



## HOW TO STEWARD YOUR HEALING Walking in God's Best for Your Health

*"And do not be conformed to this world, but be transformed by the **renewing of your mind**, that you may **prove** what is that **good and pleasing and perfect will of God.**"*  
(Romans 12:2)

**THE RENEWING OF OUR MINDS** ~ When man turned from God's grace and purpose, the world under his dominion came under the influence of lies, lack, and limitation. When Jesus redeemed us from the curse, the planet was restored to hope. That is why:

*"The creation waits in eager expectation for the sons of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time" (Romans 8:19-22). (Read chapter 8 verses 19-30 in "The Message.")*

**God's good and pleasing and perfect will** for us and this world is **wholeness, restoration to His original design, and the re-invasion of the His Kingdom into every aspect of this world.**

**We prove His good and pleasing and perfect will** in and around us through **being transformed and transforming our world.**

To be transformed and transform the world around us, we want to look at **three areas** in which **our minds need to be renewed, to think like heaven.**

### **1. How do I view God and His plans and purposes, myself, and my relationships?** *Our Spiritual, Mental, and Emotional Patterns and Beliefs*

#### **God and His Plans:**

- God is good.
- Jesus opened heaven; we now live in an open heaven; we are an open heaven.
- Jesus has done the work that paid for our full salvation, healing, and deliverance when He died on the cross and said: "It is finished."
- The New Covenant is a *Better Covenant*, by which we can experience His grace.
- The experience of God's love and favor is designed to be ever increasing.
- The authority of the believer is established on earth through Jesus and the Holy Spirit.

#### **Who I am:**

- His completed work in me = righteousness. (*He is all the righteousness I'll ever have.*)
- I am saved, healed, and delivered through His work.
- I am a new creation and old things have passed away.
- My identity is in Christ and I am a royal son/daughter. I am loved, blessed, and highly favored.
- I abound in thankfulness.

**How I Treat God, Myself, and Others:** With faith, hope, love, thankfulness, forgiveness, generosity, honor, honesty, and by declaring things that are true.

## **2. How do I view my body as a temple of the Holy Spirit?**

**The Holy Spirit:** The Spirit that raised Jesus from the dead lives in me. The Greater One lives in me and He loves me. Do I love myself?

### **My Healing:**

- Sickness and pain are NOT my identity and I will no longer accept them as such.
- I am healed because of what He did.
- Familiar spirits of sickness lie and I will not let the return of any symptoms bring fear.
- I have been given the authority of the Kingdom in this temple of the King.
- I will focus on what God HAS DONE & IS DOING, not on what has not happened yet.
- I choose to be thankful for what God has done.

**Health Care:** *You have the primary responsibility for the condition of your temple; choose health care wisely. If you have been under professional care you should have them check out your healing and verify it. If you have been taking prescribed medications for your condition, you need to work with your health care professional before discontinuing their use. Drugs and medications have powerful effects on your body's chemistry and should be used wisely as well as discontinued with wisdom. We in the Healing Rooms will never advise the discontinuing of medications; that is between you and your service professional who prescribed them.*

**My Eating Patterns:** What is a healthy diet? Choose food appropriate for my condition. Minimize the intake of stimulants, chemicals, and addictive substances. Weight issues affect health: overweight/overeating, underweight/undereating, bingeing. Pay attention to food quality and variety. God created food to nourish us. Will I keep the temple clean and healthy?

**My Physical Activity Patterns:** Exercise. Walking. Stretching. Breathing. Soaking. Sleeping. Making positive declarations of truth.

## **3. How do I view the world around me?**

**My Space, My Job, My Home:** I am daily being filled with God's love and grace. I influence the atmosphere around me rather than the atmosphere around me influencing me. I am an open heaven. I am a walking revival. I bring the Kingdom of God into every place I go. My light dispels the darkness around me. Hope overcomes discouragement. Love overcomes fear.

**My City:** I will come together with people of "like precious faith." Our transformation will affect a city. We influence through love and honor in action.

**My Nation and the World:** God's plan of redemption and transformation covers the whole world and I am part of the process of bringing it.

# *Grace* is so foundational, yet so misunderstood.

Strong's Greek Dictionary defines Grace as:

*"The Divine influence upon the heart and its reflection in my life."*

It encompasses benefits, favor, gifts, generosity, pleasure, joy, empowerment, gratitude, and thanksgiving. Grace comes from a root word meaning joy, happiness, gladness, and rejoicing.

