

7 steps to pray for healing

1. Have your heart settled on the truth of God's Word that Jesus wants YOU healed just as much as He wants you saved. Both salvation and healing were provided for through Calvary including our peace. Don't let your faith rest on what did or did not happen to someone else, but on the Word of God only.

*He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, And by His stripes **we are healed.*** Isaiah 53:5 NKJV

2. Follow God's instructions to receive healing.

Take firm hold of instruction, do not let go; Keep her, for she is your life. Proverbs 4:13 NKJV

Here are the instructions.

*My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and **health to a man's whole body.*** Proverbs 4:20-22 NIV

3. You must first see your healing as a finished work in the spirit realm, then it will manifest in the physical realm. God's Word is medicine which brings health to your body. Find a healing Scripture that you can identify with regarding your situation. Here are some good ones that can apply to almost every situation.

Who forgives all your iniquities, Who heals all your diseases, who redeems your life from destruction... Psalm 103:3-4 NKJV

But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, and by His stripes we are healed. Isaiah 53:5 NKJV

Then your light shall break forth like the morning, Your healing shall spring forth speedily. Isaiah 58:8 NKJV

This was to fulfill what was spoken through the prophet Isaiah: "He took up our infirmities and carried our diseases. Matthew 8:16-17 NIV

4. Write your Scripture on a 3 x 5 card and carry it with you at all times. Just as a prescription from the doctor has instructions such as, take one table three times a day, God's Word is His medicine and you can take it every hour on the hour. It has no negative

side effects and the more you take the better you are. So read your healing Scriptures aloud numerous times throughout the day.

In addition to your healing Scripture you will want to keep this 3 x 5 prayer card with you as well. Jesus refers to sickness and disease as a spirit of infirmity. Therefore we do the same.

First 3 x 5 card

Spirit of cancer (for example) in the name of Jesus Christ of Nazareth, I pull you down from your position of authority, I BREAK the power of assignment you have against me, for it is written...

Now go to your second 3 x 5 card and make your declaration of God's Word. Here are three examples.

Second 3 x 5 card

Psalm 103:4

The Lord has redeemed my life from
the destruction of cancer.

Isaiah 54:17

No weapon of cancer formed
against me shall prosper.

Isaiah 53:5

By the stripes of Jesus,
I am healed of cancer.

5. God's Word is God's medical report; therefore magnify His report instead of magnifying a negative report. We magnify God's report by speaking aloud His report. As you hear yourself speak God's Word your faith gets stronger. If you magnify the negative report by continually speaking it and talking the problem you snare yourself.

- You are snared by the words of your mouth;* Proverbs 6:2 NKJV
6. Surround yourself with people who can lift you up and agree with you for healing.

Guide your heart with all diligence, for out of it spring the issues of life. Proverbs 4:23 NIV

7. Have a fighting spirit. Don't get weary in well doing. Stay steady in God's Word and refuse to be defeated.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9 NIV

Therefore do not cast away your confidence, which has great reward. 36 For you have need of endurance, so that after you have done the will of God, you may receive the promise:
Hebrews 10:35-36 NKJV

As you break the power of the enemy and declare God's Word, you are submitting to Him and resisting the devil. Be confident in this.

Therefore submit to God. Resist the devil and he will flee from you. James 4:7 NKJV