed in reaching, prosper on the road.

To prosper is to be successful, fortunate, or flourishing, especially financially. It signifies a state of thriving and growing stronger, whether in business, personal life, or generally.

Health (hygiainō)—Healthy, sound, whole, well, safe and sound.

The Apostle John prayed that the people who read his letter would be in health, whole, well, and safe. Were these just nice words, or did He expect his prayer to be answered?

Sometimes we say a prayer with no expectation of it coming to pass. We don't treat God's Word with the seriousness it deserves. I don't think we believe God means what He says. Does God want you healthy and prosperous?

Although we love what we read in the Word and apply it as best as we know, it isn't the controlling force in our lives. I heard someone say once that we need to treat God as an honest being, as if He really means what He says. We say we believe the Word, but deep down, we don't expect it to happen – good or bad.

There is a correspondence between soul prosperity and healing. You will prosper and enjoy health to the degree your soul prospers. So, if your health isn't prospering, check your soul.

This scripture connects your physical health to your soul. The soul is your mind (your thinking process, including your inner, unconscious thoughts), your will, and your emotions. This verse says that your health corresponds to the prosperity of your soul.

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I would compare soul prosperity to renewing the mind as spoken of in Romans 12:2. The renewing of your mind transforms you. Your healing is proportional to the degree your mind is renewed to think like God.

I will put it this way: The more you think like God about yourself, the world, and everything, the more your mind will be renewed. And the more you think according to scriptural ways, rather than the world's ways, the more prosperous and in healthy you will be.

So according to the scripture in 3 John 2, your thinking can limit your health. Your beliefs can hinder your health. Changing your beliefs can be a large factor in increasing your health.

There are different levels of believing. There are your conscious beliefs where you accept and believe in healing as a doctrine. But there is a deeper level in the thoughts beneath your thoughts in the deepest places in your heart and mind.

What do you believe in your heart? Whatever it is in the deepest part of your heart controls your life. What you believe in your heart is your default. It is what you say and do spontaneously. It is what you expect when not trying to control your thoughts.

Jesus said that out of the abundance of the heart, the mouth speaks. He spoke about bringing forth good and evil from what is in the heart. Do you have the good healing word in your heart to bring forth healing?

You have the mind of Christ, but how much of it have you integrated into the inner beliefs of your mind and your life habits?

What do you believe concerning healing? No, I don't mean what you believe as a doctrine. I mean, what do you believe in your heart? Do you expect healing? Do you expect health? Or do you expect to stay sick?

You may agree with the doctrine of healing, but subconsciously believe untruths about healing, about God, or about yourself that keep you from walking in health. To walk in health consistently, you will need to deal with these things.

In the area of healing and in all other areas, renewing your mind transforms you. Being transformed from sickness to health, weakness to strength starts by changing your thoughts. (Romans 12:2).

Many don't understand that God didn't give us the Word of God solely for knowledge. God gave us the Word as food. His Word gives us power as we partake of it.

Reasons 16-22 Other Reasons Some Aren't Healed

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Some people say when they hear a message about healing, “She’s preaching on healing again. I have already heard this. I know this.” Then they tune out what is being said, maybe play with their phone or daydream, or plan lunch during the teaching.

What they don’t realize is just because you know something doesn’t mean you know something.

“And if anyone thinks that he knows anything, he knows nothing yet as he ought to know.”

1 Corinthians 8:2 (NKJV)

The Word is Food

Your immediate reaction when sickness or a symptom comes against you shows what you really believe.

Do you believe with your heart what the Word teaches on healing, or do you have more faith in the sickness? Look at what you say and do to find what is in your heart.

God gave us His Word, not only for knowledge, but for nourishment. It is our spiritual food.

What does food do? Food nourishes us and gives life, health and strength to our body. Everyone knows that in the natural realm, if you go without food, you will starve, and your body will shut down, and you will lose health and strength.

