

## How to Receive Your Healing Manifestation Exercise

**Overview:** Receiving your healing is your responsibility.

### A. The Process of Receiving

**1. Recognize that healing is your divine birthright.**

**Eph 1:3**

Eph 1:3 Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with \_\_\_\_\_ spiritual blessings in heavenly places in Christ:

**2. Accept that Jesus paid the price for healing for YOU!**

**1 Pet 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 \_\_\_\_\_: by whose stripes ye \_\_\_\_\_ healed.

**3. Thank your Father God and our Lord Jesus for your healing.**

**Phil 4:6**

Php 4:6 Be careful for nothing; but in every thing by prayer and supplication with \_\_\_\_\_ let your requests be made known unto God.

**4. Understand that when satan tries to steal your healing, he is defying the Word of God.**

**John 10:10**

Joh 10:10 The \_\_\_\_\_ cometh not, but for to \_\_\_\_\_, and to kill, and to destroy: I am come that they might have life, and that they might have it more \_\_\_\_\_.

**5. Know that it is up to you to enforce the Word of God.**

**Gen 1:26,28**

Gen 1:26 And God said, Let us make man in our image, after our likeness: and let them have \_\_\_\_\_ over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

Gen 1:28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

**6. Confessing with your mouth, believe with your heart, leads to salvation. Rom 10:9,10**

Rom 10:9 That if thou shalt confess with thy \_\_\_\_\_ the Lord Jesus, and shalt believe in thine \_\_\_\_\_ that God hath raised him from the dead, thou shalt be saved.

Rom 10:10 For with the \_\_\_\_\_ man believeth unto righteousness; and with the \_\_\_\_\_ confession is made unto salvation.

**7. Enforce the Law of the Spirit of Life with the Sword of the Spirit.**

**Rom 8:1,2**

Rom 8:1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

Rom 8:2 For the law of the Spirit of \_\_\_\_\_ in Christ Jesus hath made me \_\_\_\_\_ from the law of sin and death.

**8. Speak healing affirmations over your body until health manifests.**

**Rev 12:11**

Rev 12:11 And they overcame him by the blood of the Lamb, and by the \_\_\_\_\_ of their testimony; and they loved not their lives unto the death.

**9. Act at the level of your faith for healing.**

**Heb 5 :12-14**

Heb 5:12 For when for the time ye ought to be teachers, ye have need that one teach you again which be the \_\_\_\_\_ principles of the oracles of God; and are become such as have need of \_\_\_\_\_, and not of strong \_\_\_\_\_.

Heb 5:13 For every one that useth milk is unskilful in the word of righteousness: for he is a babe.

Heb 5:14 But \_\_\_\_\_ meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

**10. Always remember that God meets you where you are.**

**Jam 4:8**

Jas 4:8 Draw nigh to God, and he \_\_\_\_\_ draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

**11. Most importantly, never forget that we are healed by grace through faith.**

**Eph 2:8**

Eph 2:8 For by grace are ye \_\_\_\_\_ through faith; and that not of yourselves: it is the gift of God:

**Note:** Saved is *sozo* and refers to our entire salvation package.

**B. Warfare in Receiving**

**1. Listen to the voice of the Holy Spirit.**

**Rom 8:14**

Rom 8:14 For as many as are \_\_\_\_\_ by the Spirit of God, they are the sons of God.

**2. Be committed in your heart, soul and mind.**

**Matt 22:37**

Mat 22:37 Jesus said unto him, Thou shalt love the Lord thy God with \_\_\_\_\_ thy heart, and with \_\_\_\_\_ thy soul, and with \_\_\_\_\_ thy mind.

**3. Be committed in your words, confessions and conversations.**

**2 Kings 4:8-37**

2Ki 4:8 And it fell on a day, that Elisha passed to Shunem, where was a great woman; and she constrained him to eat bread. And so it was, that as oft as he passed by, he turned in thither to eat bread.

2Ki 4:9 And she \_\_\_\_\_ unto her husband, Behold now, I perceive that this is an holy man of God, which passeth by us continually.

2Ki 4:10 Let us make a little chamber, I pray thee, on the wall; and let us set for him there a bed, and a table, and a stool, and a candlestick: and it shall be, when he cometh to us, that he shall turn in thither.

2Ki 4:11 And it fell on a day, that he came thither, and he turned into the chamber, and lay there.

