

FAITH A. OYEDEPO

A large, irregular red shape resembling torn paper or a torn piece of fabric, serving as a background for the title text.

Healing Health & Wholeness

Healing, Health And Wholeness

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by:
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All scripture quotations are from the
King James Version of the Bible,
except otherwise stated.

Dedication

This book is dedicated to everyone who desires to experience healing, health and wholeness in life!

Introduction

Healing, health and wholeness are your redemptive heritage in Christ, but they are only accessible by knowledge.

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

3 John 2

In the year 2004, the devil violently attacked my body; I practically passed through the valley of the shadow of death. This experience led me to a desperate search that has produced the content of this book. When you contact the light in this book, the darkness of

physical problems in your life will be shattered and destroyed permanently!

God's greatest wish for mankind is that man prospers and stays in health, even as his soul prospers. Jesus came to the earth not only to save your soul, but also to make you sound physically and mentally.

He desires that after the salvation of your soul, your body also should be preserved from the clutches of sicknesses and diseases. That means, the vibrancy of your body is next in line of priorities in redemption. The greatest wealth is health.

Jesus paid the ultimate price for it longest time, but you only begin to experience it after you discover it and

believe it. Healing, health and wholeness are your redemptive heritage, but they are only accessible by knowledge.

God's Word says: *And now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified* (Acts 20:32). Your inheritance in Christ is guaranteed and sealed, but it is only accessible by knowledge.

Clearly, knowledge is your covenant access to your inheritance among them that are sanctified. This explains why the scripture says: *My people are destroyed for lack of*

knowledge ... (Hosea 4:6). God has given us all things that make for life and godliness, but they can only be delivered to us through the knowledge of Him who has called us unto glory and virtue (2 Peter 1:3).

The things that have been freely given to us must first be **discovered** before they can be **recovered**. You cannot recover your birthright, until you have first discovered it. Healing, health and wholeness are your birthright in Christ, but you have to discover the channels for realizing them, before you can enjoy them.

There are many things that have been freely given to us which we still lack, because we haven't discovered

them; so, we keep suffering and lamenting for them, even though they have already been freely offered us.

When Jesus proclaimed: ***It is finished*** (John 19: 30), His mission of total redemption was accomplished, so that the benefits of total redemption including those outlined in Psalms 103:1-4 can flow to every believer.

The good news is: your healing, health and wholeness have been fully paid for as part of the redemptive package; they are now fully available, but you must first access them through knowledge (John 8:32) before they can be possessed!

Surely, your life will be radically transformed, as you read and apply the

contents of this book! You, too, like me and many others, shall no longer be denied of what rightfully belongs to you!

Chapter 1

Healing, Health and Wholeness, Are They Real?

The knowledge of the truth you encounter that sets you free, shall keep you eternally free from all harassments from hell.

Healing

The Chambers Dictionary defines it to be, “The act or process by which anything is healed or cured.” The

Oxford Dictionary defines it as: “To become or make something healthy again.” It means therefore, it takes being sick to need healing. Jesus speaking said in Luke 5:31: ***They that are whole need not a physician; but they that are sick.*** So, healing is actually for the sick.

Truth is: Healing is in God’s redemptive agenda for man; so, healing and forgiveness go hand in hand. At redemption, when your sins are forgiven, you become a child of God entitled to healing. This explains why God’s Word says in Psalms 103:3: ***Who forgiveth all thine iniquities; who healeth all thy diseases.***

In Matthew 15:26, Jesus in a

conversation with ***a woman of Canaan*** who desired healing for her daughter answered and said: ***It is not meet to take the children's bread, and to cast it to dogs.*** So, healing is the children's bread. God intends that His children must first be satisfied with healing, before any other person has access to it, for He declared in His Word: ***Thou shalt be blessed above all people*** (Deuteronomy 7:14).

The price for your healing was fully paid for by Jesus, as part of the redemptive package for mankind. In Isaiah 53: 4-5, it is clearly stated: ***Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and***

afflicted. But he was wounded for our transgressions; he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Jesus received those stripes, so that your body may no longer be afflicted with sicknesses, diseases and physical problems. Peter reiterated this in 1 Peter 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.***

So, by the death and resurrection of Jesus Christ, God made provisions for man to be restored to wholeness — salvation for him spiritually, peace for

his mind and healing for his body. What a total package!

It is neither the plan of God nor His will for you to be sick, because the price has been fully paid. Who paid the price? Jesus did! You and I are now meant to enjoy freedom — freedom spiritually, freedom in our bodies and freedom in the realms of our minds.

Health

It is a step ahead of healing and more preferred than healing. Health is defined by the *Oxford Dictionary* as, “The state of being well or free from illness in body or mind. The *Chambers*

Dictionary defines it as, “Physical and mental well being; freedom of disease, etc; condition of body or mind.”

God is much more interested in your being in health (well being) than in your healing (getting well). He gets very concerned when our health is at stake, and that is why He says in Jeremiah 8:22: ***Is there no balm in Gilead; is there no physician there? Why then is not the health of the daughter of my people recovered?***

So, God has provided a Balm in Gilead for our use at all times, to disallow our health from being threatened or robbed us. What is this Balm in Gilead? It is the Word of God! This is clearly spelt out in Proverbs

4:20-22: *My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.*

The good news is: In case your health is being challenged, God has promised that He ... ***will restore health unto thee, and I will heal thee of thy wounds, saith the LORD (Jeremiah 30:17).***

In case it is the type that Jesus identified in Matthew 17:21: ***Howbeit this kind goeth not out but by prayer and fasting,*** He gave the prescription: to engage in the kind of fast that He has ordained and ***Then shall thy light***

break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward (Isaiah 58:8 emphasis mine).

Please understand that your health is so important to God, to the extent that He wishes that you: ***prosper and be in health, even as thy soul prospereth*** (3 John 2).

Wholeness

The American Heritage Dictionary defines whole as: Containing all components; complete: Not wounded, injured, or impaired; sound or unhurt:

Having been restored; healed: A number, group, set, or thing lacking no part or element.

Scripturally, wholeness is a state of wellness of the spirit, soul and body. First Thessalonians 5:23 says: ***And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.***

To be whole is to be in a state of completeness - spirit, soul and body. There is no lack of any sort; your body members enjoy absolute soundness.

To be whole is to enjoy physical fitness, emotional balance, mental dignity, peace with God and man;

absolute rest round about.

Whenever your body is attacked with sickness, you can receive healing; but it is better to be in health - a state of no sickness. It is much better to live a life of wholeness - completeness; nothing missing, nothing broken: wellness of spirit, soul and body! Wholeness has become my desperate heart's desire and longing, especially after the last attack on my health.

Therefore, it is a journey from healing to health and then to wholeness, wholeness being the ultimate. So, as the Scripture says in Isaiah 28:10: ***F o r p r e c e p t m u s t b e u p o n p r e c e p t, p r e c e p t u p o n p r e c e p t; l i n e u p o n l i n e, l i n e u p o n l i n e; h e r e a***

little, and there a little, until you enter into a state of wholeness; spirit, soul and body.

The truth is: when by knowledge you move from a state of healing to health and then to wholeness, the devil eternally loses ground concerning your health. Personally, this is what I am working at now!

When you have the light from God's Word, darkness forever loses its hold on your life and you begin to enjoy a life of wholeness. The Bible says: ***And ye shall know the truth, and the truth shall make you free*** (John 8:32). The knowledge of the truth you encounter sets you free, and keeps you eternally free from all harassments

from hell.

Here is the question: Healing, Health and Wholeness: Are they Real? Absolutely yes! Indeed, this is God's ultimate plan for your life, but it is only accessible by knowledge!

Chapter 2

Causes Of Sickness

Any time satan is granted access into a man's affairs either by disobedience, sin or even sometimes carelessness of man, he brings in sickness.

As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.

Proverbs 26:2

We live in a world system that operates on causes and effects; so, every curse has a cause which in turn has an effect.

Think of this: as free as the gift of salvation is, it takes a man's conscious and deliberate step of faith, to receive Jesus Christ as his personal Lord and Saviour, to be born again. This is a spiritual law that cannot be broken!

For instance, the Bible says in 2 Peter 3:9: ***The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.*** Yet, only those who receive Him and believe in His name are given power to become the sons of God (John 1:12).

So, even though God desires that no one should perish, yet, He cannot save

everyone. Every man has to make his personal decision upon which he can now receive power to become the son of God.

In the same vein, there are natural laws by which the earth operates; whether you are aware of them or not, you are bound by them. With or without knowledge, literate or illiterate, the law of gravity for instance, naturally affects everyone on the earth.

The climatic conditions, even with the best technological advancement, cannot be disregarded by man. The rain, the sunshine, snow, summer heat, earthquakes, landslides, mudslides, Tsunamis, Katrina etc., are all

governed by the natural laws of life.

These acts are recognized globally and can affect anyone within its catchment area. They are binding on everyone - rich, poor, civilized, uncivilized, developed or third world countries alike.

So, everyone is subject to the influence of the laws of life. This is why Solomon lamented: ***All things come alike to all: there is one event to the righteous, and to the wicked; to the good and to the clean, and to the unclean; to him that sacrificeth, and to him that sacrificeth not: as is the good, so is the sinner; and he that sweareth, as he that feareth an oath. This is an evil among all things that***

are done under the sun, that there is one event unto all: (Ecclesiastes 9:2-3).

In the same vein, the Kingdom of God operates by laws. The Bible says, for instance, in Romans 8:2: ***For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.*** In other words, there is a law of the Spirit of life. It is operating the terms of this law that guarantees you freedom from the operations of the law of sin and death.

So, even though God is plenteous in mercy (Psalms 103:8), has a compassion that fails not (Psalms 86:15), is too faithful to fail (Psalms 89:33), yet He cannot reach out to you

when you contravene these laws. The same is true in the case of sickness, disease and physical problems!

For example, God's ultimate desire is this: ***Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth*** (3 John 2). Yet, by the choices that man makes, he can become a victim of sicknesses and diseases. To enjoy God's provisions for healing, health and wholeness, therefore, you must be ready to obey the laws of God.

Again, no matter how hard working a man is, if he is not liberal, he can never be rich. This is because the law of prosperity operates on the principle

of giving and receiving. Until man gives out carbon dioxide to the plants, he cannot have oxygen from the plants. Until a seed is given away in planting, it cannot multiply into a harvest.

The Bible says in Genesis 8:22: ***While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease.*** Ignorance of this law is no excuse; everyone is bound by the consequences of what choices he makes.

Clearly, the physical development of the human body responds to the quality and quantity of relevant nutritious food that is consumed by that person. So, until a child eats

healthy and nutritious food, in their proper proportions, his physical and mental development will be retarded, whether the parents are literate or illiterate.

A child well fed is visibly healthy looking, while a child with nutritional deficiencies is also visibly unhealthy as in cases of *Kwashiorkor* and Marasmus (a form of severe protein-energy malnutrition).

Please be aware: when the laws that govern health are broken, they have a way of affecting the enjoyment of healing, health and wholeness.

Here is the question: What are the causes of sickness? They include:

Sin

And as Jesus passed by, he saw a man which was blind from his birth. And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.

John 9:1-3

From this scripture, it is evident that certain sicknesses, diseases and deformities can be caused by sin, although that was not the cause in this particular case.

In the beginning, God created man in His own image and likeness and gave him dominion. The Bible records:

And God said, Let us make man in our image, after our likeness: and let them have dominion 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.

So God created man in his own image, in the image of God created he him; male and female created he them.

Genesis 1:26-27 (Emphasis mine).

