

# **Healing Scriptures**

**Martyn Shenstone**

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***Special thanks to all my faithful partners  
who have supported this ministry.***

***Every life that is changed by reading this  
book, has been changed by you and  
I working together.***

*And my God shall supply all your need according to  
His riches in glory by Christ Jesus.*

*Now to our God and Father be glory forever and  
ever. Amen.*

*Philippians 4:19-20*

# Abiding in the Word

**If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.**

**John 15:7**

God's Word must abide in your heart for it to bring healing into your life. It is not enough to simply know in your head what the Word says and merely intellectually repeat it. This is why you have to meditate it. When you do this, sooner or later the Word will begin to *abide* in your heart.

**This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.**

**Joshua 1:8**

According to scripture, meditating the Word means speaking it out of your mouth. Indeed the Hebrew word for meditate's first given meaning is to *murmur*. In other words to speak it! After you keep the Word in your heart and mouth YOU MAKE YOUR WAY prosperous. God has already blessed you with many things including healing. In order to release these things you must meditate in His Word day and night. They don't just land on you because you are a nice person, because you go to church a lot or because you have suffered more than most. God makes absolutely no personal choices about who to bless. He has already chosen to bless everyone and the route to that blessing is through heart faith in His Word. This is why Psalm 1 starts with, *Blessed is the man who...not, Maybe the Lord will sovereignly bless the man who...* It's your choice not God's. He made His choices long ago and they were all to bless you.

**Blessed is the man,  
Who walks not in the counsel of the ungodly,**

**Nor stands in the path of sinners,  
Nor sits in the seat of the scornful;  
But his delight is in the law of the Lord,  
And in His law he meditates day and night.  
He shall be like a tree  
Planted by the rivers of water,  
That brings forth its fruit in its season,  
Whose leaf also shall not wither;  
And whatever he does shall prosper.**

**Psalm 1:1-3**

Meditating is constantly thinking on the Word and speaking it out your mouth.

Some people claim that regularly speaking, also known as confessing, the Word is wrong and even some kind of devilish thing. This is true nonsense, are we now saying that **the less** we speak God's Word the **more** spiritual we become? Or if we speak God's Word **too often** it flips at some special number and goes from being right to wrong? No! The heart of faith is what we believe and speak (2 Corinthian 4:13). "But you can't just blab the Word like a Parrot". Yes, I agree absolutely - that's why this book exists, so that you won't be blabbering anything like a Parrot but rather you will be reading and speaking (meditating) the Word so much that it will **abide** in your heart. Then you won't need to frantically repeat it or raise your voice in desperation to try and make something happen. The Word abiding in your heart will powerfully and effectively bring to pass what you are correctly believing and speaking for, regardless of the volume of your voice.

Others say we cannot override God's sovereignty, by persisting in believing for something like healing, because it may not be His will on a particular occasion. My dear friend, God's sovereignty has given us His Word. If we believe God's Word then we can rest assured we are always in line with His sovereign will. God doesn't make any so called sovereign choices that contradict what He has already sovereignly said.

**God's Word is the most 'Sovereign'  
thing in the Universe.**

# Scriptures to Meditate

**I am the Lord that heals you.**

**Exodus 15:26**

*Which part of 'I am the Lord that heals you' do you not understand?*

**I am the Lord, I do not change.**

**Malachi 3:6**

*He is always the Lord that heals you!*

**"The Spirit of the Lord is upon Me,  
Because He has anointed Me  
To preach the gospel to the poor;  
He has sent Me to heal the broken hearted,  
To proclaim liberty to the captives  
And recovery of sight to the blind,  
To set at liberty those who are oppressed;  
To proclaim the acceptable year of the Lord."**

**Luke 4:18-19**

*This is why the Spirit of the Lord was on Jesus. Nowadays after Jesus has risen from the dead and ascended to heaven we have the same Holy Spirit in us too and He hasn't changed and He still does the same things – like healing us.*

