

Daily Steps for Walking in Divine Health Exercise

Put an **X** on the line next to the Steps you are already doing.
Circle one or two Steps you will incorporate into your daily schedule beginning this week.

1. _____ Attend church regularly
2. _____ Get up early.
3. _____ Confess your known sins immediately.
4. _____ Spend time with God.
5. _____ Be a loving, forgiving person.
6. _____ Make prayer a way of life.
7. _____ Make the Word of God the final decision in your life.
8. _____ Digest what the Word says about healing .
9. _____ Fast regularly. One day/week is recommended.
10. _____ Praise and Worship. Move toward 7x24 worship music.
11. _____ Ask the Holy Spirit to control your tongue and affirm a Scripture on your tongue.
12. _____ Pray in tongues, increasing daily the amount of time.
13. _____ Receive communion at least once daily.
14. _____ Affirm aloud daily Healing Verses.
15. _____ Seek a merry heart.
16. _____ Tithe and give offerings
17. _____ Plan your day so that you can end it with God and His Word.

1. Attend church regularly. Once per week then increase. Heb 10:25

Heb 10:25 Not _____ the assembling of ourselves _____, as the manner of some [is]; but exhorting [one another]: and so much the more, as ye see the day approaching.

2. Get up early. Start your day with God, with the Word, with worship & prayer.

3. Confess your known sins immediately. 1 John 1:9

1Jo 1:9 If we confess our sins, he is _____ and _____ to forgive us [our] sins, and to cleanse us from all unrighteousness.

- Also, several times daily confess and review your UNknown sins with the Holy Spirit with special focus on the hindrances to healing such as:
Pride, impatience, fear, taking offense, depression, unforgiveness, bitterness.

4. Spend time with God.

- Make God Number One in your life. Ex 20:3

Exo 20:3 Thou shalt have no other gods _____ me.

- Get up early and Talk to God. Ps 5:1-2

Psa 5:1 Give ear to my words, O LORD, consider my meditation.

Psa 5:2 Harken unto the _____ of my cry, my King, and my God: for unto thee will I pray.

- LISTEN to/for His voice. Ps 5:3

Psa 5:3 My voice shalt thou hear in the _____, O LORD; in the _____ will I direct [my prayer] unto thee, and will look up.

- Get to know God as your Abba, Daddy. Rom 8:14,15; Gal 4:6

Rom 8:14 For as many as are led by the Spirit of God, they are the _____ of God.

Rom 8:15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of _____, whereby we cry, Abba, Father.

Gal 4:6 And because ye are sons, God hath sent forth the Spirit of his Son into your _____, crying, Abba, Father.

- Get to know God as your friend. John 15:14,15

Joh 15:14 Ye are my friends, _____ ye do whatsoever I command you.

Joh 15:15 Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you _____; for all things that I have heard of my Father I have made known unto you.

5. Be a loving, forgiving person Matt 22:39; 18:21-35

Mat 22:39 And the second [is] like unto it, Thou shalt love thy _____ as _____.

Mat 18:35 So likewise shall my heavenly Father do also _____, if ye from your _____ forgive not every one his brother their trespasses.

6. Make prayer a way of life. Eph 6:18; 1 Th 5:17; Pro 5:7

Eph 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

1Th 5:17 Pray without _____.

Pro 5:7 Hear me now therefore, O ye children, and depart not from the words of my mouth.

- Claim daily the promises of Psalms 23 and 91 and 103:1-5
- Pray for others: As you give, so shall you receive. Luke 6:38

Luk 6:38 _____, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men _____ into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

- Pray for the sick: You reap whatever you sow. Gal 6:7

Gal 6:7 Be not deceived; God is not mocked: for whatsoever a man _____, that shall he also reap.

Gal 6:8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit _____ life everlasting.

Gal 6:9 And let us not be weary in well doing: for in due season we _____ reap, if we faint not.

- By faith, partake of the glory that is within you. Col 1:27

Col 1:26 [Even] the mystery which hath been hid from ages and from generations, but now is made manifest to his saints:

Col 1:27 To whom God would make known what [is] the riches of the glory of this mystery among the Gentiles; which is Christ in you, the _____ of glory:

- ◆ Pray that every germ, disease, virus, parasite, bacteria, micro-organism, mold, fungus potentially harmful to you, dies on contact with your body.
- ◆ Pray that every radiation, poison, chemical, drug or allergen which is harmful to you, is neutralized on contact with your body.

7. Make the Word of God the final decision in your life. 2 Sam 22:3; Pro 30:5

2Sa 22:3 The God of my rock; in him will I _____: [he is] my shield, and the horn of my salvation, my high tower, and my refuge, my saviour; thou savest me from violence.

Pro 30:5 Every word of God [is] _____: he [is] a shield unto them that put their trust in him.

- God said it. That settles it. Isa 55:11; Pro 12:14

Isa 55:11 So shall my word be that goeth forth out of my mouth: it shall _____ unto me void, but it shall accomplish that which I please, and it shall prosper [in the thing] whereto I sent it.

Pro 12:13 The wicked is snared by the transgression of [his] lips: but the just shall come out of trouble.

Pro 12:14 A man shall be satisfied with good by the fruit of [his] _____: and the recompence of a man's hands shall be rendered unto him.