If you eat junk food all the time, it gets into your body, and it becomes part of you. This can create health issues in your body—because you are feeding it improperly. But if you feed yourself healthy food consistently, the nourishing food becomes part of your body, and you will become healthier.

Feeding on the Word of God is like taking food into your body. Some people go to church on Sunday and listen to a sermon, and they think that is all the spiritual food they need, but in truth, they are starving and suffering from spiritual malnutrition and don’t even know it.

Then they wonder why things are not going right with them. They wonder why the Word isn’t working for them. The reason for their constant sickness is a mystery to them. They think maybe God has some purpose in it that has nothing to do with their lifestyle or thoughts. But it isn’t working because they are not working it.

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We all need to get into the Word of God to feed and nourish ourselves with spiritual and physical strength. Since we are talking healing here, get into the Word of God concerning healing, and go over it and go over it daily as you would eat food. You don't just eat food once a week. You eat it daily.

It doesn't work to say, "I have heard about healing. I believe it." You must continue to feed on healing day by day. In time, a good Word diet becomes part of you and affects your health.

"There is a difference between being able to give the right answer in a Bible quiz and having the default of your heart when a crisis comes up to be a Biblical response. You have become one with what God has said. God wants to the Word to become flesh through you.

Take one verse and meditate on it. Speak it, think it, converse with God over it. Quote, mutter, proclaim, prophecy. Over time, that which was external on a printed page becomes a part of who you are and how you think.

Pray and meditate your way into the promised land. Become what God has said."

Notes from a Bill Johnson Sermon

You don't keep studying and saying the Word because saying scriptures causes God to do something for you. Making declarations isn't for God. It isn't works or performance based. It is to change what you believe in your heart.

As you go over scripture to renew your mind and prosper in your soul, the truth you hear becomes part of you. When it does, you will prosper in your outward life. As a result, you will prosper in health and well-being.

The more I know and learn the truth of God, and the more I replace my thought with His, the better off my life will be. I will prosper and be healthy as my soul prospers.

The Garden Story

Back in the mid-80s, during the time I began having children, I had five of them over a ten-year period, I had a kind of vision picture.

I don't know if any of you have had children, but when they are young, they take up your life, especially right after they are born. It seems all you can do is feed them and take care of them. As a result, you may not be in the Word or in prayer as much as normal.

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So, what would happen is that every time I had a child, I was not as spiritually strong as I had been before I had the child—because you just cannot do everything. I always went to church, read the Bible, and prayed, but my spiritual sharpness faded, and my strength diminished. I don't know if this happens to every mother, but it happened to me.

In this vision, I saw a field, and it was full of weeds, grass, and plants. So, I took the lawn mower and mowed it down till it looked good and neat again. I thought, "I got it together now. Everything is neat and clean. Now I'm good." Then I got busy with life and raising my children, and when I turned back to look at the field, the weeds were back. Where did they come from? I had all that stuff dealt with.

What seemed to happen was that many of the old things I thought I had overcome came back when I took my attention off dealing with them. For me, this was mainly fears and insecurities and thinking less of myself than I should. This happened many times. Then, one day I heard while praying that to get rid of the weeds you have to pull them up by the roots.

I already knew this in the natural world. I have done a lot of gardening. If you don't pull up the weeds in your garden by the roots, they will come back. In the same way, if you don't pull up the weeds in the garden of your life by the roots, they are also going to come back.

How do you pull the weeds in your thoughts and beliefs up by the root? You will need to displace them and replace them with truth. Once you establish new truths, the weeds are less likely to return, even during a busy time in your life. They cannot get through all the good, wholesome plant growth.

Through those years, I kept mowing the old ways and thoughts down—because you need to keep things under control to function normally. But weeds kept coming, I mowed them down, got busy, and they grew again. So, I mowed them down again. This happened repeatedly for many years.