**God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil.**

**Acts 10:38**

*Healing is always a good thing. Sickness is always a bad thing. It's a kind of oppression.*

**And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the**

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**kingdom, and healing all kinds of sickness and all kinds of disease among the people. Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them.**

**Matthew 4:23-24**

*Jesus healed 'all kinds of sickness and all kinds of disease among the people.' That obviously means you are covered too!*

**And He came down with them and stood on a level place with a crowd of His disciples and a great multitude of people from all Judea and Jerusalem, and from the sea coast of Tyre and Sidon, who came to hear Him and be healed of their diseases, as well as those who were tormented with unclean spirits. And they were healed. And the whole multitude sought to touch Him, for power went out from Him and healed them all.**

**Luke 6:17-19**

*The power of God went out of Jesus and healed everyone from the Gentile cities of Tyre and Sidon, and Judea and Jerusalem. There's no shortage of healing power available for you too.*

**Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. Then He said to His disciples, "The harvest truly is plentiful, but the labourers are few. Therefore pray the Lord of the harvest to send out labourers into His harvest."**

**Matthew 9:35-38**

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*God cares deeply about your healing. When Jesus came to earth he was on a mission to save mankind from their sins, however despite this pressing task he spent an enormous amount of time going around healing people who would die later on of old age anyway. Jesus is deeply moved with compassion when he sees you weary of sickness and with no one to help. That's why God has given you His Word to believe and speak. He also needs you to go out and help others because the harvest is plentiful but the labourers are few. Labourers need to be healthy to labour.*

**Then great multitudes came to Him, having with them the lame, blind, mute, maimed, and many others; and they laid them down at Jesus' feet, and He healed them. So the multitude marvelled when they saw the mute speaking, the maimed made whole, the lame walking, and the blind seeing; and they glorified the God of Israel.**

**Matthew 15:30-31**

*It has been said that God is glorified when we are sick and that we may become proud when we are healed. This is the complete opposite of what the Bible says. People glorified God when they saw healing. Even the maimed were made whole, that's people with missing limbs – anything, absolutely anything you may have lost can be restored. If you quickly "try" this and look for results to see if it's true, nothing will happen. Persevere, abide in God's Word and only believe!*

**Jesus said to him, "If you can believe, all things are possible to him who believes."**

**Mark 9:23**

*If you can believe, ALL things are possible. That certainly includes healing in your body. It certainly also includes health for your body everyday.*

**And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and**

**therefore speak.**

**2 Corinthians 4:13**

*The essence of faith is what you believe and speak of what is "written", i.e. God's Sovereign Word. It's really that simple.*

**And suddenly, a woman who had a flow of blood for twelve years came from behind and touched the hem of His garment. For she said to herself, "If only I may touch His garment, I shall be made well." But Jesus turned around, and when He saw her He said, "Be of good cheer, daughter; your faith has made you well." And the woman was made well from that hour.**

**Matthew 9:20-22**

*According to the Greek of the New Testament this woman literally kept saying, 'if only I may touch His garment, I shall be made well.' Notice: she believed, spoke what she believed and acted on it. This is true Bible faith. Jesus said to her, 'your faith has made you well.'*

**When the sun was setting, all those who had any that were sick with various diseases brought them to Him; and He laid His hands on every one of them and healed them. And demons also came out of many, crying out and saying, "You are the Christ, the Son of God!"**

**Luke 4:40-41**

*Jesus healed every one of them. He made no exceptions and he's not starting by making you his first exception.*

**Therefore it is of faith that it might be according to grace, so that the promise might be sure to all the seed, not only to those who are of the law, but also to those who are of the faith of Abraham, who is the father of us all.**

**Romans 4:16**

*Faith is the way into Grace. There are no other doorways. If*

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*you exercise faith in the promise of healing given to you by God's grace you can be sure that it is always certain. This is exactly why access to grace is through faith – to make sure you always get it: 'so that the promise might be sure to all the seed...' That includes you and me.*