Man was put in practical command of the affairs of the earth. He was not only to replenish the earth, but he was

also required to subdue it and have dominion over everything that was on the earth.

This explains why in Psalm 115:16, the Bible says: ***The heaven, even the heavens, are the LORD's: but the earth hath he given to the children of men.***

In essence, God was ruling in heaven, while He gave man authority to rule here on the earth!

Interestingly, when satan rebelled in heaven, he was cast down to the earth, where man has been given dominion. So, man has divine authority to subdue satan, the chief author of sin (Revelation 12:10-13)!

Think of this: at creation in the

Garden of Eden, God made provisions for everything man would need to make life comfortable for him. There was no provision for healing because sickness was not part of the deal. For meat (food), God provided, ... ***every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed;*** (Genesis 1:29).

God did not need to make any provisions for man's healing, because man's dominion status and the kind of food God provided, were all that man needed to stay in absolute health.

It is interesting to note that most pharmaceuticals used for the treatment of diseases today, are made from herbs

and trees. So, man needed not be sick.

However, in Genesis 3, man sold his birthright to the devil by disobedience.

Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:

But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

And the LORD God called unto

Adam, and said unto him, Where art thou?

And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.

And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?

Gen 3:1-3, 9-11

As a result of man's disobedience, he was driven out of the Garden of Eden (delight); he had to toil before he could eat. This hardship introduced man to sickness; he lost his dominion status. No wonder, the Bible says: ***And having in a readiness to revenge all disobedience, when you obedience is***

fulfilled (2 Corinthians 10:6).

Satan, the accuser of the brethren, then had an opportunity to afflict man's body. Jesus clearly defined satan's mission in John 10:10: ***The thief cometh not, but for to steal, and to kill, and to destroy.*** He came to steal man's health, ultimately hoping to kill or destroy the precious destinies of his victims. That is why a sick man will sell anything he owns, just to stay in health.

There is this story of a very wealthy man I heard of. The man was afflicted by some strange physical problems, sicknesses and diseases. Then, someone told him that some forces were against him for his wealth's sake.

Without ‘bathing an eyelid,’ the man was reported as saying that they could have all of his assets, if only they will let him have his health back. That is satan’s mission!

Clearly, sickness only came in after the fall of man, as a consequence of sin. In other words, sickness came with the coming of the devil into the affairs of man. Therefore, anytime satan is granted access into a man’s affairs either by disobedience, sin or even sometimes carelessness of man, he brings in sickness.

Disobedience -To The Laws Of God

All the commandments which I command thee this day shall ye observe to do, that ye may live,

Deuteronomy 8:1

It is very clear from Scriptures that one of the avenues through which sicknesses come, is disobedience.

And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth:

And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God.

But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee:

Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee.

Also every sickness, and every plague, which is not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.

Deuteronomy 28:1-2, 15, 60-61
When a man chooses to live in

disobedience to God's Word, he opens the door to the activities of sicknesses in his life. That is why Paul says in 1 Timothy 1:19-20 concerning one of the disciples: ***Holding faith, and a good conscience; which some having put away concerning faith have made shipwreck: Of whom is Hymenaeus and Alexander; whom I have delivered unto Satan, that they may learn not to blaspheme.***

It is disobedience to put away good conscience! The man in the above scripture deliberately put away good conscience and was delivered unto satan. That shall not be your portion.

Disobedience - To The Laws Of Life

All things come alike to all: ...

Ecclesiastes 9:2

And,

...he that is begotten of God keepeth himself, and that wicked one toucheth him not.

1John 5:18

The laws of life come alike to all; they apply to everyone. When the one that is begotten of God keeps himself, it becomes impossible for the wicked to touch him.

However, whenever these laws are neglected outrightly or man is careless about them, it becomes another means

by which sicknesses comes in.

For instance, some people expose themselves to unhealthy conditions, thereby inviting bodily ailment such as cold, flu, infections, etc. Like someone says, “You can’t expose yourself to cold at 10°C and curse the flu that comes on you the next day.”

Truly, cleanliness is next to godliness! When you keep a clean environment, it automatically enhances a healthy body, and vice versa. Ensure that your home and work place are well ventilated. Keep your hands clean by washing them regularly; it prevents you from health hazards, as simple as it seems!

Beware of and flee sexual sin; it

opens the door to all forms of bodily afflictions such as viral infections, HIV/AIDS, etc. You can't toy with fire and not expect to be burnt! So, keep yourself pure, and the evil one will not have access to you.

Satan

And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the Sabbath day?

Luke 13:16

Another way by which sicknesses come is by direct affliction by the

devil. It is obvious from the above scripture that satan was the reason behind that woman's bondage/sickness. There is no record that this woman did anything to deserve being bound. She was just a victim of direct satanic affliction. So, satan is the author of sickness.

The Bible says: ***What do ye imagine against the LORD? he will make an utter end: affliction shall not rise up the second time (Nahum 1:9).*** That means God recognizes that there is the possibility of afflictions arising.

Please understand: God is not responsible for any sickness or disease, as some people think. Some people even claim when they are afflicted, that

God is teaching them a lesson; nothing can be farther from the truth! For, the Bible says:

Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man:

James 1:13

God never tempts with sickness! In fact, God does not have the ability to do anything that is evil, including sickness (1 John 1:5).

Sickness is not from God, but from the devil. Only good and perfect gifts come from God, for ... *Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness,*

neither shadow of turning (James 1:17). Sickness is not a good thing, therefore, it is not from God.

It is very important to note that affliction in this context (Nahum 1:9) is not as a result of sin or neglect, but just an evil from the pit of hell. It is not for anything that the victim has done or failed to do, but just a manifestation of the works of the evil one. That is what Jesus came to destroy. The Bible says:

How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.

Acts 10:38

For this purpose the Son of God was manifested, that he might destroy the works of the devil.

1 John 3:8

Jesus had a mission to destroy the works of the devil, and to heal all that the devil has made victims of his attacks, and that includes you!

Chapter 3

The Healer

... I am the Lord that healeth thee

Exodus 15:26(b)

Despite the devil's incursion into the affairs of man, God provided a way of escape for man through the redemptive work of Christ. That explains why 1 Corinthians 10:13 says: ***There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are***

able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Truth is: God has already provided a way of escape for you, from every affliction of sicknesses and diseases. He is the One ***Who forgiveth all thine iniquities; who healeth all thy diseases;*** (Psalms 103:3).

Granted: sickness came on man as a result of sin and disobedience to the commandment of God: however, healing, health and wholeness also came by one man, Jesus Christ. It is recorded:

Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men,

for that all have sinned:

For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ.

Therefore as by the offence of one judgment came upon all men to condemnation; even so by the righteousness of one the free gift came upon all men unto justification of life.

That as sin hath reigned unto death, even so might grace reign through righteousness unto eternal life by Jesus Christ our Lord.

Romans 5:12, 17-18, 21

Clearly, Jesus came to destroy the

works of the wicked in our lives, and that includes sicknesses and diseases of any form.

However, the provisions of scriptures are only for those who will accept the responsibility to appropriate it, for: ***...From the days of John the Baptist until now the kingdom of heaven suffereth violence, and the violent take it by force*** (Matthew 11:12). So, it is only those who are ready to pay the price that will get the prize.

A certain noble man came to Jesus by night and asked what he needed to do so as to inherit eternal life and have access to the inheritance of the sons of God. Jesus told him he must be born

again (John 3: 1-18). In John 1:12 the Bible says: ***But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:***

Here is the question: Are you born again? If you are not, or you are not sure, please turn to the last page of this book right now and pray the salvation prayer before you continue. This is very crucial because if you are not saved, you are not safe!

So, until you believe in Jesus and accept Him as your Saviour, you cannot have access to what He came to accomplish. Every father has the best of his inheritance reserved for his children and none will give to another,

what rightfully belongs to his children. Jesus speaking to the woman from Samaria in Mark 7:27 said: ... ***Let the children first be filled: for It is not meet to take the children's bread, and to cast it unto the dogs.***

Secondly, to have access to the inheritance of the saints, including healing, health and wholeness, you must accept the finished work of Jesus Christ on cavalry. You must believe that He died for your sins and fully paid the price required for your healing, health and wholeness.

It takes a conscious, deliberate step of faith, to receive Jesus and become a child of God, to be entitled to His virtues for healing.

In Exodus 15:26, the Bible says: ...
If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Thirdly, obedience is another key factor in accessing the healing virtue that Jesus has made available. He is the Lord that heals us. Therefore, it will be wrong to assume that He is the same one that puts sicknesses and diseases on people. He is committed to your health, as He is to ensure your healing,

in case you are challenged.

So, like Mary said in John 2: 5: ...
Whatsoever he saith unto you, do it.

Fourthly, you must accept Jesus, not only as your Saviour, but also as your Lord. In Malachi 3:6, the Bible says of Him: ***For I am the LORD, I change not; therefore ye sons of Jacob are not consumed.*** When you accept Him as your Lord, you commit Him to ensure that sicknesses and diseases do not affect you.

The *American Heritage Dictionary* defines “A Lord” as, ‘A man of renowned power or authority.’ So, accepting Jesus as your Lord implies you must acknowledge the ability of His power to positively bring about a

change in your life, and be willing also to submit to His authority on every issue of your life.

Many years ago, before we got married, my husband (then my fiancé) wrote me a letter where he documented his resolve. Talking about the Lordship of Jesus Christ over his life, he wrote, *“He must be Lord of all or not Lord at all.”* Thankfully, that has been the guiding principle in our family till date, and we have never ceased to enjoy God’s unfailing faithfulness.

If you want to enjoy God’s faithfulness in the area of your health, Jesus must be made the Lord indeed over your life; He has the renowned power and authority to do so!

Fifthly, you must also accept Jesus Christ as your Healer. Psalms 103:3 says: ***Who forgiveth all thine iniquities; who healeth all thy diseases.*** To enjoy God's provision for your health, you must also consciously take a deliberate step to accept Him as your Healer.

I once heard a testimony of an old lady, who according to her testimony, attended a meeting where the minister after sharing from Isaiah 53:5 and Exodus 15:26, made an altar call for those who would want to accept Jesus specifically as their Healer.

She came out just like people come out to accept Jesus Christ as Saviour, and surrendered her life to Him as her

Healer. According to her, more than 40 years after, she had not had any cause to take the first pill on occasion of ill health.

Please be aware: Jesus is not only committed to the salvation of your soul and reconciling you back to God; He is also committed to ensure that you stay in health and ultimately enjoy a life of wholeness. God who did it for that old lady, like many others, will surely make it happen for you!

Chapter 4

Types Of Healing

An encounter with Jesus releases the virtue that makes for your healing.

For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

Isaiah 55:8-9

Sometimes, God does the same thing but in different ways, with a different approach. With healing, for

instance, God manifests Himself and deals with us in diverse ways.

During the earthly ministry of Jesus Christ, we see Him effect healing in very different ways. To some, He spoke a Word (Matthew 8: 8; 13); to the 10 lepers He instructed, to go show themselves to the priest and as they went, they were healed (Luke 17: 12-14); to blind Bartimaeus He said, *...go thy way; thy faith hath made thee whole* (Mark 10: 46-52); to another blind man, He spat on the ground, and made clay of the spittle, and He anointed the eyes of the blind man with the clay (John 9:6), etc. In the same vein, there are different types of healing.

Types of healing include, but are

not limited to the following:

Instant Healing

These are immediate and on the spot encounters! You can see the evidences on the spot. There are some instances where God chooses to heal us instantly. As soon as we have an encounter with Him, He releases the virtue that makes for our instant healing.