As time went on, the more I got in the Word and the more the truth got into me, the more strength I had to keep the weeds mowed down in my life. When I got more truth planted firmly and permanently in my life, it displaced the weeds and uprooted the weeds completely. The weeds no longer came back. The crop was replaced.

Now I can turn my back for a while, and the old things don't come back. Why? Because it isn't there anymore; the roots are gone; the truth of the Word has become more a part of me than my old ways.

So, in conclusion, if you want to prosper in your health, your soul will need to prosper. You will need to renew your mind—because the level of your health will correspond to the degree of Word of God that has become part of you. Your health will prosper according to your soul prosperity.

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Reason 17: The Heart is Dull

“For the heart of this people has become dull, with their ears they scarcely hear, and they have closed their eyes. Otherwise, they would see with their eyes, hear with their ears, and understand with their heart and return, and I would heal them.”

Matthew 13:15 (NASB)

Here is another place mentioned in scriptures for some not getting healed even though healing is available. Some cannot see or hear because their heart has become dull to spiritual things. When your heart becomes dull, you cannot hear. Your eyes are closed, and you cannot see. As a result, you can't receive what is promised.

Even God's people can become blind to the truth.

“Of whom we have much to say, and hard to explain, since you have become dull of hearing.”

Hebrews 5:11 (NKJV)

The god of this world blinds the minds of unbelievers so that they cannot see the truth. Worldly thinking can also blind Christians. They have no clue what the Lord is doing and take on the beliefs and attitudes of the world (which is under the influence of the sway of the prince of the power of the air who rules this age) rather than God. This prevents them from seeing the light of the glory of the Lord in Christ.

“But even if our Gospel (the glad tidings) also be hidden (obscured and covered up with a veil that hinders the knowledge of God), it is hidden [only] to those who are perishing and obscured [only] to those who are spiritually dying and veiled [only] to those who are lost. For the god of this world has blinded the unbelievers' minds [that they shouldn't discern the truth], preventing them from seeing the illuminating light of the Gospel of the glory of Christ (the Messiah), Who is the Image and Likeness of God.”

2 Corinthians 4:3-4 (AMPC)

What could blind you and close your eyes? What could keep your ears from hearing the truth about healing?

Many things, such as tradition, hurt and disappointment, deferred hopes, preconceived ideas, feeling like God or people let you down, could hinder you from being able to see clearly.

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What do you need to do to be healed?

Open your eyes to see and open your ears to hear so that you can understand with your heart. Turn to the Lord, and the result will be healing.

Jesus wants you to see, hear, and understand so you can experience healing. Ask Him, and He will open your eyes.

When you turn to Jesus with an open heart, intentionally decide to accept and believe what the Word says, you will see, hear, understand, and be healed.

Reason 18: Rebellious Ways

“Fools, because of their rebellious way, and because of their iniquities, were afflicted. Their soul abhorred all kinds of food, and they drew near to the gates of death. Then they cried out to the Lord in their trouble; He saved them out of their distresses. He sent His word and healed them, And delivered them from their destructions”

Psalms 107:17-20 (NASB)

The people in this Psalm suffered affliction because of their rebellious ways and inequities. They could not eat and came close to death.

But when they cried to the Lord in their trouble, He saved them. The distresses He saved them from were afflictions that came upon them from living outside of God's laws. He sent His Word, healed them, and delivered them from their destruction, He will do the same for you.

Jesus will heal us when we don't deserve it. That is the meaning of mercy. He will heal us when our sickness is a result of our own lifestyle. Jesus came to redeem us from the curse and save us from sin and sickness.

He said much to teach us how to live, what to do and what not to do. He sent His Word to heal us and deliver us. If we live in His Word and His ways, we can live above the curse that is in the world. We no longer have to experience the sickness of the world.

Healing is a part of our redemption, and we can claim it, even if sickness comes upon us because of our own ways, or even if we have rebelled against His ways. Jesus didn't do pre-healing interviews; He had compassion for human suffering and healed their sick. And He still does.