**But what does it say? “The word is near you, in your mouth and in your heart” (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. For the Scripture says, “Whoever believes on Him will not be put to shame.” For there is no distinction between Jew and Greek, for the same Lord over all is rich to all who call upon Him. For “whoever calls on the name of the Lord shall be saved.”**

**Romans 10:8-13**

*The Greek word in the New Testament for salvation includes in its meaning healing. After you believe God's Word of provision for your healing then you also need to confess it to bring it to pass; It doesn't just randomly land on you one day. If you believe in Him you will not be put to shame – in any area including your healing. This whole process is called the Word of Faith. It's not an American thing, a charismatic thing or anyone else's thing – it's a Bible thing. You believe God's Word in your heart, speak it out your mouth and that's how you get it done.*

**So then faith comes by hearing, and hearing by the word of God.**

**Romans 10:17**

*The ultimate and simple truth is that faith comes (in the Greek 'comes' is absent, it literally reads 'Faith! by hearing...' i.e. it is brought to life) by hearing God's Word. According to Romans 12:3 God has given everyone the same measure of faith. Our faith in us is dormant until the Word ignites it. No Word, no*

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*faith. No faith = nothing.*

**Then He said to them, "Take heed what you hear. With the same measure you use, it will be measured to you; and to you who hear, more will be given. For whoever has, to him more will be given; but whoever does not have, even what he has will be taken away from him."**

**Mark 4:24-25**

*If you measure a small amount of God's Word into your heart you will not get much and may even lose what you have. On the other hand the more of God's Word that abides in your heart, because God's Word ignites faith within you, the more faith you will have working in you – it will begin cascading. Would you like a healing cascade in your body? Then measure more of God's Word into your heart.*

**Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.**

**Phillipians 2:10-11**

*There is absolutely no sickness or disease or any part of your body that does not have to bow to the name of Jesus. Therefore confess that Jesus is Lord over any infirmity that afflicts you, this gives glory to God the Father.*

**And His name, through faith in His name, has made this man strong, whom you see and know. Yes, the faith which comes through Him has given him this perfect soundness in the presence of you all.**

**Acts 3:16**

*Knowing and repeating the name of Jesus is not enough. You need to have faith in the name. That's the basis on which the*

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*Apostle Peter prayed and you can do the same.*

**Then He touched their eyes, saying, "According to your faith let it be to you." And their eyes were opened.**

**Matthew 9:29**

*Imagine Jesus himself laying hands on you right now. That would be great wouldn't it!? And what would he say? According to your faith let it be to you... So you see, even if Jesus personally showed up to lay hands on you, you still need faith.*

**The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.**

**John 10:10**

*Only the devil is after taking away your health and healing, no one else. Only God is giving you health and life, no one else.*

**When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: "He Himself took our infirmities and bore our sicknesses."**

**Matthew 8:16-17**

*Healing is not just an Old Testament thing. Jesus' healing ministry is part of God's promise that He bore our sicknesses.*

**Jesus Christ [the Anointed One], the same yesterday, today and forever.**

**Hebrews 13:8**

*And Jesus doesn't change.*

**Bless the Lord, O my soul;  
And all that is within me, bless His holy name!**

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**Bless the Lord, O my soul,  
And forget not all His benefits:  
Who forgives all your iniquities,  
Who heals all your diseases,  
Who redeems your life from destruction,  
Who crowns you with loving kindness and  
tender mercies,  
Who satisfies your mouth with good things,  
So that your youth is renewed like the eagle's.**  
**Psalm 103:1-5**

*Part of God's promise of health to you includes satisfying your mouth with good things. To do this He needs you to make wise choices about what you eat. 1<sup>st</sup> it has to actually be food, heavily processed food is not really food. 2<sup>nd</sup> it has to be wholesome healthy food. In other words, good things. If you eat the wrong stuff all the faith and Bible confessions in the world won't do you any good. It's like trying to breathe under water. Your body simply wasn't designed for it.*