2Ki 4:12 And he said to Gehazi his servant, Call this Shunammite. And when he had called her, she stood before him.

2Ki 4:13 And he said unto him, Say now unto her, Behold, thou hast been careful for us with all this care; what is to be done for thee? wouldest thou be spoken for to the king, or to the captain of the host? And she answered, I dwell among mine own people.

2Ki 4:14 And he said, What then is to be done for her? And Gehazi answered, Verily she hath no child, and her husband is old.

2Ki 4:15 And he said, Call her. And when he had called her, she stood in the door.

2Ki 4:16 And he \_\_\_\_\_, About this season, according to the time of life, thou shalt embrace a son. And she said, Nay, my lord, thou man of God, do not lie unto thine handmaid.

2Ki 4:17 And the woman conceived, and bare a son at that season that Elisha had said unto her, according to the time of life.

2Ki 4:18 And when the child was grown, it fell on a day, that he went out to his father to the reapers.

2Ki 4:19 And he said unto his father, My head, my head. And he said to a lad, Carry him to his mother.

2Ki 4:20 And when he had taken him, and brought him to his mother, he sat on her knees till noon, and then died.

2Ki 4:21 And she went up, and laid him on the bed of the man of God, and shut the door upon him, and went out.

2Ki 4:22 And she called unto her husband, and said, Send me, I pray thee, one of the young men, and one of the asses, that I may run to the man of God, and come again.

2Ki 4:23 And he said, Wherefore wilt thou go to him to day? it is neither new moon, nor sabbath. And she \_\_\_\_\_, It shall be \_\_\_\_\_l.

Ki 4:24 Then she saddled an ass, and said to her servant, Drive, and go forward; slack not thy riding for me, except I bid thee.

2Ki 4:25 So she went and came unto the man of God to mount Carmel. And it came to pass, when the man of God saw her afar off, that he said to Gehazi his servant, Behold, yonder is that Shunammite:

2Ki 4:26 Run now, I pray thee, to meet her, and say unto her, Is it well with thee? is it well with thy husband? is it well with the child? And she \_\_\_\_\_, It is well.

2Ki 4:27 And when she came to the man of God to the hill, she caught him by the feet: but Gehazi came near to thrust her away. And the man of God said, Let her alone; for her soul is vexed within her: and the LORD hath hid it from me, and hath not told me.

2Ki 4:28 Then she said, Did I desire a son of my lord? did I not say, Do not deceive me?

2Ki 4:29 Then he said to Gehazi, Gird up thy loins, and take my staff in thine hand, and go thy way: if thou meet any man, salute him not; and if any salute thee, answer him not again: and lay my staff upon the face of the child.

2Ki 4:30 And the mother of the child said, As the LORD liveth, and as thy soul liveth, I will not leave thee. And he arose, and followed her.

2Ki 4:31 And Gehazi passed on before them, and laid the staff upon the face of the child; but there was neither voice, nor hearing. Wherefore he went again to meet him, and told him, saying, The child is not awaked.

2Ki 4:32 And when Elisha was come into the house, behold, the child was dead, and laid upon his bed.

2Ki 4:33 He went in therefore, and shut the door upon them twain, and prayed unto the LORD.

2Ki 4:34 And he went up, and lay upon the child, and put his mouth upon his mouth, and his eyes upon his eyes, and his hands upon his hands: and he stretched himself upon the child; and the flesh of the child waxed warm.

2Ki 4:35 Then he returned, and walked in the house to and fro; and went up, and stretched himself upon him: and the child sneezed seven times, and the child opened his eyes.

2Ki 4:36 And he called Gehazi, and said, Call this Shunammite. So he called her. And when she was come in unto him, he said, Take up thy son.

2Ki 4:37 Then she went in, and fell at his feet, and bowed herself to the ground, and took up her son, and went out.

#### **4. Be committed in your actions.**

**Jam 1:22-25**

Jas 1:22 But be ye \_\_\_\_\_ of the word, and not hearers only, deceiving your own selves.

Jas 1:23 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass:

Jas 1:24 For he beholdeth himself, and goeth his way, and straightway \_\_\_\_\_ what manner of man he was.

Jas 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 \_\_\_\_\_ in his deed.

#### **5. Be committed in your environment and lifestyle.**

**2 Tim 2:19-23**

2Ti 2:19 Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, Let every one that nameth the name of Christ \_\_\_\_\_ from iniquity.