A study of the word in Vine's Greek Dictionary shows that there is an *action of bestowing Grace* that includes the character and disposition of the *One Who Bestows Grace* as well as that of the *one who Receives Grace*.

**On the part of the *One Who Bestows Grace*:** He is full of graciousness, goodwill, and loving-kindness. He emphasizes the freeness, liberality, generosity, magnanimity, universality, and spontaneous character of the *action of bestowing*. This includes the pleasure and joy the *Bestower of Grace* has designed for the *Recipient*, thus setting grace in contrast with debt, performance, works, or law. One wielding greater power, resources, and ability confers grace upon one of lesser power, resources, and ability for the purpose of bringing about pleasure, joy, increased freedom, and greater success in the experience of the *Recipient of Grace*, no strings attached.

**On the part of the *one who Receives Grace*:** There is a sense of the favor bestowed and a feeling of gratitude. The *Recipient* experiences an increase in favor, power, resources, and ability which causes greater and greater rejoicing as we experiment with walking in these benefits and discover the liberality, generosity and magnanimity of the gift. The more our recognition, thankfulness and sense of gratitude increase, the more the experience of the benefits of the grace bestowed increase, and the more our joy increases! It's a wonderfully addictive cycle! We are positioned and appointed for joy-filled success by the *Bestower of Grace*.

- Grace is all about the purposes, character, and goodness of God, the *Bestower of Grace*.  
(Ephesians 1)
- It's more than unmerited favor, though it includes it. (Ephesians 2:4-10)
- It's more than God's enabling power, though it includes it. (Ephesians 3:7,8)
- It's all about Jesus Christ who is full of grace and truth. (John 1:14)
- It's all about receiving what Jesus paid for. (Matthew 8:16,17; Philippians 3:12)
- It's all about us receiving it and not resisting or falling short of it. (Hebrews 12:15)
- It's all about a new and better covenant. (Hebrews 8:6-13; 9:14,15)
- It's all about a good God receiving us as joint heirs with His good Son. (Romans 8:15-17)
- It's all about the good Father so in love with the good Son that He invites us into their love and gives us everything Jesus the Son deserves. (John 17:20-26; Romans 8:28-32)

# *Identity* is what God says about us.

“The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs – heirs of God and joint heirs with Christ” (*Romans 8:16-17*).

When we were born again we were born into the Kingdom and family of God; we became new creations in Christ. In His Kingdom there is no death, and the new creation comes from imperishable seed, a seed that “lives and abides forever” (*1 Peter 1:22-24*). There is no death in that seed. Because of this truth, we are not under subjection to death, “for the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death” (*Romans 8:2*). We do not have to slowly die and our bodies do not have to get sick or give out because we get older. We have access to grace that keeps us vital and healthy. “But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you” (*Romans 8:11*).

Death came to influence man after the fall in the *garden*, and the curse was introduced through the *tree* of the knowledge of good and evil. The day after Jesus' victory in the *Garden* of Gethsemane He broke the curse when He was crucified on the *tree*, delivering all who believe in Him from the curse, death, and its sting (*Galatians 3:13*). This victory includes freedom from sickness and death. Our faith to be healed and stay healthy is in the work Jesus has finished on the cross. He has already paid the price for our full salvation, healing, and deliverance.

Our faith to be healed and stay healthy is not based on our works, but on the work Jesus did on the cross. He paid for our sin, and the reason we have been brought back to God is not because of something we did, but what Jesus did. God “has reconciled us to Himself through Jesus Christ” (*2 Corinthians 5:18*). The work is something that He did, so we can be confident it is complete, sufficient, and perfect. Because the price Jesus paid is all-sufficient, there is no need to wonder if we have good enough standing with God. We are co-heirs with Christ, sons of the living God, recipients of all the righteousness of God in Christ Jesus! This causes us to abound in humility and gratitude rather than to wallow in entitlement and arrogance.

Because of what Jesus has done on the cross, we can confidently believe that He has fully paid for our sins and their negative effects - separation from the presence of God and death. Sin brought death; Jesus' death and resurrection brought us life, in all areas of our experience. He purchased redemption for our bodies as much as for our spirits and souls. Our new creation identity is all based on His finished work.

“He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of His glorious grace, by which He made us accepted in the Beloved” (*Ephesians 1:5,6*).

# *Thankfulness* is the response of the heart and the key to increase.

Strong's Greek Dictionary defines thankfulness as:

*"Well favored and grateful – expressing it to God as an act of worship."*

It is a compound word that comes from the same root as the word grace and it means: "Granted as a favor – freely, gratuitously and in kindness: rescue, deliverance, pardon, forgiveness." The Greek word is "*eucharistos*," which the liturgical church uses for communion or the Lord's Supper.