**For as the heavens are high above the earth, so  
great is His mercy toward those who fear Him;  
As far as the east is from the west, so far has  
He removed our transgressions from us.**  
**Psalm 103:11-12**

*Some people go to great lengths to remind themselves or others of their sins, however they can't go further than the lengths that God has gone to, to remove them. No one has ever gone as far as the East is from the West, it's not humanly possible, so don't try this at home, in church or indeed anywhere else either.*

**If we say that we have fellowship with Him,  
and walk in darkness, we lie and do not  
practice the truth. But if we walk in the light as  
He is in the light, we have fellowship with one  
another, and the blood of Jesus Christ His Son  
cleanses us from all sin.  
If we say that we have no sin, we deceive  
ourselves, and the truth is not in us. If we**

**confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.**

**1 John 1:6- 9**

*Be real with God. You have messed up, we all have, some worse than others but that's not the point. God is faithful to forgive us and cleanse us when we confess our sins to Him. The cleansing may feel bad, we may even doubt we are truly forgiven this time. The only way for your sins not to be forgiven after you have confessed them is for God to start being unfaithful. That's not about to happen.*

**My son, give attention to my words;  
Incline your ear to my sayings.  
Do not let them depart from your eyes;  
Keep them in the midst of your heart;  
For they are life to those who find them,  
And health to all their flesh.  
Keep your heart with all diligence,  
For out of it spring the issues of life.  
Put away from you a deceitful mouth,  
And put perverse lips far from you.**

**Proverbs 4:20-24**

*Notice all of these verses refer to things you must do. A life of faith takes diligence and effort. Keep diligently rereading this book and meditating on the scriptures in it and you will have life and health manifested in all your body. Don't deceive your body by speaking things out of your mouth about sickness contrary to God's Word. Don't let your lips say perverse things. Jesus said in Matthew 17:17 and Luke 9:41 that unbelief is perverse. This doesn't mean that you are perverse but simply that unbelief is a twisting of normality. Normality is faith and healing springing from God's Word abiding in your heart.*

**Many are the afflictions of the righteous, but the Lord delivers him out of them all.**

**Psalms 34:19**

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*Life is definitely not a bed of rose petals but whatever you may be afflicted with the Lord can deliver you out of it. So afflict you afflictions with the Word of God!*

**Blessed is the man whose strength is in you,  
Whose heart is set on pilgrimage,  
As they pass through the Valley of Baka,  
They make it a spring.**

**Psalm 84:5-6**

*When you go through a hard place in life, if your heart is set on pilgrimage – i.e. you are determined to reach the end of the journey – and your strength is in God, then you are going to turn that valley into a place of springs!*

**I shall not die, but live and declare the works of the Lord.**

**Psalm 118:17**

*But what if I do die? It's up to you what you choose to believe. We all die one day but it doesn't have to be young or by being evicted from our bodies by sickness. Declare this verse in Psalm 118 out loud if you are making the choice to live.*

**And to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint.**

**Isaiah 40:29-31**

*Wait on God, this means be attentive to Him, what does He want? He wants your love and friendship. When you hang out with Him He builds you up and makes you feel that you can conquer the world. Hang out with the wrong people and you feel like giving up. Wait on God and your strength will soon return.*

**“Fear not, for I am with you; be not dismayed,**

**for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."**

**Isaiah 41:10**

*God's righteousness upholds us, not our own. When you know this you don't need to be dismayed when you look at your life, you don't need to have any fear, simply receive His strength by faith. Say: 'I receive the strength of God in my life.'*

**"For I will restore health to you and heal you of your wounds," says the Lord.**

**Jeremiah 30:17**

*If you had an accident the Lord personally says he will heal you of your wounds and restore your health.*