The Bible abounds with several instances, where Jesus healed people on the spot. In fact, in His Word, God admonishes: ***Withhold not good from them to whom it is due, when it is in the power of thine hand to do it. Say***

not unto thy neighbour, Go, and come again, and tomorrow I will give; when thou hast it by thee (Proverbs 3:27-28).

We see this practically demonstrated severally in the ministry of Jesus. There is the record of the woman, who had the issue of blood for 12 years in Mark 5:25, 27, 29:

And a certain woman, which had an issue of blood twelve years,

When she had heard of Jesus, came in the press behind, and touched his garment.

And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague.

Miraculously, the 12-year-long

plague that had defiled all known medications immediately came to an end, by just a touch on Jesus' garment.

At another instance, all that Jesus did was that He spoke the Word, and that immediately healed the sick. The Scripture records:

And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him,

And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented.

And Jesus saith unto him, I will come and heal him.

The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof: but

Speak the word only, and my servant shall be healed.

When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel.

And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour.

Matthew 8:5-8,10,13

At yet another instance, When Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever. And he touched her hand, and the fever left her: and she arose, and ministered unto them (Matthew 8:14-

15). That was instantaneous!

Peter's wife's mother, who had been ill enough to warrant an urgent call to Jesus, was immediately able to rise up and to minister (cook) for all the guests.

The good news is: instant healings still take place today. I have witnessed this happen in people's lives too many times, as well as in my own life. God can also make it happen in your life, if you desire it!

A Process

Some healings do not happen instantly; they take a process. That is, there is a

recovery period. In John 4:46-53, there is a record of this kind of encounter:

Jesus came again into Cana of Galilee ... And there was a certain nobleman, whose son was sick at Capernaum.

When he heard that Jesus was come out of Judaea into Galilee, he went unto him, and besought him that he would come down, and heal his son: for he was at the point of death

... The nobleman saith unto him, Sir, come down ere my child die.

Jesus saith unto him, Go thy way; thy son liveth. And the man believed the word that Jesus had spoken unto him, and he went his way.

And as he was now going down, his

servants met him, and told him, saying, Thy son liveth.

Then inquired he of them the hour when he began to amend. And they said unto him, Yesterday at the seventh hour the fever left him.

So the father knew that it was at the same hour, in the which Jesus said unto him, Thy son liveth: and himself believed, and his whole house.

The noble man's son began "to amend" at the self same hour that Jesus spoke to him.

With this kind of healing, a process of getting better is involved. A period of recovery of health is involved, even though the sickness has left.

In another account, Jesus gave a

command to His disciples in Mark 16:17-18: *And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.* That means, as soon as hands are laid on the sick, a process of recovery begins.

With this type of healing that involves a process of recovery, the devil tries to deceive and weary people, so as to make them give up. He makes innuendos like: "If God really wanted to heal you, why did it not happen immediately."

The devil sometimes quote scriptures like Proverbs 3:27-28: ***Withhold not good from them to whom it is due, when it is in the power of thine hand to do it. Say not unto thy neighbour, Go, and come again, and to morrow I will give; when thou hast it by thee.***

Just last week, someone who had earlier received prayer for healing, expressed serious concern that it was taking too long than he expected. I had to encourage him never to give up, because it was already settled; only the manifestation is what remained.

Remember, in the healing of the 10 lepers in Luke 17:14, it wasn't until they left Jesus that there was the

manifestation of their healing:

And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed.

It was just Jesus' garment that instantly healed a 12-year-long infirmity, yet the 10 lepers' step of faith in obedience was required before Jesus could get them healed. It was as they went, in faith, that they were cleansed, even though they still had all the physical evidence of leprosy.

However, one of them returned in thanksgiving with a loud voice to give glory to God. Luke 17:15-19 records: ***And one of them, when he saw that he was healed, turned back, and with a***

loud voice glorified God, And fell down on his face at his feet, giving him thanks: ... And he said unto him, Arise, go thy way: thy faith hath made thee whole.

He needed another step of faith: thanksgiving, to provoke his wholeness.

In another instance, Jesus prayed for the son of a certain noble man, yet, whose healing was also a process!

The Bible records in John 4:52-53: *Then inquired he of them the hour when he began to amend. And they said unto him, Yesterday at the seventh hour the fever left him. So the father knew that it was at the same hour, in the which Jesus said unto*

him, Thy son liveth: and himself believed, and his whole house. The fever left him and he began to mend (recover).

In case you are desperately in need of healing, and it is taking longer than you expected, never lose hope, give up or give room to weariness. Hold on, your miracle is on the way!

Medication

Another way by which healing takes place is by the use of medication.

Please be aware: God is not against the use of medication. He can and He does use them to bring about healing,

when necessary!

Colossians 4:14 records that Luke, a key disciple of Jesus, one of the writers of the synoptic gospels, was a physician; yet his ministry is still a blessing till today.

Jesus told the story of the Good Samaritan in Luke 10:30-33. He saw a man beaten and wounded and he took him and placed him in an inn (Clinic) to be tended (treated); he even paid the bill!

Also, Paul, a great Apostle and one who had access to the depth of mysteries, much more than any other apostle, admonished Timothy, who became the first Bishop of the church in 1 Timothy 5:25 to: ***Drink no longer***

water, but use a little wine for thy stomach's sake and thine often infirmities.

That was some form of medical prescription! Note, however, this was not alcoholic wine, but the fruit of the vine. Fruits are known medically to contain health-producing substances that enhance wellbeing.

Timothy was not a mere man spiritually; he was already a Christian at this time. Paul, from whose *body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them* (Acts 19:12), by whose hands God wrought special miracles, admonished Timothy

on how to keep his health, from the medical perspective. What a mystery!

Granted: God is not against medication, however, you should not depend solely on it. Medication, alone, without God's intervention cannot bring about healing. Medicine cannot heal, only God can! This explains why even doctors say things such as: Doctors care, but God heals!

Also, despite the benefits in medicine, it has its own limitations; even doctors worldwide agree. God, your Maker, is the only One that qualifies to be your Healer. He can reconstruct your entire being, if the need arises, because He constructed it in the first place.

As I conclude this chapter, it is important for me to mention here that a combination of two or more of the types of healing discussed above, could be used by God, to bring about the required bodily restoration for you.

This was my experience, when I had the attack on my health. I had well-trained medical doctors, who attended to me, while God was perfecting my body.

God will give you too, a definite testimony to share!

Chapter 5

Foundation For Healing

Every provision of scriptures makes a capital demand of faith on us.

But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

Hebrews 11:6

There is nothing God has provided, that ever becomes a reality in anyone's life, outside of faith.

Without faith, it is impossible to

connect with God. Without faith, it is impossible to move God and without faith, it is impossible to access your inheritance in Christ. You must be conscious of that capital demand in your approach to all your redemptive provisions in Christ.

Faith is a capital demand, made on all who desire to access and enjoy their inheritance in Christ, which include healing, health and wholeness. By capital demand, I mean a conscious, deliberate and continuous effort, to generate the faith required for the results desired.

God's servant, Bishop David Oyedepo defines faith as, "A living force, drawn from the living Word, to

produce living proofs.” So, faith is a spiritual force that produces tangible proofs!

Faith begins from the heart, but it must necessarily find expression in the physical. It always has something tangible to show (Hebrews 11:1). Jesus said: ***Believe me that I am in the Father, and the Father in me: or else believe me for the very works’ sake*** (John 14:11).

He was actually saying, even if they did not believe the testimony of His Sonship, yet by the proofs and testimonies of encounters on ground, they should believe that He is in the Father and the Father is in Him. So, testimonies are the end products of

faith. They are the proofs of the faith you claim to possess.

Hear this: Faith is not to be assumed; it is to be acquired. The Scripture says: ***So then faith cometh by hearing, and hearing by the word of God*** (Romans 10:17). Faith can only come by the Word of God that has gained access into your heart. That is the only way to draw virtue from it, so as to deliver your desired healing into your hands.

Faith is the foundation for your healing, health and wholeness. No matter the approach applied as discussed in the preceding chapter, without faith, it won't produce! Even medication, without faith, won't work.

Above all, you have to believe that God wants you whole!

As far as prayer is concerned, it is only the prayer of faith that heals the sick. So, prayer without faith won't work.

The Scriptures in James 5:13-15 says: ***Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.***

Clearly, without faith, healing

becomes impossible! Even if you choose to pray your way out of affliction, it is important that you ... **ask in faith, nothing wavering.** *For he that wavereth is like a wave of the sea ... For let not that man think that he shall receive any thing of the Lord* (James 1:6-7).

Two blind men came crying after Jesus and Jesus said: ... ***believest thou, that I the son of man am able to do this, and they said yea Lord*** (Matthew 9:27-29). Then Jesus said, “According to your faith, be it done unto you.”

So, it is not enough for you to come to Jesus; you must come with faith before He can deliver your desires into your hands. To establish your healing,

you must come to Jesus with faith; that guarantees the delivery of the virtues needed to keep you in health and wholeness.

In the ministry of Jesus, a very common denominator in the instances of healing was the statement: *“according to your faith.”* Everyone that came to Him was required to possess the faith needed, to establish the miracle they desired.

Matthew 9:29-30 records: ***Then touched he their eyes, saying, According to your faith be it unto you. And their eyes were opened ...*** In Matthew 15:28: ***Then Jesus answered and said unto her, O woman, great is thy faith: be it unto thee even as thou***

wilt. And her daughter was made whole from that very hour.

Luke 7:50 records: ***And he said to the woman, Thy faith hath saved thee; go in peace.***

Also, Luke 18:42 says: ***And Jesus said unto him, Receive thy sight: thy faith hath saved thee.***

Bishop David Oyedepo would often say, “The faith that makes God absolutely responsible for the events of your life is an irresponsible faith.” You have an obligation to ensure you put your faith on the line, for your miracle. We live by faith; that is why Jesus said, “Be it to you according to your faith” (Matthew 9:27-29).

Conclusively, faith is your spiritual

oxygen. What oxygen is to human life, is what faith is to your spiritual life. It brought you to life through the experience of new birth, it helps you to stand, and it helps you to walk with God.

By faith, health is restored to your body; it strengthens your system, it helps you to overcome, it helps you to conquer, it makes you prosperous, it keeps you in all your ways, and it secures for you divine intervention when you are challenged!

It is because of these all-important values of faith that makes your faith your enemy's target. In Luke 22:31-32 Jesus said to Peter, ***Simon, Simon, behold, satan hath desired to have you***

that he may sift you as wheat. But I have prayed for you that thy faith faileth not.

Please be aware: satan wants to bring you down, but he can't get at you, until he gets at your faith. Nothing gives way to the devil like unbelief. So, guard your faith, it is your life. That is why Ephesians 4:27 says: ... ***give no place to the devil.***

Everyone is a victim of his fear. In Job 3:24-25, Job said: ***For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.*** Satan cannot access you, except through the spirit of fear. Beware, therefore, and give no room to the devil through fear in your life!

What you fear defines your fate. That is why in 365 places in Scriptures, you have been admonished to ‘fear not’, one for each day. This, I believe, is to help you appreciate the all-important place of faith, if your destiny of healing, health and wholeness is to be realized.

During the time that my health was attacked by the devil, one of the forces I had to deal with and overcome was fear. At a time, night-time became a terrifying nightmare. I had to build my faith, until I overcame that deadly spirit of fear.

So, when the devil tries to whisper to you that your case is already closed, beyond healing or what God can handle

or that it is not God's will for you to recover from that physical problem, send faith to open the door. Declare loud and clear ***"... By His stripes I am healed."***

This Scripture helps me a great deal: Philippians 1:28: ***And in nothing terrified by your adversaries: which is to them an evident token of perdition, but to you of salvation, and that of God.***

When you become fear-free, you have the evidence of victory; but when you are fearful, you become a victim of the wicked. You shall not be a victim!

