

Meditations and Confessions for Healing and Deliverance

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From Bible Healing Demystified

Read these aloud more times per day. Exercise your authority. This is Jesus' authority and all things shall bow down to Him.

1. *How God Heals Me*

Psalms 107:20 - He sent His Word and healed them, and delivered *them* from their destructions.

God heals me with His Word. I receive God's Word in my heart. I believe the Word of God. I speak the Word of God. I stand on the Word of God.

The Word of God does not change but symptoms and physical things always change. The Word of God works in me to release God's power and heals my body. Symptoms must obey the Word of God that I speak.

As I meditate on and confess God's Word, the healing power of God fills my body from the top of my head to the bottom of my feet. Every function, every organ, every tissue, every cell of my body responds to the healing power of God and is healed.

Praise God!

2. *I Give Attention to God's Word – This Is My Part*

Proverbs 4:20-23 - My son, **give attention to my words;** Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; for they *are* life to those who find them, and health to all their flesh. Keep your heart with all diligence, for out of it *spring* the issues of life.

I give full attention to the Word of God. I incline my ears to the Word of God to receive it in my heart. I continuously keep the Word of God before my eyes and in my heart. This produces life and health to my body. It is my powerful spiritual medicine,

I protect my heart with all diligence against thoughts and ideas contrary to the Word of God and my healing. I avoid situations that may trigger thoughts contrary to my healing.

I oppose and reject any thought that is contrary to my healing and substitute it with the Word of God.

I praise God for my healing and stand on God's promises.

Thank you Lord. Amen!

3. I Can Trust God and His Promises

2Corinthians 1:20 - For all **the promises of God** in Him *are* Yes, and in Him Amen, to the glory of God through us.

I can trust in God's promises because God does not lie. God is faithful to His promises. What God promised, He will do.

I believe what God said and that settles my heart.

When doubt comes, I cast down any thought contrary to God's promises, I look at and focus on God's promises and all doubts go away.

My trust in God and my beliefs grow stronger every day. I become fully persuaded that what God promised, He will also do. He promised to heal me, because He is the Lord who heals me.

Thank you Lord!

4. My Healing Comes From God

Exodus 15:26 - and said, "If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For **I am the LORD who heals you.**"

The Lord is my healer. He will not put any of the diseases He brought on the Egyptians on me.

Jesus has established a New Covenant with God. This is a better covenant based on better promises.

Jesus is the mediator of the New Covenant and as I put my trust in Jesus, I become partaker of the New Covenant and of all its benefits. I cannot break this covenant because it is based on Jesus' work, not on mine.

Thank you Jesus!

5. Jesus Took Both My Sins and My Sickness on Himself

Isaiah 53:4-5 - Surely **He has borne our sicknesses and carried our pains**; yet we esteemed Him stricken, Smitten by God, and afflicted. But He *was* wounded for our transgressions, *He was* bruised for our iniquities; The chastisement for our peace *was* upon Him, And by His stripes we are healed.

Jesus carried on His own body my sickness and my pains. I do not need to carry them. By His stripes, I am healed.

Jesus also paid for my iniquities and my sins. I do not need to pay for them.

Through what Jesus has done on the cross, I am forgiven and at peace with God.

I am not under the curse of the law and I am in right standing with God because Jesus died in my place.

Thank you Jesus!

6. *The New Testament Reference of Isaiah 53:4-5 - Jesus Healed Them All*

Mat 8:16-17 – When evening had come, they brought to Him many who were demon-possessed and He cast out the spirits with a word, and **healed all who were sick**, that it might be fulfilled which was spoken by Isaiah the prophet, saying: "**HE HIMSELF TOOK OUR INFIRMITIES AND BORE OUR SICKNESSES.**"

Jesus fulfilled Isaiah's prophesy by healing all who were sick. That prophesy also applies to me. Jesus took my infirmities and bore my sickness. Jesus heals me today as I receive and believe God's Word.

Jesus bought me with His blood. I am His. My body belongs to Jesus. Sickness is trespassing on God's property. In Jesus' name, I demand sickness to leave my body.

I am free in Jesus' name. Amen!

7. *Jesus Completed My Healing on the Cross – I Thank God for It*
1Peter 2:24 - who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—**by whose stripes you were healed.**

What Jesus completed on the cross is enough for my healing. At that time, I was healed by His stripes.

According to God's Word, my healing is a past event. Now I just have to receive it, and I receive it by faith, just as I received my salvation.

I am saved and healed because I believe what Jesus has accomplished on the cross.

Thank you Jesus!

8. *Know Who the Source of Sickness and of Life Is*
John 10:10 - The thief does not come except to steal, and to kill, and to destroy. I have come **that they may have life**, and that they may have *it* more abundantly.

God is not the source of sickness and pain. These things are the work of the devil.

The devil has no rights over my body and me because I am a born-again believer. I am a child of God. In Jesus' name, the devil must leave my body and the symptoms must go.

God never changes. He is my loving Father, always giving me good gifts. I am His loving child. I trust God. I love God with all my heart. He is in me and I am in Him because I am born-again.

Jesus came to give me abundant life, which includes forgiveness, peace, healing and happiness. I receive these blessings today.