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He will send you His Word concerning healing so you can apply it and be healed. He will also send the Word concerning how to live safe and free from the destruction in the world.

Reason 19: Miracles, Gifts, Redemption

Not understanding the difference between instantaneous healing, miracles, the gifts of healing as spoken of in 1 Corinthians 12 and 14, and the provision of healing included in our redemption has confused and hindered many from receiving healing.

People don't understand that God already provided healing for all. It is there for the taking—just as your initial salvation. Salvation includes physical healing. The word “sozo” means saved, healed, delivered, made whole in every way—See Romans 10:8-10).

We must distinguish between healings received through supernatural gifts and manifestations and those received by exercising faith in God's Word alone.

One difference is that salvation (including the healing included with it) is for “whosoever wills” and the gifts of healing are the work of the Spirit distributing the gifts as He wills.

We can all believe for and take what He has already given. But sometimes God intervenes and heals someone who is not believing for it. He uses many ways and gifts to heal.

“To another faith by the same Spirit, and to another gifts of healings by the one Spirit, and to another the effecting of miracles, and to another prophecy, and to another the distinguishing of spirits, to another various kinds of tongues, and to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually just as He wills.”

1 Corinthians 12:9-11 (NASB)

“And God has appointed in the church, first apostles, second prophets, third teachers, then miracles, then gifts of healings, helps, administrations, various kinds of tongues. All are not apostles, are they? All are not prophets, are they? All are not teachers, are they? All are not workers of miracles, are they? All don't have gifts of healings, do they? All don't speak with tongues, do they? All don't interpret, do they?”

1 Corinthians 12:28-30 (NASB)

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Someone with the gifts of healing has a special anointing and power to heal those that come to them. God is the one who put gifts of healing in the church. Not all have the gifts of healings. The function of this gift is to heal others, many times, instantly and miraculously.

People have come to believe that this is the major way God heals. But it isn't. The primary way God heals us was to include healing in our redemption. It must be taken by faith the same as salvation.

God wants us well, and He has provided many methods of healing, including equipping some with healing gifts and ministries. But you don't have to wait for a gift to be healed.

In Mark's account of the Great Commission (Mark 16:15, 17-18), we are told to lay hands on the sick and see them recover. This isn't the gift of healing; this is a ministry for all of us.

All don't have gifts of healings, but according to Jesus, we are all to lay hands on the sick and see them healed. And the healing provided in redemption is for whoever will receive it.

Because God wants people healed, healthy, and whole, He has provided many different ways to receive healing.

Healing isn't exclusive to the church. God will also heal those who don't know Him. Healings and miracles draw people to God. We are to lay hands on the sick we encounter in our daily lives, expecting them to be healed. Many of these, after they have experienced God's healing, will dedicate their lives to Him. God gave us the gifts of healing to work through us more than for us.

When people hear of a place where healing is being ministered as a gift, they flock there. When a gift of healing is operating, they might not need to do anything but just receive it, and that is wonderful. Other times, they will need to cooperate with God in some outward way.

Most people would like to get healed through someone else's prayer and faith. We all like things to be easy. We would like for God to just "zap" us healed, and sometimes God does this. But while He doesn't guarantee a personal gift or manifestation of healing, we can all take and enjoy the healing provided in Christ's redemption.

Another consideration is that if you get healed by someone else's gift or faith, you don't know how you got it, and you might not know how to keep it when challenged. If you know how you got it, you can repeat the process when needed.

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Not understanding this difference confuses many and keeps them from being healed. They wait for God to start their healing when He has already completed it. He has already provided and given healing. You don't have to wait to be healed. You can take it now.

There are times to ask others to pray for you. There is a verse in James 5:14-15 that tells a sick one to call for the elders of the church to pray the prayer of faith for them, and the prayer of faith will heal the sick.

“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.”

James 5:14-15 (NKJV)

This passage starts by asking IF there are any sick among them. What an interesting question. This seems to imply that there might not be any sick in their church.

