

Pathways to Healing

A. Sacramental Stepping Stones

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| 1. Be born again. | John 3:3 |
| 2. Read your Bible daily and do what it says. | Joshua 1:8 |
| 3. Be water baptized. | Mark 16:16 |
| 4. Attend church regularly. | Heb 10:25 |
| 5. Be baptized in the Holy Spirit. | John 1:33; Acts 2:4; 19:1-6 |
| 6. Pray in tongues. | 1 Cor 14:2, 4 |
| 7. Pray in tongues a great deal. | Eph 6:18; Jude 1:20 |
| 8. Walk in the Spirit. | Gal 5:16 |
| o Be aligned spirit, soul and body. | 1 Thess 5:23 |
| o Live a consecrated lifestyle. | Col 3:17, 23 |
| 9. Put a watch on your tongue. | Ps 19:14 |
| 10. Minister the Gospel, esp. salvation and healing. | Luke 10:2,8,9,19 |

B. Daily Steps for Divine Health

1. Place the list in a prominent place.
2. Review the list daily.
3. Set goals to incorporate additional items into your lifestyle.

C. Healing Methods

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| 1. Anointing with oil | James 5:14,15 | 10. Confessing your sins | James 5:16 |
| 2. Prayer of Agreement | Matt 18:19 | 11. Singing | Eph 5:19 |
| 3. Kneeling/Lying | Rev 1:17 | 12. Laying of hands | Mark 16:18 |
| 4. Prayer of Affirmation | Mark 11:24 | 13. Communion | 1 Cor 11:23-25 |
| 5. Praise and Worship | Psalms 8:2 | 14. Praying in tongues | Rom 8:26 |
| 6. Fasting | Isaiah 58:6-8 | 15. Gifts of the Holy Spirit | 1 Cor 12:4-11 |
| 7. Breaking curses | Matt 12:29 | 16. Prayer of Authority | Mark 16:17 |
| 8. Dancing | Psalms 150:4 | 17. Lifting hands | 1 Tim 2:8 |
| 9. Prayer of Faith | Mark 11:24 | 18. Reading Bible aloud | Joshua 1:8 |

D. Profession of Your Faith (Affirmations)

1. Purpose:
 - a) Thank God.
 - b) 42 other reasons.
2. Context:
 - a) When you believe that you have received.
 - b) Actions of releasing your faith.
3. Process:
 - a) Confess sins before starting.
 - b) Include the Name of Jesus.
 - c) Aloud.
 - d) Count them.
4. History:
 - a) Track them, frequency and quantity.