2Ti 2:20 But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honour, and some to dishonour.

2Ti 2:21 If a man therefore \_\_\_\_\_ himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and \_\_\_\_\_ unto every good work.

2Ti 2:22 Flee also youthful lusts: but \_\_\_\_\_ righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

2Ti 2:23 But foolish and unlearned questions avoid, knowing that they do gender strifes.

**a) Confess your sins regularly and immediately after known sins. 1 John 1:9**

1Jn 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

**b) Confess and receive forgiveness for unknown sins frequently (>5x/day).**

**c) Count and track the number of your affirmations.**

**d) Pray in tongues a lot.**

**Jude: 20**

Jud 1:20 But ye, beloved, building up yourselves on your most holy faith, \_\_\_\_\_ in the Holy Ghost,

**e) Play Christian music or healing recordings, 24/7/365.**

**Ps 150**

**f) Stay in fellowship: Praise & Worship, intercessory prayer, conversing and Holy Communion.**

**g) Study the Bible on healing and faith.**

**2 Tim 3:16-17**

2Ti 3:16 All scripture is given by inspiration of God, and is \_\_\_\_\_ for doctrine, for reproof, for correction, for instruction in \_\_\_\_\_:

2Ti 3:17 That the man of God may be perfect, thoroughly furnished unto \_\_\_\_\_ good works.

**h) Memorize Healing Scriptures.**

**Josh 1:8**

Jos 1:8 This book of the law shall not depart out of thy \_\_\_\_\_; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

**i) Spend time in fasting.**

**Is 58:6-14**

Isa 58:6 Is not this the \_\_\_\_\_ 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 glory of the LORD shall be thy reward.

Isa 58:9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

Isa 58:10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:

Isa 58:11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

Isa 58:12 And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

Isa 58:13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

Isa 58:14 Then shalt thou \_\_\_\_\_ thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

**j) Cleanse your home periodically.**

**Josh 7:1,20-24**

Jos 7:1 But the children of Israel committed a \_\_\_\_\_ in the accursed thing: for Achan, the son of Carmi, the son of Zabdi, the son of Zerah, of the tribe of Judah, took of the accursed thing: and the anger of the LORD was kindled against the children of Israel.

Jos 7:20 And Achan answered Joshua, and said, Indeed I have sinned against the LORD God of Israel, and thus and thus have I done:

Jos 7:21 When I saw among the spoils a goodly Babylonish garment, and two hundred shekels of silver, and a wedge of gold of fifty shekels weight, then I coveted them, and took them; and, behold, they are \_\_\_\_\_ in the earth in the midst of my tent, and the silver under it.

**k) Break curses.**

**2 Cor 7:1**

2Co 7:1 Having therefore these promises, dearly beloved, let us \_\_\_\_\_ ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

**l) Do not forsake the assembling of the Body of Christ (i.e., attend church on a regular basis).**

**Heb 10:25**

Heb 10:25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the \_\_\_\_\_ approaching.

**m) Pray with others, if necessary.**

**Gal 6:1**

Gal 6:1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

**n) Go on the offensive by ministering and giving.**

**o) Submit to God, resist the devil and he will flee.**

**James 4:7**

Jas 4:7 Submit yourselves therefore to God. \_\_\_\_\_ the devil, and he will flee from you.

**6. Be committed in your intentions:**

**a) To recognize your bad habits, faults, secret sins.**

**Ps 19:12-13**

Psa 19:12 Who can understand his errors? \_\_\_\_\_ thou me from secret faults.

Psa 19:13 Keep back thy servant also from \_\_\_\_\_ sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression.

Psa 19:14 Let the words of my \_\_\_\_\_, and the meditation of my \_\_\_\_\_, be acceptable in thy sight, O LORD, my strength, and my redeemer.

**b) To change towards being more Christ-like.**

**Rom 8:29**

Rom 8:29 For whom he did foreknow, he also did predestinate to be \_\_\_\_\_ to the image of his Son, that he might be the firstborn among many brethren.

**c) To improve the quality of taking care of your temple.**

**1 Cor 6:19**

1Co 6:19 What? know ye not that your body is the \_\_\_\_\_ of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

1Co 6:20 For ye are bought with a price: therefore \_\_\_\_\_ God in your body, and in your spirit, which are God's.

**Suggestion:** If a challenge persists, use this handout as a checklist to see where you may need to make adjustments.