If someone asks today if there are any sick in a church, maybe two-thirds of the people will respond.

It is also interesting to note that this is the only place in the New Testament where it says to confess your sins to one another and pray for one another to be healed. Given its single mention, we should avoid making this a standard part of every healing model.

“Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

James 5:16 (NKJV)

Taking healing may not always be easy or automatic; there could be a fight, and it may require diligence on your part. If you get healed through someone else's faith, you will need to keep it through your own. You will need to fight the fight of faith for yourself. We covered more on this in the previous chapter.

When someone gets prayer for healing and it doesn't work, they sometimes blame God or the healing minister. They think that it was not God's will or timing—or maybe that the healing minister didn't have enough anointing. These kinds of untruths steal people's hope for healing, and without faith, few will be healed.

Some keep hoping that this will be the time they get healed every time there is ministry for healing. They keep coming up to have hands laid on them. But they experience little change.

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Some will never receive until they learn how to appropriate healing for themselves. The more times a person gets prayer without receiving healing, the more their hope fades.

God loves us, desires us to be well and whole, and works with us to get us healed. But He expects us to learn and grow and act on what He has done and revealed.

Statistics show that more unbelievers or new believers receive healing through miracles, gifts and the faith of others than long-term believers who have received healing instruction. Why is this? God expects more of a mature believer who has been taught about healing.

One purpose of giving us the gifts of healings and supernatural manifestations is to advertise the Gospel and gain the attention of those outside the Church.

You can ask others to pray and agree with you, but many Christians remain unhealed because they continue relying on others. The sad thing is that they conclude that God doesn't want to heal them, or His time isn't yet when the prayers of others don't work for them.

So, understanding the difference between gifts, healing ministries, and receiving healing by faith is important.

Reason 20: Rightly Judging the Body of Christ

"But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup. For he who eats and drinks, eats and drinks judgment to himself if he doesn't judge the body. For this reason, many among you are weak and sick, and a number sleep."

1 Corinthians 11:28-30 (NKJV)

This passage gives instructions on the Lord's Communion. At the very end, it gives a reason many among them were weak, sick, and dying.

Since this New Testament reference gives a reason that Christians are sick, we want to understand what it is they were doing—so we can avoid doing the same—and avoid the same results.

In verse 29 it says that a man must examine himself before eating of the bread and drinking of the cup. Otherwise, he might eat and drink judgment to himself—if he doesn't judge the body.

This was the reason given why many among them were weak, sick, and dying early. What does this mean?

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Some people think that part of taking communion is to go over all your sins one by one—and be careful not to miss any. But the focus of communion shouldn't be sin; it should be Jesus and what He did for us. "Communion" means fellowship. It represents our fellowship with Him, not our guilt and separation.

This verse isn't talking about focusing on how unworthy and sinful you are. The focus isn't sin at all; it is the sacrifice Jesus made to deal with sin. We are not supposed to live in sin consciousness. Jesus has already dealt with our sin.

Though sin and guilt are not the purpose of communion, it cannot hurt to take a quick look into our lives and make sure everything is right with God and that there is no obvious unconfessed sin.

If you find something, then just fix it right there. You say, "Lord forgive me for this," and you are instantly cleansed. It isn't a big thing at all. I usually confess my sins immediately upon recognizing them, so they are resolved before communion or prayer. I live a life of keeping my sins under His blood.

Notice the end of this verse speaks of not discerning the Lord's body. There are a couple of ideas on what this might mean. One is that it speaks of unresolved strife or disagreement between yourself and the members of the Body of Christ.

Strife and contention between members of the body of Christ can open the door to sickness. Therefore, believers should maintain good relations with other members of the body—as much as it is up to them.

This idea infers that a believer at odds with another could miss healing. If you are holding something against another person, give it up to the Lord and ask Him to forgive and cleanse you—and it is done. There may be a process for the hurt to go away, but if you give it to the Lord, it is in His hands and no longer working against you.