**But to you who fear My name the Sun of Righteousness shall arise with healing in His wings.**

**Malachi 4:2**

*In Old Testament language, to fear something literally meant to hold it in awe. Healing is even in God's name, when you realise that, healing arises in you because you know that He lives in you and that He IS healing – that's awesome.*

**And your Redeemer is the Holy One of Israel; He is called the God of the whole earth.**

**Isaiah 54:5**

*God is your Redeemer not yourself, sickness is something that is on the earth and since He is God of the whole earth that doesn't really present Him with any problems.*

**Surely He has borne our griefs  
And carried our sorrows;  
Yet we esteemed Him stricken,  
Smitten by God, and afflicted.  
But He was wounded for our transgressions,  
He was bruised for our iniquities;**

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**The chastisement for our peace was upon Him,  
And by His stripes we are healed. All we like  
sheep have gone astray; We have turned, every  
one, to his own way; And the Lord has laid on  
Him the iniquity of us all.**

**Isaiah 53:4-6**

*This covers everything. He took our sins, we didn't appreciate it, He gave us peace with God and healed us, we went our own way and so God laid on him even those iniquities. What else is there that He could have done? It's all covered, you're healed and forgiven – period, full stop, finito.*

**Who Himself bore our sins in His own body on  
the tree, that we, having died to sins, might live  
for righteousness—by whose stripes you were  
healed.**

**1 Peter 2:24**

*Before you receive your healing you have to die to sin and live to righteousness. This is achievable only by having faith in what Jesus has done for you on the cross. When you do this healing becomes a past tense event - you realise you were healed and that sickness is without a shadow of doubt an attempted invasion of your body.*

**“No weapon formed against you shall prosper,  
And every tongue which rises against you in  
judgement you shall condemn. This is the  
heritage of the servants of the Lord, And their  
righteousness is from Me,” says the Lord.**

**Isaiah 54:17**

*Sickness is a weapon, at the heart of it is a judgement and condemnation against your health. Well then, condemn the condemnation – this is your heritage, it runs in the family.*

**Christ has redeemed us from the curse of the  
law, having become a curse for us (for it is  
written, “Cursed is everyone who hangs on a  
tree”), that the blessing of Abraham might**

**come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.**

**Galatians 3:13-14**

*When you receive the Spirit you get healing because the Spirit of God is the Spirit of healing, not a spirit of sickness.*

**But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.**

**Romans 8:10-11**

*The Spirit gives what to your mortal body? Sickness? No, He gives LIFE!*

**He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.**

**Colossians 1:13**

*The new kingdom that you have been transferred into doesn't have sickness in it so don't take stuff from the old kingdom that you were in and bring it into the new – leave it behind at the border.*

**And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross.**

**Colossians 2:13-14**

*Everything that was against you deserving to receive your healing has been wiped out and nailed to the cross. There's no need to climb back up on the cross and take it down again and carry it around with you.*

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

**1 John 3:8**

*Jesus came to destroy the works of the devil, the devil's first work is fear and then condemnation, after these have gone from your life healing comes much more easily.*

**They overcame him by the blood of the Lamb and by the word of their testimony.**

**Revelation 12:11**

*What is your testimony? That you are saved, delivered and healed because of the blood of the Lamb. A testimony is something you say out loud. Testify out loud to your body that it is healed.*

**So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?"**

**Luke 13:16**

*If you have believed in Jesus you too are a descendant of Abraham through faith and therefore according to Jesus in Luke 13:16, you too ought to be healed.*

**Arise, go your way. Your faith has made you well.**

**Luke 17:17**

*So many people spend a lifetime waiting for God to do something apart from their faith. God spends their lifetime waiting for them to believe. When you believe then you can arise and go your way, the waiting is over.*

**Peter said to him, "Aeneas, Jesus the Christ heals you. Arise and make your bed." Then he arose immediately.**

**Acts 9:34**

*Scriptures to Meditate*

*Aeneas heard the Word. Aeneas believed the Word. Aeneas arose. When Aeneas arose, he was simultaneously healed by Jesus.*