- Spend time daily studying and _____ meditating the Word of God (The Bible). Heb 4:12; Col 3:16

Heb 4:12 For the word of God [is] _____, and _____, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart.

Col 3:16 Let the word of Christ _____ in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

- Act on more of the Word each day. Jam 1:22-25; Ex 15:26

Jam 1:22 But be ye _____ of the word, and not hearers only, deceiving your own selves.

Jam 1:23 For if any be a _____ of the word, and not a _____, he is like unto a man beholding his natural face in a glass: Jam 1:24 For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

Jam 1:25 But whoso looketh into the perfect law of liberty, and _____ [therein], he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

Exo 15:26 And said, If thou wilt _____ hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and _____ all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I [am] the LORD that _____ thee.

8. Digest what the Word says about healing. Ex 15:26; Ps 103:1-3

- Read everything you find on healing until you just ache to teach it.

Exo 15:26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put _____ of these diseases upon thee, which I have brought upon the Egyptians: for I [am] the LORD that healeth thee.

Psa 103:1 _____ the LORD, O my soul: and all that is within me, [bless] his holy name.

Psa 103:2 Bless the LORD, O my soul, and forget not all his _____:

Psa 103:3 Who _____ all thine iniquities; who _____ all thy diseases;

9. Fast regularly. One day/week is recommended. Isa 58:6-8

Isa 58:6 [Is] not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Isa 58:7 [Is it] not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Isa 58:8 Then shall thy light break forth as the morning, and thine _____ shall spring forth speedily: and thy righteousness shall go before thee; the _____ of the LORD shall be thy reward.

10. Praise and Worship. Move toward 24/7 worship music. Ps 22:3; 8:2; 119:164

Psa 22:3 But thou [art] holy, [O thou] that _____ the praises of Israel.

Psa 8:2 Out of the _____ of babes and sucklings hast thou ordained strength because of thine enemies, that thou mightest still the enemy and the avenger.

Psa 119:164 Seven times a day do praise thee because of thy righteous judgments.

11. Ask the Holy Spirit to control your tongue and affirm a Scripture on your tongue. Ps 19:14; 141:3

Psa 19:14 Let the _____ of my mouth, and the _____ of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Psa 141:3 Set a _____, O LORD, before my mouth; keep the door of my lips.

- Avoid idle words. 1 Tim 5:13

1Ti 5:13 And withal they learn [to be] idle, wandering about from house to house; and not only idle, but tattlers also and busybodies, _____ things which they ought not.

- Let your words bring grace to the hearer. Eph. 4:29, Col 4:6

Eph 4:29 Let no corrupt communication proceed out of your _____, but that which is good to the use of edifying, that it may minister grace unto the hearers.

Col 4:6 Let your speech [be] always with _____, seasoned with salt, that ye may know how ye ought to answer every man.

- To him who is pure, all things appear pure. Titus 1:15

Tit 1:15 Unto the _____ all things [are] _____: but unto them that are defiled and unbelieving [is] nothing pure; but even their mind and conscience is defiled.

- Flee unforgiveness, jealousy, strife, confusion, back-biting and wrath.

12. Pray in tongues, increasing daily the amount of time. Rom 8:26

Rom 8:26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh _____ for us with groanings which cannot be uttered.

Target daily one hour of continuous dedicated tongues. 1 Cor 14:2,4,14 AMPC

1Co 14:2 For he that _____ in an [unknown] tongue _____ not unto men, but unto God: for no man understandeth [him]; howbeit in the spirit he speaketh mysteries.

1Co 14:3 But he that prophesieth speaketh unto men [to] edification, and exhortation, and comfort.

1Co 14:4 He that speaketh in an [unknown] tongue _____ himself; but he that prophesieth edifieth the church.

1Co 14:14 For if I pray in an [unknown] tongue, my spirit prayeth, but my understanding is unfruitful.

13. Receive communion at least once daily. 1 Cor 11:23-25

1Co 11:23 For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the [same] night in which he was betrayed took _____:

1Co 11:24 And when he had given thanks, he brake [it], and said, Take, eat: this is my _____, which is broken for you: this do in remembrance of me.

1Co 11:25 After the same manner also [he took] the _____, when he had supped, saying, This cup is the new _____ in my blood: this do ye, as oft as ye drink [it], in remembrance of me.

14. Affirm aloud daily Healing Verses. If challenged, increase your affirmations daily (e.g., say from 100 to 1000 times “I have been healed by the stripes of Jesus.”) 1Peter 2:24

1Pe 2:24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose _____ ye were _____.

15. Seek a merry heart. Pro 17:22

Pro 17:22 A merry heart doeth good [like] a _____: but a broken spirit drieth the bones.

16. Tithe and give offerings. Mal 3:8-12

Mal 3:8 Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In _____ and _____.

Mal 3:9 Ye [are] cursed with a curse: for ye have robbed me, [even] this whole nation.

Mal 3:10 Bring ye all the _____ into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a _____, that [there shall] not [be room] enough [to receive it].

Mal 3:11 And _____ will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the LORD of hosts.

Mal 3:12 And all nations shall call you blessed: for ye shall be a delightsome land, saith the LORD of hosts.

17. Plan your day so that you can end it with God and His Word.