Going to bed angry at someone gives place to the devil in your life.

Be angry , and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.

Ephesians 4:26-27 (NASB)

Also, another way to look at this passage is that not discerning the Lord's body could point to not realizing and appropriating the fact that Jesus took our infirmities and bore our sicknesses on His body on the cross. Not knowing this truth could cause a Christian to be sick.

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The blood cleanses us from sin, and the stripes on His body were for our healing. Part of taking communion is taking healing. Taking communion is intentionally putting faith in the sacrifice God made in Christ for our forgiveness and for our health.

When you discern the Lord's body in taking communion, realize that Jesus took your sicknesses as well as your sins on the Cross. Failure to understand and claim the provision of healing could leave you weak, sick, and to die early.

Every time I take communion, I thank God for the healing that is included in my salvation, and I appropriate the stripes He bore on His body for my healing as I take it. I have been doing that for years, and I am sure it has something to do with me being able to walk in health.

Reason 21: Unconfessed Sin

"Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man to whom the Lord doesn't impute iniquity, and in whose spirit there is no deceit. When I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer. Selah. 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. Selah."

Psalms 32:1-5 (NKJV)

Holding sin inside and not confessing it to the Lord can open the door for things to go wrong in your body. In the New Testament, our sins are not just covered; they are removed. But if you harbor them in your heart, they stay there – even though fully dealt with. If you confess them, you are cleansed from all unrighteousness and its effects.

Brain scientists have discovered that thoughts are tangible. Negative thoughts or sins, including unforgiveness, held in your heart, can have an actual physical effect on your body. It isn't just a spiritual thing or mental or emotional thing; it is a physical thing.

If you hold onto sins in your heart, you open the door for sickness in your life. If your body seems to be wasting away and your vitality feels drained, this is something you should check. Are you holding sin against yourself or against someone else?

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“He who conceals his transgressions won’t prosper, but he who confesses and forsakes them will find compassion. How blessed is the man who fears always, but he who hardens his heart will fall into calamity.”

Proverbs 28:13-14 (NASB)

For a Christian, unconfessed sin is easy to fix. All you have to do is acknowledge your sin and confess it to God. This washes the sin away and cleanses you from any result of it. He instantly restores you to the state of righteousness. This will stop sin and guilt from building up and causing negative physical reactions in your body.

“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

1 John 1:9 (NASB)

The problem most of us face isn’t in God forgiving us, it is a problem of having faith that He means what He says. We don’t really believe He forgives us when we confess our sins. How do we know? We still feel guilty.

What if you still feel guilty after you confess your sin? Believe what the scripture says. Tell yourself you confessed the sin. God has forgiven you, and it is gone—whether you feel like it or not.

Could it be that carrying around a false sense of guilt could also open the door to sickness? I believe it could. The chemical reaction that guilt causes will occur. Your body doesn’t know it is false guilt.

I would say don’t take a chance on this. Get rid of the feelings of guilt, whether based on actual wrongdoing or just a sense of guilt and falling short, if you want to walk in health. Forgive others and yourself.

Reason 22: Forgiving Others

Forgiveness is a part of most healing models in the modern church. I think it is over emphasized. Forgiving others is necessary to your health. Without forgiving others, your faith won’t work properly. Holding things against others will block your healing. But it isn’t the most important factor in receiving healing.

“So Jesus answered and said to them, 'Have faith in God. 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 says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

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"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses."

Mark 11:22-26 (NKJV)

To forgive is to let it drop, leave it, let it go. This has nothing to do with feelings. It is a release.

"Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven."

Luke 6:37 (NKJV)

The word forgive is the Greek word "apoly," which means release, put away, let go, set at liberty, let depart, dismiss.

Many Christians make forgiveness the most important factor in receiving healing. It is important, but the current teaching causes confusion and, I think, more harm than it helps. People who have been hurt and abused are already in pain, and they are made to feel more guilty for feeling hurt.