Truly there is a communion with God in the expression of thankfulness. When we express gratitude to God for the benefits and favor we receive, we pull close into His heart, which is full of blessing and plans for blessing, and we connect with His desires for us. This helps us to tap into the increase of the plans He already has to prosper us, rather than in any way manipulating Him to do more for us. He has already planned that we will receive everything His Son deserves! This is why the teaching on us recognizing our identity in Christ as daughters and sons is so important to walking in His blessings.

We are learning to focus our attention and gratitude on what God *IS* doing in and around us. This positions us to enter into those things more fully. For example: when I experience any amount of relief from pain or sickness, I become aware of the benefits of healing He has already purchased for me. I'm beginning to experience the healing and I thank Him, declaring every bit of relief I feel. If I focus on the amount of pain or sickness that is still felt, I magnify what I perceive God has *NOT* done yet, rather than magnifying what I know He *HAS* done. As I thank Him for what He *HAS* done, I begin to experience an increase in relief, and we are finding that the more we thank Him, the more our experience of His healing grace increases. Thankfulness is simply woven into the experience of grace, as God's purpose is communion with us. That's a win-win situation!

- "In everything **give thanks** for this is the will of God in Christ Jesus for you" (*1 Thessalonians 5:18*).
- "Rejoice in the Lord always. Again I will say, rejoice! Be anxious for nothing, but in everything by prayer and supplication, **with thanksgiving**, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (*Philippians 4:4,6-7*).
- "Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. And they lifted up their voices and said, 'Jesus, Master, have mercy on us!' So when He saw them, He said to them, 'Go, show yourselves to the priests.' And so it was that as they went, they were *cleansed* (*this word means purified*). And one of them, when he saw that he was *healed* (*this word is cured*), returned, and with a loud voice **glorified** God, and fell down on his face at His feet, **giving** Him **thanks**. And he was a Samaritan. So Jesus answered and said, 'Were there not ten *cleansed* (*purified*)? But where are the nine? Were there not any found who returned to **give glory** to God except this foreigner?' And He said to him, 'Arise, go your way. Your faith has *made you well* (*this word is SOZO: rescued from perishing, restored, whole; full salvation, healing, deliverance*)'" (*Luke 17:12-19*).
- "Although they knew God, they did not **glorify** Him as God, nor were **thankful**, but became futile in their thoughts, and their foolish hearts were darkened" (*Romans 1:21*).

*Health* is a free gift to all God's children. Like salvation, we can choose to receive it.

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers”  
(3 John 2).

When we know our identity in Christ and the grace of God toward us, we overflow with thanksgiving. Then we find that *we* affect the atmosphere around us rather than us being affected or ruled by *it*. This is especially important to understand after we have received healing. Our diseased or pain-filled condition was very familiar to us and our family and friends, and our home environment may not yet be renewed to our new healthy selves. Sickness and pain are NOT our identity! It is important to surround ourselves with encouraging, faith-filled people in a healthy environment. There is a thief who comes only to steal, kill, and destroy. He operates through deception and fear, and all familiar spirits of sickness lie. We will not let the return of any symptoms bring fear, but will resist them with the truth that God HAS healed us. It is especially beneficial to daily read and declare positive truth over ourselves and our health, home, and finances, reaffirmed with thanksgiving.

As well as healthy choices in our thoughts, words, and relationships, we need to look at our choices in the areas of diet, exercise, and rest. These are crucial to our well-being. It is important that we not become fear-driven in these, but find patterns that are appropriate for us. Weight is a serious issue with regard to health. If I am overweight and have heart, breathing, knee, or ankle issues and receive relief from all pain because of God's goodness and healing, I need to look at my life choices so that I can maintain a healthy, pain-free life for many years. Many conditions, such as allergies or diabetes, are affected by food and diet. Even when healed of the symptoms, it is important to look at what foods work well with my body and what do not. Consuming large amounts of sugars, chemicals, heavily processed foods, and greasy fried foods are known to be hard on our systems.

We were created to love and be loved. Our bodies were created to breathe clean air and drink fresh water, to move and be active, and to rest and sleep. All of these must become daily parts of our healthy lives. Anxiety, stress, lies, and fears rob us of joy and peace and health. We must continually renew our minds and learn to make new choices for life in all areas: physical, mental, emotional, and spiritual.

May you go forward in health, filled with hope, experiencing the grace of God, walking in your new creation identity, and overflowing with thankfulness.