The Bible says: ***Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of***

the wicked (Ephesians 6:16).

In Mark 4:40, Jesus said to His disciples, ***Why are ye so fearful?*** Why is it that you have no faith?" So, they were so fearful because they had no faith.

Doubtless, faith is the foundation for your healing, health and wholeness! While the people from Jesus' own country could not receive any mighty works, a centurion from another land picked a spectacular healing encounter for his servant who was not even around Jesus, just by his faith (Luke 7:6-10).

The importance of faith as the foundation for your healing, health and wholeness cannot be negotiated. If you

must experience divine intervention in your health, you must take the time out to develop the faith required.

Chapter 6

God's Word Is Medicine!

The Word of God is quick and powerful enough to travel into every nook and corner of your physical body, to give you the healing that Jesus already paid for.

My son, attend to my words; incline thine ear unto my sayings.

Let them not depart from thine eyes; keep them in the midst of thine heart.

For they are life unto those that find them, and health to all their

flesh.

Proverbs 4:20-22

The Word of God has enough power in it to heal you, keep you in health and wholeness. John 1:1-3 says: ***In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made.***

Jesus, Himself, is the Word and He is the Sun of righteousness. One of His principal missions is to arise with healing. The Scripture says: ***But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and***

grow up as calves of the stall (Malachi 4:2). So, laying hold on the Word of God is your guarantee for healing.

Hebrews 4:12 says: ***For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.***

Awesome! God's Word can travel into the bones, into the marrow and then into the joints. Remember, of course, that your joints, your marrow and your bones are all parts of your body. They are not in your spirit. So, the Word of God has enough power to travel into every part of your body, to

give you the healing that you desire at any time.

God's Word says: ***For the life of the flesh is in the blood*** (Leviticus 17:11). The bone marrow is the source from which the human blood is produced. That means, when the Word of God gains access into your marrow, it regenerates and recreates all that is necessary to produce the quality of blood required for healthy living.

The blood, therefore, supplies the life giving force that your body needs for total healing, health and wholeness.

No matter the challenge that you may be confronted with in your health right now, the good news is: the Word of God is quick enough, is powerful

enough and sharp enough to travel into every nook and corner of your system, and deliver to you the healing that Jesus already paid for.

God's Word is health to **all** your flesh - whether it is in the brain, tummy, heart, spine, tissues, or any of your organs. It is health to **all** your flesh!

Furthermore, Psalm 107:20 says: ***He sent his word, and healed them, and delivered them from their destructions.*** The Word of God is the carrier of God's healing virtue. Jesus was in a certain place and the power of God was present to heal (Luke 5:17). Every time the Word of God is present, the power to heal is also present. All

you need to do is locate the Word for your situation.

How then do you engage the Word for your healing? Consider the following:

Find The Word Relevant For Your Healing

Search the scriptures and fellowship in the Word of God! Read and study the Word of God. Give attendance to reading. The Word that you read and study, let it dwell in you richly, not scantily (Colossians 3:16).

When the Word of God dwells in you, the Holy Spirit will have a rich

deposit in you, from where He can draw out the relevant scriptures in the time of need.

During the time when my health was attacked by the devil, it was out of the rich deposit of God's Word that was already in my heart that I was able to draw from, until I was able to begin listening to the Word through CDs, DVDs, and eventually able to carry my Bible to read again. Truly, the Word works!

Meditation On The Word

Don't just read the Bible, don't just study it; spend quality time to meditate

on God's Word. The art of meditation is the art of thinking through.

In Word study, you have to read it; but in meditation, you are thinking through. You are pondering on the things you have read and the things you have studied. You are spending time to ensure there is quality spiritual digestion of the Word that you have studied.

You find out that as you study, it is possible that you have read quite some volumes. May be, you have studied a chapter or certain verses from a particular chapter or you read a whole Book of the Bible; but when you are meditating, you find out that there is a kind of filtering that takes place. Then

the juice in the Word is now being released to you.

Sometimes, you find out that all you have read in a whole chapter is now being zeroed in on just one verse. As you begin to think on that one verse, it links up with specific areas of your life, where you can put that Word to work.

So, Word fellowship begins with Word study. But it doesn't just end there; it goes on to Word meditation. As you meditate (think through), spiritual digestion takes place.

God commands: ***This book of the law shall not depart out of thy mouth; 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 (Joshua 1:8). So, meditation is the gateway to a successfully healthy life!

Act On The Word

Fellowship in the Word begins with Word study, then to meditation and finally to Word action. That is, putting to work in specific areas of your life, those things that have been delivered unto you from the Word of God.

That is, you take corresponding steps in line with what you believe.

This was exactly what I did, when my body was attacked.

So, just like you diligently take the medicine prescribed by a medical doctor, at specified times and dosage, do the same with the Word of God. It will certainly produce amazing results in your life!

For instance, the Word of God says: ... ***Let the weak say, I am strong*** (Joel 3:10b). So, to enjoy strength, you must begin to declare that you are strong ...***for the LORD is a God of knowledge, and by him actions are weighed*** (1 Samuel 2:3b).

So, God weighs your actions to determine your level of faith and your determination to take steps, in line with

His Word that you have discovered.

I can tell you this: The Word of God works, much more than any prescription medicine! I am a living witness!

Chapter 7

Healing In Every Book Of The Bible!

***Every Book of the Bible contains
Scriptures relevant to my physical
wellbeing!***

During my desperate search on the subject of healing, health and wholeness, I discovered that every Book of the Bible contains Scriptures relevant to my physical wellbeing.

Think of this: your health is important to God, so much so that He made provisions for it in every Book of the Bible. No wonder, 3 John 2 says:

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

In this chapter, I will be sharing with you, some of the Scriptures that radically transformed my life and strengthened my body. I will be sharing with you here, just one Scripture from each Book of the Bible.

Open your heart as you read them. They will not only bring refreshing to your physical body, they will also ‘en-fire’ your spirit- man. Now, let’s get started:

Genesis 43:28:

And they answered, Thy servant our father is in good health, he is yet alive. And they bowed down their

heads, and made obeisance. (Genesis 1:3; Genesis 1:26-27; Genesis 1:31)

Exodus 23:25:

And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee. (Exodus 15:26)

Leviticus 17:11:

For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul. (Leviticus 17:14; Leviticus 26:13)

Numbers 12:13:

And Moses cried unto the LORD, saying, Heal her now, O God, I

beseech thee. (Numbers 23:23)

Deuteronomy 7:15:

And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee
(Deuteronomy 32:39; 28:58-61).

Joshua 5:9:

And the LORD said unto Joshua, This day have I rolled away the reproach of Egypt from off you. Wherefore the name of the place is called Gilgal unto this day.

Judges 6:24:

And the LORD said unto him, Peace be unto thee; fear not: thou shalt not die.

Ruth 3:11:

And now, my daughter, fear not; I will do to thee all that thou requirest: for all the city of my people doth know that thou art a virtuous woman.

1 Samuel 3:19:

And Samuel grew, and the LORD was with him, and did let none of his words fall to the ground.

2 Samuel 5:10:

And David went on; and grew great, and the LORD God of hosts was with him.

1 Kings 17:17-22:

And it came to pass after these things, that the son of the woman, the mistress of the house, fell sick; and his sickness was so sore, that there

was no breath left in him.

And she said unto Elijah, What have I to do with thee, O thou man of God? art thou come unto me to call my sin to remembrance, and to slay my son?

And he said unto her, Give me thy son. And he took him out of her bosom, and carried him up into a loft, where he abode, and laid him upon his own bed.

And he cried unto the LORD, and said, O LORD my God, hast thou also brought evil upon the widow with whom I sojourn, by slaying her son?

And he stretched himself upon the child three times, and cried unto the LORD, and said, O LORD my God, I

pray thee, let this child's soul come into him again.

And the LORD heard the voice of Elijah; and the soul of the child came into him again, and he revived.

2 Kings 20:5:

Turn again, and tell Hezekiah the captain of my people, Thus saith the LORD, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, I will heal thee: on the third day thou shalt go up unto the house of the LORD. (2 Kings 5:1,14;20:8)

1 Chronicles 16:21-22:

He suffered no man to do them wrong: yea, he reproved kings for their sakes,

***Saying, Touch not mine anointed,
and do my prophets no harm.***

2 Chronicles 7:14:

***And pray, and seek my face, and
turn from their wicked ways; then will
I hear from heaven, and will forgive
their sin, and will heal their land. (2
Chronicles 6:28-29; 30:20)***

Ezra 8:23:

***So we fasted and besought our God
for this: and he was intreated of us.***

Nehemiah 8:10:

***Then he said unto them, Go your
way, eat the fat, and drink the sweet,
and send portions unto them for whom
nothing is prepared: for this day is
holy unto our Lord: neither be ye
sorry; for the joy of the LORD is your***

strength. (Nehemiah 2:2)

Esther 7:10:

So they hanged Haman on the gallows that he had prepared for Mordecai. Then was the king's wrath pacified.

Job 33:24-25:

Then he is gracious unto him, and saith, Deliver him from going down to the pit: I have found a ransom.

His flesh shall be fresher than a child's: he shall return to the days of his youth: (Job 14:7; Job 14:14; Job 42:10)

Psalms 41:3:

The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness.

(Psalms 7:2; 34:15; 89:22-23)

Proverbs 4:20-22:

*My son, attend to my words;
incline thine ear unto my sayings.*

*Let them not depart from thine
eyes; keep them in the midst of thine
heart.*

*For they are life unto those that
find them, and health to all their
flesh.* (Proverbs 13:17; 16:24)

Ecclesiastes 3:3:

*... A time to heal; a time to break
down, and a time to build up;*
(Ecclesiastes 8:5)

Songs of Solomon 2:4:

*He brought me to the banqueting
house, and his banner over me was
love.*

Isaiah 33:24:

And the inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity. (Isaiah 40:29; 57:18; 38:9)

Jeremiah 33:6:

Behold, I will bring it health and cure, and I will cure them, and will reveal to them the abundance of peace and truth.

Lamentations 3:37:

Who is he that saith, and it cometh to pass, when the Lord commandeth it not?

Ezekiel 34:16:

I will seek that which was lost, and bring again that which was driven away, and will bind up that which was

broken, and will strengthen that which was sick: but I will destroy the fat and the strong; I will feed them with judgment. (Ezekiel 37:5-6).

Daniel 6:27:

He delivereth and rescueth, and he worketh signs and wonders in heaven and in earth, who hath delivered Daniel from the power of the lions.

Hosea 6:1:

Come, and let us return unto the LORD: for he hath torn, and he will heal us; he hath smitten, and he will bind us up. (Hosea 14:40)

Joel 2:25:

And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and

the palmerworm, my great army which I sent among you.

Amos 9:11:

In that day will I raise up the tabernacle of David that is fallen, and close up the breaches thereof; and I will raise up his ruins, and I will build it as in the days of old:

Obadiah 17:

But upon mount Zion shall be deliverance, and there shall be holiness; and the house of Jacob shall possess their possessions.

Jonah 2:2:

And said, I cried by reason of mine affliction unto the LORD, and he heard me; out of the belly of hell cried I, and thou heardest my voice.

Micah 4:6-7:

In that day, saith the LORD, will I assemble her that halteth, and I will gather her that is driven out, and her that I have afflicted;

And I will make her that halted a remnant, and her that was cast far off a strong nation: and the LORD shall reign over them in mount Zion from henceforth, even for ever.