It is also taught that if they still feel hurt, they haven't forgiven yet and that they must forgive to be accepted by God. This produces more guilt and makes the problem worse. You don't start with the feeling of forgiveness; it starts with a choice. The feelings come in time.

Dutch Sheets on his Give Him 15 website said the following about forgiveness,

"But forgiveness doesn't come from our feelings or emotions. It is a decision we make based on truth, not how we feel. God did not intend for our feelings to lead or control us. They should not define us. Being angry at someone we love doesn't mean we no longer love them. We may not "feel" the love at the moment - in our emotions we feel anger - but we still love the person. In the same way, forgiveness isn't a feeling.

We can make a genuine decision to forgive/release, while still feeling anger, hurt, pain, etc. We do so as an action of our will, based on truth - God said to do it. And if we maintain our decision, it allows God to work the process of releasing and healing us from the pain and hurt.

Another hindrance to forgiveness is failing to realize that when doing so, we are not saying that the offending person did nothing wrong, or that they deserve to be forgiven.. We are simply releasing them to God - He reserves the right to judge individuals. We are trusting Him to do what is right.

Reasons 16-22 Other Reasons Some Aren't Healed

I Believe in Healing. Why Am I Not Healed?

Still, another hindrance to forgiving is the belief that if we have truly done so, we will then only have positive thoughts or feelings toward the offender. This is simply not true. There are people I have forgiven that I still do not trust or like as a person. Some are mean, unkind, and unrighteous. But I have chosen to forgive them, releasing them to God, though they will never be my friends.

Dutch Sheets, May 12, 2025, "It's a Trap" and May 13, 2025, "The Power of Forgiveness" <https://www.givehim15.com/>

Forgiveness can be a step in the healing process, but it is not something to beat others over the head with. It is simpler than we have made it. Let's have more compassion and understanding towards others!

Forgiveness in Psychology

In the medical world, it is known that by letting go of grudges and bitterness, people can reduce stress, improve their immune function, and experience increased health. Holding onto anger and resentment can be a chronic stressor and affect various bodily systems.

Forgiveness is a process in which you make a conscious decision to let go of negative feelings whether the person deserves it or not,

According to Dr. Caroline Leaf, A Christian brain scientist, forgiveness changes the brain. There are physical and chemical changes that happen when you hold unforgiveness towards another person.

Forgiving others isn't a spiritual process we follow to make God happy; it is connected to science. There are physical things going on in your body when you hold unforgiveness towards others. There is a negative energy released that can increase your vulnerability to viruses and bacteria and things that are going around.

If you haven't released this energy through forgiveness, you are still connected. Therefore, it is constantly charging like a computer plugged into a power source. The constant flow of negative energy is not healthy to our brain and body. It creates literal damage in their systems.

Forgiveness is actually disconnecting from these negative forces. You are pulling out the plug of that toxic source of energy.

Forgiveness starts with a choice. You decide to let it go. You disconnect from it. You give it to the Lord. Your feelings probably won't change instantly. You may still feel the hurt. But every time you feel it, release it to the Lord and thank Him for working it all out. Tell Him you choose to forgive.

Reasons 16-22 Other Reasons Some Aren't Healed

I Believe in Healing. Why Am I Not Healed?

Forgiveness is a process during which you can stay near to the Lord and continue live in His blessings. God works through process. He doesn't demand instant perfection before He can bless us.

So if you are holding something against another person, let it go, release it, give it to the Lord, and keep it in His hands.

Some Last Observations

Be Led by the Spirit

In walking in health and healing, listening to the Lord and being led by His Spirit is extremely important. Allow the Holy Spirit to lead you in what you should do about your health and healing paths.

It is God's will for you to be healthy and live a long life. He has many ways for you to get to this place—spiritual and natural. He may emphasize your diet and exercise habits, or He will focus more on your faith and spiritual life habits.

However He leads, He loves you and wants you whole—and will get you there if you listen and cooperate with Him.

