

## How Do We Receive Healing from Jesus?

**Mark 11:23** *Truly I say to you, Whoever says to this mountain, Be taken up and be put into the sea; and has no doubt in his heart, but has faith that what he says will come about, he will have his desire.* **Mark 11:24** *For this reason I say to you, Whatever you make a request for in prayer, have faith that it has been given to you, and you will have it.* **Mark 11:25** *And whenever you make a prayer, let there be forgiveness in your hearts, if you have anything against anyone; so that you may have forgiveness for your sins from your Father who is in heaven.* (Bible in Basic English)

1. Who is saying this? \_\_\_\_\_
2. Does Jesus know what He's talking about when it comes to receiving healing? YES NO
3. To get what you want, you must have \_\_\_\_\_ that what you say will happen. (Mark 11:23)
4. In Mark 11:23, a mountain is a (small, medium, large, overwhelmingly huge) problem.
5. The mountain leaves when we (whine, beg, command it in faith to go).
6. When you ask for something in prayer, believe that you already have it and you will get it. (Mark 11:24) Which comes first, believing that you are healed or seeing that you are healed?
7. Should you thank God right after you pray or when you can see you are healed?
8. Can you pray successfully with unforgiveness in your heart? YES NO Forgiveness is not a feeling. It is a decision. Decide to forgive the people who have hurt you. Holding unforgiveness is hurting you more than it is hurting them. Let it go.

Your mind will believe anything you train it to believe. You may have never seen a germ. Yet you believe a germ has made you sick. You've trained your mind to believe that. Jesus is asking us to train our minds to believe His Word, the Bible. **1Peter 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 stripes ye were healed.* (Remember from last week's lesson that stripes are whip marks on Jesus' body.) Tell your body that it is healthy. Memorize "by Jesus' stripes ye were healed" and whisper this to your body as you go to sleep at night. Think about being well as you eat. At every opportunity, train your mind to believe that you were healed. Live a life of constantly thanking God for your healing whether you see it or not.

9. I Peter 2:24 says that by Jesus' stripes we (will be) (are) (were) healed. (Circle one)

**James 2:26** *For as the body without the spirit is dead, so faith without works is dead also.* Look up at the top of the page and read Mark 11:24 again. To have our prayers answered, we need a faith that is strong and alive. You not only believe you were healed, you also act like you were healed. Start with one small thing that you would like to do but haven't done in a long time. Be sure it is something safe for you to do. For me, it was clapping my hands. I commanded my hands to clap in the name of Jesus. I put everything I had into clapping my hands. I thanked God for the ability to clap my hands. In about a month, I could clap my hands. I'm now working on holding my right hand still. Soon my mind will believe that I'm healed and even my doctor will say I'm healed.

10. Faith without \_\_\_\_\_ is dead. (James 2:26)
11. Trying to clap my hands was the \_\_\_\_\_ that made my faith alive. (James 2:26)

**Isaiah 26:3** *People with their minds set on you, you keep completely whole, steady on their feet, because they keep at it and don't quit.* (Message Bible) Your healing may take hours, days or years. If you have faith as a child, it may only take minutes. However long it takes, don't let yourself become discouraged. Keep your mind on God, not your problems. He is so much stronger than any mountain you face. He is walking with you in your healing journey, never leaving nor forsaking you.