Nahum 1:9:

What do ye imagine against the LORD? he will make an utter end: affliction shall not rise up the second time.

Habakkuk 3:19:

The LORD God is my strength, and he will make my feet like hinds' feet,

and he will make me to walk upon mine high places. instruments.

Zephaniah 3:19-20:

Behold, at that time I will undo all that afflict thee: and I will save her that halteth, and gather her that was driven out; and I will get them praise and fame in every land where they have been put to shame.

At that time will I bring you again, even in the time that I gather you: for I will make you a name and a praise among all people of the earth, when I turn back your captivity before your eyes, saith the LORD.

Zechariah 9:11-12:

As for thee also, by the blood of thy covenant I have sent forth thy

prisoners out of the pit wherein is no water.

Turn you to the strong hold, ye prisoners of hope: even to day do I declare that I will render double unto thee;

Malachi 4:2:

But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.

Matthew 9:35:

And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the

people. (Matthew 4:23-24; 9:20-23; 10:1, 10).

Mark 6:56:

And whithersoever he entered, into villages, or cities, or country, they laid the sick in the streets, and besought him that they might touch if it were but the border of his garment: and as many as touched him were made whole. (Mark 1:34; 5:38-41)

Luke 13:11-13:

And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.

And when Jesus saw her, he called her to him, and said unto her, Woman,

thou art loosed from thine infirmity.

And he laid his hands on her: and immediately she was made straight, and glorified God.

John 11:4:

When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby. (John 5:2-9; 9:6-11)

Acts 5:16:

There came also a multitude out of the cities round about unto Jerusalem, bringing sick folks, and them which were vexed with unclean spirits: and they were healed every one. (Acts 10:38)

Romans 8:11:

But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.
(Romans 8:32)

1 Corinthians 12:9:

To another faith by the same Spirit; to another the gifts of healing by the same Spirit;

2 Corinthians 12:10:

... for when I am weak, then am I strong.

Galatians 6:17:

From henceforth let no man trouble me: for I bear in my body the marks of the Lord Jesus.

Ephesians 6:2-3:

*Honour thy father and mother;
(which is the first commandment with
promise;) That it may be well with
thee, and thou mayest live long on the
earth.*

Philippians 4:7:

*And the peace of God, which
passeth all understanding, shall keep
your hearts and minds through Christ
Jesus.*

Colossians 1:13-14:

*Who hath delivered us from the
power of darkness, and hath
translated us into the kingdom of his
dear Son: In whom we have
redemption through his blood, even
the forgiveness of sins:*

1 Thessalonians 5:23:

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

2 Thessalonians 1:6:

Seeing it is a righteous thing with God to recompense tribulation to them that trouble you;

1 Timothy 2:6:

Who gave himself a ransom for all, to be testified in due time.

2 Timothy 4:17:

Notwithstanding the Lord stood with me, and strengthened me; that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the

mouth of the lion.

Titus 1:2:

In hope of eternal life, which God, that cannot lie, promised before the world began;

Philemon 3:

Grace to you, and peace, from God our Father and the Lord Jesus Christ.

Hebrews 12:13:

And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. (Hebrews 4:12)

James 5:16:

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

(James 5:13-15)

1 Peter 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. (1 Peter 5:7)

2 Peter 1:4:

Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

1 John 3:8:

He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of

God was manifested, that he might destroy the works of the devil.

2 John 3:

Grace be with you, mercy, and peace, from God the Father, and from the Lord Jesus Christ, the Son of the Father, in truth and love.

3 John 2:

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Jude 24:

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

Revelations 22:2:

In the midst of the street of it, and

on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Read these scriptures over and over, on a regular basis. Digest them and let them become a part of your life, dwelling in you richly.

Personally, I still read some of them on a daily basis, up till now. This will establish your wholeness in life, I guarantee you!

Chapter 8

Divine Provisions

The mysteries of God are packaged to deliver masteries to man.

And he said, Unto you it is given to know the mysteries of the kingdom of God: but to others in parables; ...

Luke 8:10

Evidently, God in His infinite wisdom has made adequate provisions for man's healing, through diversities of operations, the cause(s) of the sickness notwithstanding!

Jesus demonstrated this during His

earthly ministry. He ministered often to those with physical problems, using various methods, to effect their healing.

The Bible records one of such instances in *Luke 9:11: **And the people, when they knew it, followed him: and he received them, and spake unto them of the kingdom of God, and healed them that had need of healing.***

Just as diverse as the kinds of sickness(s) are, so also are the mysteries that God has provided in His Word, so as to enable man enjoy healing, health and wholeness.

In this chapter, some of those mysteries and their relevance to healing, health and wholeness shall be

discussed very briefly. Follow very carefully:

The Anointing Oil And Healing

And they went out, and preached that men should repent.

And they cast out many devils, and anointed with oil many that were sick, and healed them.

Mark 6:12-13

In Exodus chapter 30, God instructed Moses on how to make the anointing oil and the purpose for which it is to be put.

My understanding is: according to God's Word, whatever you anoint with

the oil becomes holy, and is set apart. That means, when a sick person is anointed, he becomes set apart from sickness unto health in God, sanctified and holy.

Whatever sickness is in him, therefore, becomes illegal and can no longer dwell there as the body has become holy.

This explains why James 5:14-15 says:

Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins,

they shall be forgiven him.

From insight, I believe that no matter the origin of that sickness, the moment a sick person is anointed with oil, his sins are forgiven him and the prayer of faith prayed over him, receives express attention with God; the Lord Himself then intervenes and raises him up.

Jesus desiring to teach His disciples the power in the anointing oil, sent them forth on a practical training session. The Bible records in Mark 6:7 that Jesus:

... called unto him the twelve, and began to send them forth by two and two; and gave them power over unclean spirits;

and in verses 12 - 13:

And they went out, and preached that men should repent.

And they cast out many devils, and anointed with oil many that were sick, and healed them.

Doubtless, the anointing oil is the Spirit of God mysteriously packaged in a bottle and designed to communicate the power of God to your body. You can always apply it for your healing, health and wholeness. It is liquid fire!

The Communion And Healing!

There is wonder-working power in the Communion, to say the least!

John 6:57 says:

As the living Father hath sent me, and I live by the Father: So he that eateth me, even he shall live by me.

The Communion is one of the end-time, many-sided wisdom of God, for turning the table against the enemy of sickness and disease in the lives of the believer.

Apostle Paul in 1 Corinthians 11: 23 - 30 reveals to us the institution of the Communion, and what it is designed to deliver to those who partake of it:

For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread:

And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me.

After the same manner also he took the cup, when he had supped, saying, This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me.

For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord.

But let a man examine himself, and so let him eat of that bread, and

drink of that cup.

For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.

For this cause many are weak and sickly among you, and many sleep.

Clearly, because those who took it unworthily became sick, weak and died early, when you take it worthily, you enjoy health, vitality and longevity.

The night Jesus was betrayed, He demonstrated to the disciples how to serve the Communion. While they were eating, Jesus took of the bread which they were eating, blessed it, broke it and gave to the disciples saying unto them, *this is my body which is broken*

for you, this do in remembrance of me.

It is the faith in your heart, with which you take it, that determines the effect it will have in your life.

One brother named Ephraim, attended a Communion service in April 2000. He had been impotent since age 46, but was miraculously restored after taking the Communion. A woman also had her menstruation restored after taking the Communion.

My husband, Bishop David Oyedepo, often shares his testimony that for many years, since he discovered the mystery of the Communion Table, he has never had occasion to lay his back on a hospital

bed.

When you partake of the Communion, it has the power to make you whole; there is healing at the Lord's Table!

Please note: God instituted the Communion Table for the Church; that informs why Jesus gave the Communion to the disciples, not the multitude. Therefore, not everyone that is sick should be served the Communion; they should accept Jesus as their Saviour first. The virtue that the Communion Table carries can only be transmitted to the redeemed of the Lord, who have accepted Jesus as their personal Lord and Saviour.

Jesus teaching on the virtues of the

Communion in John 6: 57 says: ***As the living Father hath sent me, and I live by the Father: So he that eateth me, even he shall live by me.*** It will take Jesus living on your inside for you to be able to live by Him. That is the only way to partake of it worthily, in order to enjoy its benefits.

Laying On Of Hands And Healing

Mark 16:18 says:

They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.

Laying on of hands is an avenue by

which impartation takes place. God has commanded every Christian to go forth into the world, and as they lay hands on the sick, they shall recover.

What is in the hands? In Habakkuk 3:4, the Bible declares: ***And his brightness was as the light; he had horns coming out of his hand: and there was the hiding of his power.*** That means, God releases healing powers as the Christian lays hands in faith, on the sick to recover. The power to heal is not in the hands of the Christian as it were, but it is given expression through the faith of the one laying his hands.

Secondly, virtue flows from a higher vessel (spiritually) to a lower one, through laying on of hands. The

Bible says: *And without all contradiction the less is blessed of the better* (Hebrews 7:7). So, when one that is spiritually higher than you, for instance, your pastor or other leaders lay hands on you, a law is set in motion that compels that sickness to bow to you. Because God ... *performeth the counsel of his messengers*; (Isaiah 44:26), the devil has no choice but to give up on your health.

During the earthly ministry of Jesus Christ, one of the ways often used to heal the sick was by touch. In Matthew 9:27-30, we have the record of these blind men:

And when Jesus departed thence, two blind men followed him, crying,

and saying, Thou Son of David, have mercy on us.

And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord.

Then touched he their eyes, saying, According to your faith be it unto you.

And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.

At another instance,

And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean.

And Jesus put forth his hand, and touched him, saying, I will; be thou

clean. And immediately his leprosy was cleansed.

Matthew 8:2-3

In Luke 7:12-15, we saw Jesus even raise the dead by His touch and Words:

Now when he came nigh to the gate of the city, behold, there was a dead man carried out, the only son of his mother, and she was a widow: and much people of the city was with her.

And when the Lord saw her, he had compassion on her, and said unto her, Weep not.

And he came and touched the bier: and they that bare him stood still. And he said, Young man, I say unto thee, Arise.

And he that was dead sat up, and

began to speak. And he delivered him to his mother.

To enforce your healing, one of the many-sided wisdom that you can apply is to locate someone who is spiritually higher than you, to lay hands on you. It will surely offer a fast track to your recovery process. I am a living testimony!

Prayer, Fasting And Healing!

James 5:14-15 records:

Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

The physical world is controlled by and from the spiritual world. Prayer is the means of linking the physical world with the spiritual. To enjoy divine health, the power in prayer must not be played down.

Truth is: If you are weak in prayer, it will soon begin to reflect in your physical body. A sweet fellowship with God on a regular basis, helps to rejuvenate your body for continuous health. Prayer is the antidote for fainting. The Bible says: ***And he spake a parable unto them to this end, that***

men ought always to pray, and not to faint; (Luke 18:1).

A little time with God in prayer, can significantly change your health situation!

Additionally, one of the ways to enjoy divine health is through the ministry of fasting. Jesus speaking in Matthew 6:16 says: ***When ye fast...*** He didn't say, "If ye fast," but "When ye fast." This means that fasting is a requirement for us in this kingdom.

In Matthew 17: 14 - 21, a certain man kneeling before Jesus begged Him to heal his son, who was a lunatic. He had brought him to the disciples and they could not heal him. Jesus honoured the man's faith and healed

him.

The disciples later came to Jesus to find out why they could not heal him. Jesus said: ***This kind goeth not out except by prayer and fasting.*** So, fasting is a spiritual device that helps to drive out every stranger and keep your body healthy.

What is fasting? It is doing away with food, so you can spend time with God; doing away with physical food, so you can gain access to more spiritual food and become more acquainted with God.