In Jesus' name, Amen!

9. God's Will for Me Is to Be Healed and Prosper

3John 2 - Beloved, **I pray that you may prosper in all things and be in health,** just as your soul prospers.

God's will for me is to be healthy and to prosper as my soul prospers.

As I renew my mind with the Word of God, my soul prospers.

I put off the old man and I put on the new man in the likeness of God, created in righteousness and holiness.

The Holy Spirit reveals to me what must change in me and empowers me with the grace to do it. It is God's gift.

As I obey the Holy Spirit, I am renewed in the spirit of my mind. I am transformed into a new man created in righteousness and holiness. My body is full of God's healing power because I am a child of God.

Thank you, Lord!

10. Jesus' Purpose for Coming in the World

1John 3:8 - He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, **that He might destroy the works of the devil.**

Jesus came to destroy all the works of the devil; this includes sin, sickness and pain. He came to set me free from these things.

Jesus overcame all the works of the devil with absolute victory. The devil is defeated and sickness, disease and pain cannot stay in me,

Sin, sickness and pain must leave me, now.

I have been set free, in Jesus' name!

11. *Sickness Is Oppression from the Devil - Jesus Healed by the Power of the Holy Spirit*

Acts 10:38 - how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and **healing all who were oppressed by the devil**, for God was with Him.

Jesus healed by the power of the Holy Spirit working in Him. Sickness is oppression from the devil. He healed all those who were sick and He is healing me, now.

The devil cannot oppress me any more. I believe in Jesus. Jesus destroyed all the works of the devil. I have been set free.

I am the temple of the Holy Spirit. The power of the Holy Spirit in me is healing my body, healing every organ, every function every system, every tissue and every cell in my body.

Thank you, Lord!

12. *Jesus Said That I Can Perform Even Greater Miracles Than He Did*

John 14:12-14 Most certainly I tell you, he who believes in me, the works that I do, he will do also; and he will do greater works than these, because I am going to my Father. Whatever you will ask in my name, I will do it, that the Father may be glorified in the Son. **If you will ask anything in my name, I will do it.**

Jesus has all authority in heaven and on earth.

I am Jesus' disciple. I am His messenger and Jesus has given me His authority. I can exercise that authority in His name. I can command demons, sickness and pain to go away, as Jesus did.

Jesus said that I could do even greater works than He did because He went to the Father.

Whatever I ask in His name, Jesus will do. This will bring glory to the Father and to Jesus.

In Jesus' name, I command all symptoms to leave my body and not come back. They must obey as they obeyed Jesus. Symptoms leave now! Amen!

Thank you, Lord Jesus

13. *Jesus Said That These Signs Will Follow Believers*

Mar 16:17-18 These signs will accompany those who believe: in my name they will cast out demons; they will speak with new languages; they will take up serpents; and if

they drink any deadly thing, it will in no way hurt them; they will lay hands on the sick, and they will recover.”

I am a believer and supernatural signs will follow me. All things are possible for me because I am a believer. I believe in Jesus. I believe the Word of God. I act on the Word of God.

In Jesus’ name, I can cast out demons. I can lay my hands on the sick and they will recover.

No deadly thing will hurt me because I am a child of God and He guides and protects me.

Thank you, Lord.

14. *The Same Holy Spirit Who Resurrected Jesus Is in Me and Is Healing Me*

Romans 8:11 - 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.

The Word of God says that I am the temple of the Holy Spirit. The same Holy Spirit who was in Jesus is in me. The same Holy Spirit who raised Jesus from the dead is in me to guide me, empower me and heal my body.

Rivers of living water and life flow from the Holy Spirit in me to my body to bring healing and strength.

I glorify God in my body by being healed by His power.

Thank you, Holy Spirit!

15. *I Do not Forget All God’s Benefits*

Psalms 103:2-5 - Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, **Who heals all your diseases**, Who redeems your life from destruction, Who crowns you with loving kindness and tender mercies, Who satisfies your mouth with good *things*, *So that* your youth is renewed like the eagle's.

The Lord heals all my diseases and forgives all my iniquities. Not just some disease and iniquities, but all of them. He redeems my life from destruction and crowns me with tender mercies. God is good to me and blesses me beyond any expectation.

God renews my strength and my youth every day and I am satisfied.

Praise God, hallelujah!

16. *I Believe and Do not Doubt – I Speak to the Symptoms – I Do not Ask God for What He Has Already Done*

Mark 11:23-24 - For assuredly, I say to you, **whoever says to this mountain**, 'Be removed and be cast into the sea,' and **does not doubt** in his heart, **but believes** that those things he says will be done, he will have whatever he says. Therefore, I say to you, whatever things you ask when you pray, believe that you receive *them*, and you will have *them*.

I speak to the symptoms and command them to go in Jesus' name. Nothing can stand before the Word of God. Symptoms cannot stay in my body. They have to obey my words. I shall have what I say.

Jesus bought me by His blood. The devil, sickness and pain have no right to be in my body. My body belongs to Jesus.

I thank God for my healing. I do not doubt. Because I do not doubt, I believe and receive my healing from the Lord.

Praise the Lord forever! Glory to God in heaven. Amen