Some people have remained unhealed or died prematurely because they followed the advice of others without seeking God's direction for themselves.

He may lead you to take a medical path, He may lead you to take a spiritual-only path, or a combination of both, but it is between you and the Lord.

Whatever way you go, walk in faith. If you choose a medical path, put your faith in that process. If you choose to trust God only, use your faith in the spiritual process. Put faith most of all in God, who loves you wants good things for you.

Why is it so difficult for many to receive healing?

I see people who keep asking and waiting for the Lord to heal them, expecting to feel better before they believe they are healed. They assume that if He hears and heals them, it will happen instantly—with the feeling of healing coming first.

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They base their belief in healing on their experience, not on God's Word. If they don't see or feel results quickly, somewhere in their heart they hold to the belief that it was not His will or His time or they didn't do enough or are not worthy enough.

But this isn't the way God works. In God's kingdom, faith comes first, then feeling and experience.

As we covered in the last chapter, I also don't see too many people diligently taking hold of the truth that healing belongs to us and fighting for it.

Even among those who say they believe healing is the will of God, there is a sense of doubt, an underlying belief that it might not work. There is a lack of expectation for healing.

They put the idea that God has some mysterious reason for them not to be healed above all the clear truths of the Bible. And this can be so subtle that they don't know they are doing it.

There is also a fear of being presumptuous. Some have seen a person "stand in faith" who has been unsuccessful in receiving healing. And because of this, they decided not to follow that way.

The problem is that this is God's way—whether it worked for others or not. You shouldn't abandon a scriptural path because of difficulties others encountered.

People disqualify themselves from the blessings and provisions of God for many reasons and then blame it on the mysterious and unknowable will of God. They put the idea of "mystery" above the plain truths of the Word of God. They put the responsibility for their healing solely on God, and if it doesn't work, it is because He didn't want it to.

These small doubt seeds are enough to block or hinder healing. The lack of results this brings further increases doubt and leads to even more failure in receiving healing and walking in health and less expectation of healing—till we get to the place we give up on it—in heart if not in will. People continue to say they believe in healing, but their heart has given up.

Talking of personal health and ailments continually is a very common topic of conversation, especially as people age. I hear many people talking about their current symptoms and using them for reasons

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they cannot do things—and they don't even realize they are doing this. But of course, they cannot do the things they don't believe they can.

When you continually speak of sickness and symptoms, it reveals what is in your heart. Continually speaking of your symptoms will keep them active, present, and ruling your life. You don't deny symptoms are there, but stop giving them the primary place in your thoughts, words, and habits.

Speaking of your ailments and weaknesses all the time reveals you internally have more faith in sickness than in God. It shows that the symptoms are a part of who you are, not just something that has attacked you.

Our bodies do change as we age, but continually focusing on this and speaking it all the time causes it to happen more quickly. Instead, believe in and speak health and strength for all your days. Learn to speak the word more than the symptoms. Be like Moses, whose eye was not dim nor his strength abated when he was 120. Or follow the example of Caleb, who was as strong as he was at 85 as he was at 40.

Many other factors could prevent people from being healthy or receiving healing. God knows the why in your case. Ask Him for wisdom what is hindering YOUR healing and EXPECT Him to give it, and He will.

But remember, whatever you hear from God will be in line with the eternal truths of scripture and the nature of God.

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Activations

- Ask the Lord to reveal to you why you are not as healthy as you wish you were—and EXPECT Him to tell you—James 1:5-8; Jeremiah 17:9-10 (MSG).
- When you see an area of lack in your believing and receiving, don't condemn yourself.
- Find scriptures that counteract the lies you are believing, write them out, and say them to yourself to break the old patterns—2 Corinthians 10:3-5.
- Tear down the strongholds and line up your thinking with God's Word. Purposely and intentionally believe what God has said.
- Spend time with the Lord seeing yourself with the promises of God; visualize your life healthy.