So, among other things, fasting is medicinal. It is a form of medicine. I am not a medical personnel, but I know it is medicinal. It has what to offer

your physical body in keeping it healthy. Fasting is for your good; Jesus Himself prescribed it.

When you do away with physical food to be with God, your system is being purged and purified. So, at every opportunity, get excited and plug into it; it is for your sake, not God's!

In our ministry, we have weekly, monthly and yearly prayer and fasting times; it is usually memorably refreshing!

There is always a first time to everything. Begin from somewhere, begin from where you are. In case you are reading this book and has never engaged in a fast, give it a trial; the experience will restore health to your

body. Isaiah 58:6-8 says when you fast, then your health shall spring forth speedily; also, your strength is renewed.

The Holy Spirit And Healing!

Luke 11:21-22 reads:

When a strong man armed keepeth his palace, his goods are in peace:

But when a stronger than he shall come upon him, and overcome him, he taketh from him all his armour wherein he trusted, and divideth his spoils.

The Holy Spirit is the power of God, and it takes power to be healed.

Sickness is of the devil, and it will take the power of a stronger One to overcome sickness. The Scripture says: ***But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth*** (Acts 1:8).

So, as a redeemed child of God, you have access to the power of the Holy Ghost to help restore your health, and strengthen you in times of need.

1 Corinthians 6: 20 reads: ***For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*** God paid the ultimate price on you; it is now your

responsibility to glorify God with your body. “How can I ensure that my body glorifies God?,” you may ask. Consider these:

Through The Ministry of The Holy Spirit

Without any doubt, I am sure that you agree with me that sickness and disease are not friends, they are enemies, whatever names by which they are called notwithstanding - curable or incurable, big or small.

Speaking about the Holy Spirit in Isaiah 59:19, the Scripture says: ***When the enemy shall come in like a flood,***

the Spirit of the LORD shall lift up a standard against him.

When you are baptized in the Holy Spirit with the evidence of speaking in tongues, learn to pray in the spirit, speak in an unknown tongue to disarm the darkness of sickness and diseases.

And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God (Romans 8:27). The Holy Spirit knows the exact will of the Father concerning your health. So, He makes intercessions for you according to God's will; therefore you cannot miss your target or pray amiss.

As you release the language of the

spirit, the Holy Spirit will carry out His operations in your body and health replaces sickness and disease; your broken body is mended and health is restored. So, the tongues you speak is not just for you to speak in prayer, it is for you to allow the Holy Spirit inside you to lift up a standard against every form of sickness in your body.

Many years ago, the enemy attacked our last daughter. It was a very strange experience. Within a very short time, the systems of her body were already breaking down and there seemed to be no hope medically.

On one of the days, my husband called one of our spiritual mentors, who immediately spoke some

dangerous tongues in the spirit and then gave instructions as led by the Holy Spirit on what to do; which we did. Shortly, there was a complete turnaround, which none of the doctors could not explain till now. Oh! Sweet Holy Spirit!

He has done it in my life and because He is not a respecter of persons, He will do it also in your own life. The ministry of the Holy Spirit, among other things, is to raise a standard against sickness and disease in your life.

The Scripture says in Luke 5:17: ***And it came to pass on a certain day, as he was teaching, that there were Pharisees and doctors of the law***

sitting by, which were come out of every town of Galilee, and Judaea, and Jerusalem: and the power of the Lord was present to heal them.

That power was the Holy Spirit at work. He backs up the Word with the power required, to bring to pass physical and tangible manifestations.

At new birth, you have a right to receive the gift of the Holy Spirit. When received, it is evidenced by speaking in other tongues. The Bible says:

For if I pray in an unknown tongue, my spirit prayeth, but my understanding is unfruitful.

What is it then? I will pray with the spirit, and I will pray with the

understanding also: I will sing with the spirit, and I will sing with the understanding also (1 Corinthians 14:14-15).

Please understand: When you speak in tongues, it brings great refreshing of healing: ***But you, dear friends, must build up your lives ever more strongly upon the foundation of our holy faith, learning to pray in the power and strength of the Holy Spirit*** (Jude 20 TLB).

So, every believer who is baptized in the Holy Spirit, should learn to speak in tongues to enjoy refreshing, which in turn brings healing, health and wholeness.

Chapter 9

Living In Health

A healthy body enhances an impactful life!

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

3 John 2

Healthy living can be defined as possessing good health habits that enhance total wellbeing.

From the scripture above, it is obvious that it is God's will for you to be in health. Wherever there is health,

sickness cannot be present at the same time.

Deuteronomy 7:15 says:

And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee.

Therefore, God's desire is to take away from you, all manner of diseases and sicknesses and give you a healthy life.

These two scriptures, clearly reveal God's plan and purpose concerning your health. As you hold on to these two scriptures, mind the following:

Live Fear-Free

The Bible says: *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (2 Timothy 1:7). Living in health requires that you live fear-free. Fear is a spirit and a destroyer of your body. Whenever you give room to fear, the chemical balance of your body is affected, and this could cause your health to break down. That is why the Bible says: *Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee* (Deuteronomy 28:60). Therefore, do not fear their

fear; you have a covenant of health with Christ.

Fear has torments (1 John 4:18). When you give room to fear, it begins to torment your body. For example, what the devil does is to get people to be afraid of contacting certain diseases. Then gradually, their whole lives and thought patterns centre only on that fear, until their bodies begin to manifest the symptoms of that disease and eventually they fall victim.

A brother in our church shared a testimony recently, of how he lived in a constant fear of being HIV positive, even though by his lifestyle, he had no reason to contract the virus. Even after he had the first and second tests done,

and the results were negative, he still lived in that fear. This continued, until God spoke to him after he did the third test that, “This is nothing but torment from the pit of hell.”

To live perpetually in the fear of sickness or disease is bondage! Jesus came to deliver mankind from the bondage of the fear of death.

The Bible says:

Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil;

And deliver them who through fear of death were all their lifetime subject

to bondage (Hebrews 2:14-15).

Therefore, I decree your freedom by this revelation! Declare the Word of God constantly to yourself, whenever the devil attempts to afflict you with fear.

So, let faith in this finished work of Christ in your life rise to destroy the activities of the spirit of fear (Romans 8:1-2).

Flee Iniquity

To live in health and stay healthy, flee from sin and iniquity. Flee from sins that affect the body such as – immorality, promiscuity, etc. There is

no substitute for a life of righteousness. Sin is a destroyer that opens the door for all manner of afflictions.

The Bible says: ***Righteousness exalteth a nation: but sin is a reproach to any people*** (Proverbs 14:34). Sin brings about the reproach of sickness and disease. There is the plague of HIV ravaging the nations of the earth, for instance, and it is largely (not always) a product of the sin of sexual immorality.

In fact, God's Word says: ***Also every sickness, and every plague, which is not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed*** (Deuteronomy 28:61).

That is to say, more terrible diseases will still emerge. That is why you must flee from every sin that has the ability to make you a cheap victim.

Live a righteous, holy and pure life. In case you have lived carelessly before you got born again, don't read this book with a sense of condemnation. God is not counting your past against you; but He is commanding man everywhere to repent. Never allow your past to imprison your future!

Be Covenant Minded

Walk in the covenant. Those scriptures

are God's covenant for you. Remember that you are entitled to live a minimum of 70 years; by reason of strength, it can be as long as you desire. I can see you living beyond 100 years old because Isaiah 65:20 says:

There shall be no more thence an infant of days, nor an old man that hath not filled his days: for the child shall die an hundred years old;

So, don't be afraid; long life is your heritage! You shall live long and strong, to see your children's children, to the fourth generation. If Jesus tarries, many of you will come up in your various churches to share your testimonies of when you celebrated your 100th year birthday, with all your

teeth still intact. You will be walking by yourself on your two feet. Can you catch that picture of yourself? Can you see yourself on such a day?

As I write this today, my biological father is about 120 years old; yet he is mentally sound and physically strong. He does whatever he needs to do by himself, without any assistance! That shall be your testimony.

Walk In Love

Walking in love is a very important factor for healthy living. The Bible says, God is love and that is what

makes Him eternal. Until you have the character of love in you, every storm of life will blow you off your feet.

Faith in God, who is your Sustainer, works by love. The Bible says: ***For in Jesus Christ neither circumcision availeth anything, nor uncircumcision; but faith which worketh by love*** (Galatians 5:6).

This love can be accessed through the Holy Spirit, who dwells in the life of everyone who has accepted Jesus Christ as Lord and Saviour. The Bible says: ***And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us*** (Romans 5:5). So, allow love to energize your body by the

Holy Spirit, and you will live in health all your days on earth.

Forgiveness

Forgiveness is another factor that helps to guarantee your health. You must cultivate the habit of forgiving everyone who offends you immediately. Advanced forgiveness is one of the lessons I have learnt from my husband, Bishop Oyedepo. That is, before an offence is committed, you already forgive!

The Bible says: *Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up*

trouble you, and thereby many be defiled (Hebrews 12:15). So, it is you, not the person you refuse to forgive that is troubled, when you hold a grudge against someone else.

Beware: Unforgiveness is the root of bitterness, and it troubles people! Bitterness embitters destiny, flee it!

Unforgiveness could lead to depression, which can affect your immune system and subsequently break down your health. I have heard it said that one minute of depression has the ability to suppress your immune system by six hours. You can imagine what it could do to you, when you hold someone in your heart for six months, one year and sometimes even more.

Your immune system can be freed
by forgiving all who offend you, and
then you can live in health!

Chapter 10

A Life Of Wholeness

To maintain a wholesome life, you need the right diet for your spirit, soul and body.

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

1 Thessalonians 5:23

In the light of this scripture, we can define wholeness as: possessing a healthy spirit, a healthy soul and a

healthy body.

Man is a triune being, whose make-up comprises: the spirit, the soul (mind, will and emotions) and the body— in that order. God confirms this in 3 John 2:

Beloved, I wish above all things that thy soul mayest prosper and be in health, even as thy soul prospereth.

Living a life of wholeness, therefore, must of necessity cover the three dimensions of man's make up.

Hitherto, there has been emphasis on balanced diet (which in itself is not wrong), but certainly inadequate for living a life of wholeness. Wholesome living must cover the three compartments of man's nature – spirit,

soul and body, to make for a balanced life.

The Bible talks about the unprofitability of concentrating on the physical, to the detriment of the spiritual. In Mark 8: 36, the Bible says: ***For what shall it profit a man, if he shall gain the whole world, and lose his own soul?***

This is because, man is essentially a spirit being; he possesses a soul, and lives in a body. So, to enjoy a wholesome life, attention must be paid to the continuous wellbeing of the spirit, soul and body – in that order.

The 3-Dimensional Scope Of Wholesome Living

Let us examine the three-dimensional responsibility that wholesome living places on anyone who desires to make the most of life. You require the following:

A Healthy Spirit

The spirit of man takes precedence over the other two aspects – the soul and body. So, to maintain a healthy spirit, you must do the following:

Be Connected

You need to be connected to God. Jesus speaking to Nicodemus said: ***Marvel not that I said unto thee, Ye***

must be born again (John 3:7). The spirit of man died and became very unhealthy and lifeless, when man sinned in the Garden of Eden. Man's spirit was disconnected from God, his source of life. But by new birth, man's spirit became alive once more, as it is now reconnected to God.

And so it is written, The first man Adam was made a living soul; the last Adam was made a quickening spirit.

1 Corinthians 15:45

At salvation, life returns to the spirit – your spirit is no longer dead and insensitive to God, who is the Source of your life. So, you get connected to God by accepting Jesus Christ as your Lord and Saviour.

