

In Healing Prayer Ministry, we appropriately examine our lives to discover wounds and sins to bring to the Cross for healing and forgiveness. But by focusing only on our selves, we run the risk of unhealthy introspection. Therefore, another, very powerful aspect of healing involves pro-actively moving away from self towards the loving presence of God. Just as a doctor may prescribe medicines to strengthen the body in resisting disease, these practices are prescribed as part of Kingdom living and as spiritual medicines of grace, to strengthen our spirits in God.

Praise and Worship – Worship lifts us outside of ourselves and into the Throne room of God. It allows us to focus and on the many attributes of our mighty God. “We enter His gates with Thanksgiving and His courts with praise.” (Ps 100:40) There are different benefits to corporate worship pray as well as private, individual worship. Soaking prayer individually or corporately is a powerful weapon of prayer.

Thanksgiving. Psalm 50:23 states that “He who sacrifices thank offerings honors me, and he prepares the way so that I

may show him the salvation of God.” NIV Instead of wishing everything around us would change, we should develop an intentional life of thanksgiving following the scriptural injunction to “give thanks in all things.” (1 Thess 5:18) By sacrificially beginning to give thanks even and especially in hard times actually develops a natural outflowing of gratitude and contentment.

Daily Communion. In taking daily communion, we remind ourselves of the great gift of redemption earned for us by Jesus. He offered His Body to be broken for our physical, spiritual and emotional healing. He offered His Blood for new and everlasting covenant for the forgiveness of sins for all who believe.

Blessing. The act of declaring, or wishing, God's favor and goodness upon others has not only the good effect of positive words. It also has the power to bring them to pass. In the Bible even if spoken by mistake, once a blessing was given it could not be taken back (Gen 27). Although the natural, worldly reaction to a curse is to curse back, Christians are called to those who hurt us (Matt 5:44). Because we reap what we sow, by

releasing blessing into the others lives of, we release blessing into our own.

Abstaining from Criticism. The opposite of blessing is cursing. One form of cursing is continual, non-constructive criticism of people, institutions, life in general. A great exercise in faith is the deliberate abstinence from critical words.

Confession: Confession is all about coming into agreement with what God says. So I can confess with my mouth the Word and see its power released into my life and the lives of others. I can also confess those areas in my life that are out of harmony with God's Word. Frequent confession of sin keeps my accounts short with God,.

Service. On the last night of Jesus' life, He sought to share what was most important to His disciples. He stripped down and washed their feet as an example of how to live. The act of serving others, especially those less fortunate than we, takes us outside of our selves and into another realm of grace.

Intercession. God is looking for those

who will “stand in the gap.” (Ezk 22:30) In intercession we participate in the priestly role of believers by presenting the difficult situations of others’ lives to God.

Listening to God. True power comes not just from talking to God but in learning to listen to His voice. His voice affirms, blesses, releases truth and revelation knowledge and even, in His mercy, convicts. The goal of every believer should be to learn to hear the voice of God in the unique and personal way He has chosen for each believer. (John 10:27)

Solitude. Corporate worship is in itself a great avenue of grace, but as important is the believer’s choice to, like Jesus, set aside time to spend ALONE with God. No phone, no computer, no interference. In this precious time of solitude, the voice of God is most easily heard.

Fasting. Fasting is a great spiritual tool that enables us to more readily hear the voice of God. It can include abstaining from food, activities, or things for long or short periods of time or can consist of denying ourselves some small or great pleasure to put ourselves in a place of being able to better receive from God.

Fellowship with Believers. Seek the company of mature believers who can love you, encourage you, pray for you, and walk with you during hard times. Join a small group or bible study where you can feel safe and grow in the fear and knowledge of the Lord. You were wounded in relationship, you will be healed in relationship.

Bible Study. Since it is the Truth that sets us free (John 8:32), it is important for every believer to spend time in the Word of God. Reading the Bible, actively involving ones self in personal or corporate Bible Study strengthens the inner man with truth as the mind is renewed. Actively seek and pray for the Rhema or revelatory word of God for your life each day.

Inspirational Reading. Inspirational books that glorify God and His work in the lives of believers span the centuries of Christianity. Many classic and current books share the truth and graces given others in times of great need. Although these should not replace the reading of Scripture, they can greatly bless and enhance your Christian walk.

*God's Grace ~ Power for Kingdom Living*