As the scriptures say: *For as the Father hath life in himself; so hath he given to the Son to have life in himself* (John 5:26). And 1 John 5:12 says: *He that hath the son hath life; and he that hath not the Son of God hath not life.*

Constantly Feed Your Spirit

The Bible says: *But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God* (Matthew 4:4). God's Word is food for the spirit. You can't afford to starve your body and expect it to be healthy. It will suffer malnutrition (*kwashiorkor*) and eventually die, if nothing is done quickly. During the Nigerian Civil war, in Biafra, more

people died from starvation than they did from gun shots, until relief materials (nourishing food stuff) came in from other countries.

As it is with the body, so it is with the spirit. It is impossible to have a healthy spirit, if your spirit is starved of the necessary nutrients. The Prophet Jeremiah said: ***Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart:*** (Jeremiah 15:16).

In feeding your spirit, you must first identify what is lacking and constituting a threat to its health. Is it lack of peace, joy, patience, self-control or faith? First identify your spiritual need. H o w ? ***Examine***

yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? (2 Corinthians 13:5).

My husband, Bishop David Oyedepo always uses a remarkable illustration to drive this scripture home. He said, when you have a physical challenge, you go to see a doctor to examine you for a proper diagnosis of the problem and possible solution.

But when it has to do with your spirit, you are the only one that can examine yourself and in all sincerity, come up with the appropriate diagnosis, before adequate spiritual

treatment is possible.

So, for wholesome living, you need to constantly examine yourself to identify the nutritional need of your spirit, so as to subject it to the appropriate Word meal. Is your spirit peace deficient? Then settle down to feed your spirit with scriptures that will birth peace in your spirit.

That means, you don't just study the Word arbitrarily or anyhow; you go to "The Book" with a defined mission, a specific diagnosis requiring a specific prescription.

The Bible says: *My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste: So shall the knowledge of*

wisdom be unto thy soul: when thou hast found it, then there shall be a reward, and thy expectation shall not be cut off (Proverbs 24:13-14).

So, no matter who you are, or what your need is, there is something for you in the Word of God – The Bible.

Once again, may I emphasize the fact that, to maintain a wholesome spirit, you need the right spiritual diet. Only the Word of God has the power to give you a wholesome spirit and sustain it.

Recognize The Help Of The Holy Spirit

The place of the Holy Spirit in growing and maintaining a healthy spirit cannot be ignored. He is your Helper, in your bid to nourish and keep your spirit healthy, productive and balanced.

The health of your spirit determines the health of your soul, and your body will be utterly vulnerable and defenseless, without a healthy spirit. The Bible says: ***He that hath no rule over his own spirit is like a city that is broken down, and without walls*** (Proverbs 25:28).

The Holy Spirit is your God-ordained Helper, as you strive to live the heavenly life in your humanity, here on earth. He is God ... ***which worketh in you both to will and to do***

of his good pleasure (Philippians 2:13). He is that power that is at work in us as the Bible says: *Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us* (Ephesians 3:20).

How does this power come into us? The Bible says: *But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth* (Acts 1:8).

The workings of the Holy Spirit in our lives as Helper, begin with the baptism of the Holy Spirit. We keep

Him stirred up and working in our spirit, by praying in tongues. The Bible says: ***But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,*** (Jude 20).

In your quest to keep your spirit healthy, you must recognize the help ministry of the Holy Spirit, cultivate and maintain a virile fellowship with Him, by praying in tongues daily. This is what I do, personally!

A Healthy Soul

The soul comprises the mind, the will and the emotions of man. Healthy living is impossible without a healthy

soul. Your mind, in particular, is the seat of decision and you know how far decisions go to determine what happens to your destiny. So, your mind also needs to be healthy.

It is important to understand that when you got born again, it was only your spirit that was regenerated. Your mind did not get born again.

Therefore, it requires a complete reprogramming (what the Bible calls “renewing your mind”): ***And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God*** (Romans 12:2).

This will help your mind to co-

operate with your regenerated spirit in establishing the reality of redemption in your life – with proofs to show.

Paul speaking said in Philemon verse 14 says: ***But without thy mind would I do nothing; that thy benefit should not be as it were of necessity, but willingly.***

To keep a healthy mind, you must understand the importance of the power of thoughts!

The Power Of Thoughts

Matthew 6:22-23 (The Living Bible) says:

If your eyes be pure, there will be

sunshine in your soul. But if your eye is clouded with evil thoughts and desires, you are in deep spiritual darkness. And oh, how deep that darkness can be!

Your thoughts have a lot to do with your future. Your thoughts affect even your physical body, either positively or negatively. For instance, if you think bad thoughts all day long and sleep with those thoughts, you will definitely have bad dreams – nightmares. In fact, you will have insomnia (sleepless nights) which could be detrimental to your health and invariably affect your experiences.

God's Word speaking about this says: ***For as he thinketh in his heart,***

so is he... (Proverbs 23:7).

Truth is: What you think determines what you experience! God, we understand from Ephesians 3:20, is able to do not only what you ask, but also much more what you think.

That is why Proverbs 4:23 cautions that you guard your heart (i.e. your mental heart) with all diligence. Your thoughts must be guarded and guided.

So, Paul counseled: ***Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on theses***

things (Philippians 4:8).

Tame Your Thoughts!

Watch what you hear, what you see, what you say – all of which affect your thoughts. The Bible says: ***And he said unto them, Take heed what ye hear*** (Mark 4:24). If you hear or see something too often, you can't stop thinking about it. That is the marketing strategy behind billboards, radio and television commercials.

Those pictures and jingles automatically invade your thoughts and invariably affect what you say, which in turn goes to affect (in another cycle)

what you think. To live a healthy life, your mind needs renewal!

What goes on in your mind (your thoughts) determines your likes and dislikes, and they in turn dictate the choices you make, and choices matter to your destiny. To have a healthy mind, your choices matter.

For instance, we make choices everyday on time — time to eat, sleep, wake up, etc. We also make choices on relationships – who we take as friend, who we talk to everyday, who to marry, etc.

Also, we make choices on what to wear, where to go, what to read, what to look like and all that. All these are determined by our thoughts! God

reveals in Philemon 14 that: ***Without thy mind would I do nothing...***

So, to ensure a healthy living, you need a functional mind. The Bible warns in 1 Peter 1:13: ***Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ.***

A Healthy Body

2 Corinthians 4:7 says:

But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

This scripture validates the great value that God attaches to our bodies. Remember that man's spirit (with which he relates with God and through which God relates with him) and his mind (through which God works to make real in the physical, the things He communicates to man's spirit) are both housed in man's body.

We have this treasure in earthen vessel. Read this:

But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

But God hath revealed them unto us by his Spirit: for the Spirit

searcheth all things, yea, the deep things of God.

For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

1 Corinthians 2:9-12

God has so much loaded into your spirit and mind to ensure the fulfillment of His purpose for you here on earth. He said in Jeremiah 29:11: *For I know the thoughts that I think*

toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

Clearly, your body is the container, the custodian of, the “earthen vessel” that carries those things that have been “freely given,” to ensure that expected end. So, if “this treasure” must be preserved, the “earthen vessel” must of necessity be taken care of.

What you feed your body with, will determine how healthy it is. It is easy to have a healthy body, when you eat good food (balanced diet). Good health, mental alertness, longevity, refreshing, and a glowing skin, are all dependent on good food.

What are you eating? What are you drinking?

In Ezekiel 16, God talks about what He fed His bride (Israel) with ... ***fine flour, and honey, and oil: and thou wast exceeding beautiful, and thou didst prosper into a kingdom (Ezekiel 16:13).***

See also Ezekiel 16:19 where God says: ***My meat also which I gave thee, fine flour and oil, and honey, wherewith I fed thee...*** So, God believes in feeding the body with quality food.

Wisdom demands that you eat good health-enhancing food. As with every

other thing, ***All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not*** (1 Corinthians 10:23).

In your choice of what to eat, choose the expedient above the lawful. Don't indulge yourself in eating junk to satisfy your taste bud, at the expense of your health.

Water is also very crucial for good health. Your body content is made up of about seventy percent of water. A lot of this is lost daily through exhaled air, perspiration and waste products. So, when there is a deficiency in this quantity, your health is threatened.

Water helps to detoxify your body. It also helps to transport energy to the

cells and muscles, and remove impurities from the system. Water helps you feel more energetic and keeps your skin from wrinkles as it makes your body more luxuriant.

On the average, an adult needs at least two liters of water daily. Make sure you drink enough water daily!

Exercise Your Body!

I Timothy 4:8 says:

For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

Exercise is an essential tool for

healthy living. Even the Bible recognizes its benefit. Take the little profit that bodily exercise offers, and add it to godly exercise (the one that keeps especially our spirit healthy).

The human body is made for movement; so, you must ensure some level of motion daily! With exercise, you keep your body in top shape, so that there is no going back to requiring healing!

Exercise will enhance your sense of wellbeing. It will help to reduce the feeling of weakness, tension, fatigue and stiffness of the joints and muscles. Exercise strengthens your muscles and makes them firmer.

Exercise also helps to increase the

intake of oxygen and the exhaling of carbon dioxide from the body, thereby eliminating toxins and harmful acids in the blood stream. This has a positive effect on the nerves, lungs, heart, blood vessels and enhanced mental status. Personally, I engage in this often!

Bodily exercise includes jogging, walkouts, etc. At least three times a week, engage in some form of exercise that will establish you in perpetual good health. You should determine what suits you best, without jeopardizing your physical health. Consult professionals, if need be.

The Environment

The environment also matters to the health of your body. Living in health demands that you live in a clean environment. Cleanliness is a characteristic of godliness. The Holy Spirit does not live in a dirty environment. Therefore, cultivate good healthy habits.

This includes good hygiene, toilet habits, bodily cleanliness, etc. Proverbs 4:7 says wisdom is the principal thing; therefore walk in wisdom. Create a healthy environment around you.

Why Healthy Living?

What do you stand to gain by healthy

living?

To Fulfill Purpose. God has a definite purpose, a definite plan for your life. He says in Jeremiah 29:1: *For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.* That purpose can be aborted if healthy living is neglected.

For Longevity. It is true that God has promised you long life: *And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee* (Exodus 23:25). God has planned long life, (in prosperity and pleasure) for you (Job 11:36). However, it is your

responsibility to actualize this.

You have to consciously plan for long life – you don't just wish it or confess it! You prepare and programme yourself for it. Remember Jotham? The Bible says of him: ***So Jotham became mighty, because he prepared his ways before the LORD his God*** (2 Chronicles 27:6). Do your own part and leave the remaining to God.

For A Fulfilled/Satisfactory Life. Healthy living brings satisfaction and joy. It just gives you a wonderful sense of wellbeing that makes you so relaxed, confident and so sure of life. It makes you productive!

For Impact And Posterity. What you don't have, you can't give. If you

leave a healthy life, you make more impact. You are like a worthy example, showing others the path to healthy living, thus providing a guide for others as a typical example and model of healthy living that others would like to follow. This is because the Bible says we should be: ... ***followers of them who through faith and patience inherit the promises*** (Hebrews 6:12).

One of the benefits of healthy living is that it becomes a legacy you can pass down to your children and generations after them. It becomes a generational blessing, for which you will always be remembered.

When you live a healthy life, your children also will learn it from you,

live it too and pass it on to their children. What you don't have, you can't give. Out of your fullness, they drink and become distributors of healthy living.

The Bible says of Jesus: ***And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth. And of his fullness have all we received, and grace for grace*** (John 1:14; 16).

You see, therefore, that when you live healthy, it is not only for yourself! Remember, healthy living is God's will for you. He says: ***Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul***

prospereth (3 John vs. 2).

In Job 22:21 the Bible says:
Acquaint now thyself with him, and be at peace: thereby good shall come unto thee.

As I conclude this chapter, let me state clearly that wholesome living is possible and attainable; it is God's uttermost desire for all His children, including you! It is my prayer that it will become your experience henceforth.

May your life be a perfect reflection and communicator of wholesome living in Jesus' name!

Chapter 11

My Testimony!

God is too faithful to fail! He is dependable! And He is more than enough!

When the enemy shall come in like a flood, the Spirit of the LORD shall lift up a standard against him.

Isaiah 59:19

In the year 2004, the devil suddenly and violently attacked my body. It was indeed a deadly attack intended for complete destruction, really a flood of evil!

My husband and I, in the company of some other ministry staff, were on a mission trip to some cities in Nigerian. On one of the nights, I noticed some body pains, for which one of the pastor's wives that was around gave me a massage.

Little did I know that before the year would run out, I would be engaged in the greatest spiritual battle of my life.

By the time the trip was over and we got back home, the pain had become unbearable; I was so restless. We immediately knew that it was a spiritual battle!

Spiritual Steps:

Immediately, spiritual steps were taken to ensure my liberty. These included:

Prayer: My husband prayed heartily, intensely and waged war against the kingdom of darkness, consistently. All our children prayed consistently for me. Our spiritual parents, many believers in the Body of Christ did the same.

O thou that hearest prayer, unto thee shall all flesh come.

Psalm 65:2

Truly, God answers prayers and prayer changes things – I am a living proof!

I Examined my heart: At this critical time, one of the important steps I took was to examine my heart. Many years ago, I gave my life to Jesus Christ and got born again as a teenager. Ever since, I have covenanted never to allow anything to separate me from Jesus Christ, as long as I live.

The Bible says in 2 Corinthians 13:5

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

So, I examined my heart to ensure that my heart was right with God, and my relationship with people was

peaceful. I did this and I was satisfied.

From the onset, I knew that my triumph in this battle was already settled, as the Scriptures declared:

...for whatsoever is born of God overcometh the world; and this is the victory that overcometh the world even our faith.

I John 5: 4

Medical Attention:

Haven taken control spiritually, I had some comprehensive medical check-ups. That is why I mentioned earlier in this book that medicine in itself is not bad. It is only where it is opposed to

the Word of God that you are told in scriptures to shun them.

O Timothy, keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called: Which some professing have erred concerning the faith.

1 Timothy 6:20-21

With all the tests carried out, it was difficult medically, to even explain the reason for my situation. All the doctors imagined, they gave me medications for. Surprisingly, despite all the medical treatments, the situation continued to degenerate, physically.

Thank God for Christian doctors! They did all the best they could

professionally. They then began to believe God with me for my total liberty, making it very clear truly that doctors only care, but it is God alone that heals!

Night-Time Became Nightmare!

At this point, I had to fight and win the battle of the mind. Emotional chaos gripped my mind, as the devil constantly bombarded me with negative thoughts.

In the midst of it all, I kept at making my positive confessions! I was conscious of the fact that ***you shall have whatsoever you say*** (Mark 1:23).

The Bible enjoins in Jeremiah 23:28-29:

... and he that hath my word, let him speak my word faithfully. What is the chaff to the wheat? saith the LORD.

Is not my word like as a fire? saith the LORD; and like a hammer that breaketh the rock in pieces?

Handling Malicious Publications

Many news agencies sought to publish any bit of information they could lay their hands on – whether they were true or not.

Several times, close family members received telephone calls from journalists, hinting at or otherwise trying to confirm the supposed news of

my death. But hallelujah, my God who is too faithful to fail,

... disappointeth the devices of the crafty, so that their hands cannot perform their enterprise.

Job 5:12

God Cannot Lie!

Remember the former things of old: for I am God, and there is none else; I am God, and there is none like me,

Declaring the end from the beginning, and from ancient times the things that are not yet done, saying, My counsel shall stand, and I will do all my pleasure:

Calling a ravenous bird from the east, the man that executeth my counsel from a far country: yea, I have spoken it, I will also bring it to pass; I have purposed it, I will also do it. Hearken unto me, ye stouthearted, that are far from righteousness:

I bring near my righteousness; it shall not be far off, and my salvation shall not tarry: and I will place salvation in Zion for Israel my glory.

Isaiah 46:9-13 (emphasis mine).

The year 2005 was prophetically declared as the year of 'Turning Point' in this ministry. Considering my situation, I had no idea how God was going to make it happen, but my heart was fixed, trusting in the Lord. Truly,

because “... **God ... cannot lie...**” (Titus 1:2), He made it happen for me.

By this time, I needed help to do everything, including toileting; I was even on oxygen on two different occasions! But, I radically held on to God tightly, as my only hope, constantly putting to work the spiritual weapons at my disposal.

I constantly fed my spirit-man with the Word of God, consistently. The Bible says: ... ***He that hath my word, let him speak my word faithfully*** (Jeremiah 23:28). God’s Word was my daily companion.

I took the Communion regularly, used the failure-proof name of Jesus, the anointing oil, Blood of sprinkling,

mantle (to tap into the spirit of just men made perfect), feet-washing, sacrificial giving, prayer of faith, joyful disposition, gratitude attitude, among others.

I must mention here that I was not alone in this battle, at this time. I really enjoyed the dividends of divine connections! I also enjoyed family support, especially from my husband and all our children.

Physical Manifestations!

Then came the turning point, as strange physical manifestations began to take place. As I discuss these physical

manifestations, please bear in mind that not all who have a health challenge, will have to physically see some form of physical manifestations, before they can recover. God can and will heal you with or without physical manifestations.

First, a snake was killed close to the entrance of the door of the room, where I stayed. Then, a big black bird was found dead at the entrance of the door to our living room, upstairs in our home. Also, a very big snake was found and eventually killed upstairs in my husband's office. Worthy of note is the fact that none of these escaped!

Miraculously, as these manifestations were taking place, my

physical situation began to improve. I began to walk and do things by myself again. Then I became completely rescued and restored, to the glory of God.

In all of these, I learnt valuable lessons that keep helping me in life. God gave me many rescue scriptures that I still apply till now!

The full account of this is documented in my book: *Rescued From Destruction*. Go through it, and it will transform your life.

And Then, Suddenly...!

In the year 2008, I returned from the

office one day, and I noticed the terrible noise and movements of many birds on the roof of the house where we live. The noise was so disturbing that I immediately began to pray in the Spirit. As soon as my husband returned from the office, I called his attention to it. The Blood of sprinkling and some other forces of the Spirit were also applied.

Surprisingly, shortly after that, all hell broke loose, and there was another violent attack on my health. This time, it was worse than the initial one. Soon, I needed assistance to get everything done, and I was confined to the wheel chair again!

Perplexed and in excruciating pain,

one day I cried to God and asked Him what was going on, whether I had done anything wrong. I asked Him what I needed to do, so as to come out of the situation.

Vividly, God brought to my remembrance the account concerning the three Hebrew boys, and how they were thrown into the fiery furnace. Clearly, God reminded me of how that they did not do anything wrong, yet they were thrown into the fiery furnace. The devil's target was, however, to make them deny their God!

They stood their ground, came out of the fire unhurt, and had the ones who threw them into the furnace burnt (Daniel 3: 8-30). They triumphed and

people magnified the God at work in them. They even got promoted in the land.

In the same vein, God made it clear to me that the devil was after my faith, confidence and connectivity with God; he wanted me to deny God. Then God said to me, “Those who don’t deny me, I don’t deny them!”

Again, at that point, I knew that it was a spiritual thing. So, I immediately renewed my covenant of total commitment to God and His Kingdom.

Practical Steps

So, I began to take the practical steps

that I took earlier on, during the first attack. Some of them have been mentioned above under the sub-heading **(God cannot lie)**. I was confident that God, who gave me victory the first time, was up to the task; for, truly: **And they overcame him by the blood of the Lamb, and the word of their testimony; and they loved not their lives unto the death (Revelations 12:11).**

Against all odds, I refused to give up and the God, who cannot lie, proved Himself in my life again! Soon, my situation began to improve; little by little.

**And Then, More Physical
Manifestations...**

On many occasions, big birds were found dead in different locations, at different times, around our house. It became a regular occurrence over a long period of time. In most cases, they were black in colour. On one occasion, one white bird was picked up live at the entrance door of our house, as it could no longer fly when found; it was later killed and burnt.

One day, a green snake was found and killed inside the house where we live. On another occasion, another snake was found right in front of the entrance door to the house and killed. The good news is: none escaped just as was the case in 2 Chronicles 20: 22-24.

I want to let you know today, that

none of those responsible for your present situation will escape destruction and death in Jesus' name!

At Last, Restoration Indeed!

This is my testimony: God has indeed restored me! He has put the devil to shame! To Him I give all the glory!

No matter the health and physical problems that you may be confronted with, remember my testimony and refuse to give up. I am persuaded that God, who gave me victory, will do the same in your life and situation!

God turned my situation around, positively. It doesn't matter how long

you have been in that situation or even the nature of it, it is your turn to enjoy a turnaround in your health! God has promised:

... All they that devour thee shall be devoured; and all thine adversaries, every one of them, shall go into captivity; and they that spoil thee shall be a spoil, and all that prey upon thee will I give for a prey.

For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD;

Jeremiah 30:16-17

And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm,

Your testimony is sure!

Epilogue

The devil is not a gentleman. Don't treat issues that pertain to him with gentility.

Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

James 5:14-15

In case you are sick right now, or under any oppression of the devil in any area of your life, having read

through this book, begin to take practical steps in line with the truth you have discovered. The devil is not a gentleman. Therefore, don't treat issues that pertain to him with gentility. The Bible says: ... ***The kingdom of heaven suffereth violence, and the violent take it by force*** (Matthew 11:12).

Now arise, and violently take your health back from the devil.

I would want you to open your heart to God as I pray for you right now. I see the same God that rescued me from the grave and established me in the land of the living, giving you the same testimony, in Jesus' name.

Prayer For The Reader:

Heavenly Father, I commit this reader into Your able hands. I come against every evil of sickness and disease in his/her life. I curse it to the roots in the name of Jesus! Now, I decree your total freedom and liberty!

Lord, let the gentle rain of the Holy Spirit that ensures healing, health and wholeness be his/her portion, in the mighty name of Jesus! So shall it be, in Jesus' name!

Salvation Prayer

Having read this book, it is important for you to understand that accepting Jesus Christ as your Lord and Saviour and being born again, is the first step towards recovery of your health. Until Jesus Christ becomes your Lord and Saviour, He cannot become your Healer.

All you need do is realize that:

- * All, including you have sinned and have come short of the glory of God (Romans 3:23)

- * Sin has separated you from God (Isaiah 59:2)

- * God has made provision for you

to be reunited with Him (John 3:7)

* By that provision, God sent His Son Jesus Christ to die for you (John 3:16)

Having considered and accepted these truths, sincerely say this prayer out loud:

Father, I realize that I have been a sinner. But today, I come before You asking for forgiveness of my sin. I believe in the death and resurrection of Jesus Christ as the propitiation for my sins. Forgive me my sins, cleanse me with your Blood. I receive You today as my Lord, Saviour and Healer. Accept me as your child, and write my name in The Book Of Life. Thank you

Father for saving me, in Jesus' Name,

Amen.

Now, you are saved, you are born again and you are now a child of God. Look out for a living church to fellowship and grow in the Lord. As you do, your life will never remain the same.

Congratulations!

Congratulations!! Congratulations!!!