**Paul, observing him intently and seeing that he had faith to be healed, said with a loud voice, "Stand up straight on your feet!" And he leaped and walked.**

**Acts 14:9-10**

*When you abide in God's Word so much that it permeates every part of you, then you are ready to jump to your feet and walk off healed!*

**For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

**2 Timothy 1:7**

*Every voice of fear that questions your healing is not from God – ever.*

**And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed any sins, he will be forgiven.**

**James 5:15**

*The prayer of faith saves the sick and your sins are forgiven.*

**Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature.**

**2 Peter 1:2-4**

*We are to partake of the divine nature. The divine nature does not include sickness. God is not ill.*

**Therefore He who supplies the Spirit to you and works miracles among you, does He do it by the works of the law, or by the hearing of faith?**

**Galatians 3:5**

*How do you get a miracle, by keeping the law? No, by hearing the Word and activating the faith in you.*

**“For My thoughts are not your thoughts,  
Nor are your ways My ways,” says 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**

*Man's ways are inherently those of doubt and unbelief, but God's ways are inherently those of love, forgiveness and healing. They are higher than our ways.*

**Thus you have made the commandment of God of no effect by your tradition.**

**Matthew 15:7**

*Your tradition will tell you not everyone can be healed, if you believe this lie your unbelief will cancel all the effects of God's Word for your healing working in your life. Don't let it. Believe!*

**So Jesus answered and said to them, “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”**

**Mark 11:22-24**

*The Greek literally says, 'have the God kind of faith', i.e. keep saying something to your mountain and don't doubt what you are saying and then keep believing that you are receiving it.*

**Now He did not do many mighty works there because of their unbelief.**

**Matthew 13:58**

*If you don't believe then God can't do the things He wants to in your life, so make the decision to steadfastly believe.*

**Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. "Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them."**

**Matthew 18:18-19**

*Find one person who completely agrees with you for healing and pray in faith with them. If you don't know anyone then I agree with you. Agree with me in prayer that you are healed. I have already done that for everyone who reads this book.*

**Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.**

**1 John 5:14-15**

*How do we know that He hears us? By making sure we ask according to His will. How do we know His will – from His Word.*

**I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more."**

**Hebrews 8:12**

*God is so merciful, he won't even remember the wrong things you have done, so don't try and remember them yourself and block your faith for healing.*

**He also brought them out with silver and gold,  
And there was none feeble among His tribes.**

**Psalm 105:37**

*None feeble, not even one, not even you!*

**Beloved, if our heart does not condemn us, we have confidence toward God. And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight. And this is His commandment: that we should believe on the name of His Son Jesus Christ and love one another, as He gave us commandment.**

**1 John 3:21-23**

*You must not let your heart condemn you with unbelief and doubt God's goodness. Believe in Jesus and love other people by faith, you may feel bad about them but say out loud in prayer that you love them, disregard your feelings and move on.*

**Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for He who promised is faithful.**

**Hebrews 10:22-23**

*God is faithful. Keep your conscience clear by believing God's amazing love for you and hold on to a good confession of healing without wavering!*

**For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.**

**2 Corinthians 10:4-5**

## *Scriptures to Meditate*

*Negative thoughts that assail you, even well meant things people may say to you about not being healed, have an evil source. Firmly reject them in prayer, if you don't they will stay and rob your heart of faith and you of your healing. Any thoughts of sickness captured in the Anointed One (Christ) become thoughts of healing because there is no sickness in the Anointing.*

**And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.**

**2 Corinthians 12:9**

*Yes God's grace received by faith is sufficient for your healing. If God's strength is perfected in you, although you yourself may be weak, you don't get sicker, you get healed! When the power of Christ – literally the Anointed One and His Anointing rests on you, you can only be healed. If the power of the Anointing rests on you sickness has to leave you.*

**Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.**

**Hebrews 4:14-15**

*Don't just sit there feeling sorry for yourself, go to the Throne of Grace to get your healing. Don't go to a false throne of trying to be good enough to receive a miracle. That throne always disappoints and robs you of boldness.*

**Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever**

**things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things.**

**Philippians 4:8**

*Think about being healed, it's praiseworthy, nobody praised God when they heard you were sick and neither did you.*

**Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armour of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand.**

**Ephesians 6:10-13**

*An airship was being tethered by sailors in the early 1900's. A wind unexpectedly lifted it, most sailors immediately let go of the ropes but a few held on and were carried high above the ground. All but one eventually lost the strength to hold on and tragically fell to serious injury or death. One last sailor remained, by now a distant speck in the sky. Crowds below screamed hysterically, certain that he would fall at any moment. But the last sailor never fell. Much later after the airship was re-anchored people asked him how he had held on for so long. He replied, 'I didn't, when I saw I was too high to let go I wrapped the rope round me. The rope held me.' You may be too sick to hold on any longer. Be strong in the Lord and in the power of His might. Wrap God's Word around you, put it constantly in your heart and speak it from your mouth, it will hold you up, it will heal you.*

**Death and life are in the power of the tongue,  
And those who love it will eat its fruit.**

**Proverbs 18:21**

## *Scriptures to Meditate*

*Whether you live or die depends on what you say, not God's will.*

**He who guards his mouth preserves his life, but he who opens wide his lips shall have destruction.**

**Proverbs 13:3**

*Disregard this truth and talk unbelief and you will have destruction, sickness is a form of destruction. Guard your mouth and you will save yourself from a lot of calamities.*

**A wholesome tongue is a tree of life, but perverseness in it breaks the spirit.**

**Proverbs 15:4**

*If you speak unwholesome words of unbelief you will break your own will to resist sickness and receive your healing.*

**Beat your plough shares into swords and your pruning hooks into spears; Let the weak say, 'I am strong.'**

**Joel 3:10**

*While you still feel weak, that's when you are supposed to say you are strong.*

**For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires.**

**James 3:2-4**

*A huge ship even in a fierce wind is steered by a small rudder. A fierce sickness all over your whole body can also be turned by your tongue, by the words of your mouth. Speaking God's Word will steer your body out of any impossible situation.*

**For out of the abundance of the heart the mouth speaks.**

**Luke 6:45**

*What's in there comes out. If you don't like what you have been saying under pressure, cleanse yourself with the washing of the water of the Word (see Ephesians 5:26).*

**But I say to you that for every idle word men may speak, they will give account of it in the day of judgement. For by your words you will be justified, and by your words you will be condemned."**

**Matthew 12:36-37**

*According to Jesus speaking idle of words results in a time of judgement. The word for judgement in the Greek is 'krisis' (Strong's G2920) from where we get the English word 'crisis.' A time of judgement is literally a time of crisis. Jesus is saying that the negative words that we speak will bring us to a time of crisis. They will bring us to a time when we will have to give an accounting or literally pay for the crisis we have created with our negative words. Pay for! But surely we are all under grace and God loves us and Jesus paid for all our sins! Yes absolutely Jesus paid for all our sins, and he made abundant provision for all our mistakes too. Allow me to explain.*

*You may slip off a roof and fall to the ground and suffer serious injury. Now consider this, all the time you were falling and when you hit the ground God loved you and Jesus had already paid for all your sins. Did it make any difference? No. You fell off because you made wrong choices about safety and most likely ignored the Holy Spirit telling you to not walk about on the roof in the way you did. In other words, through your actions YOU CREATED an accident. It is exactly the same with words. Our words create good or bad results and if we are careless with them we will suffer the consequences.*

*Thankfully God's grace is available to make up for all our idle words too. His grace is manifested in our lives and bodies when we speak His Word over ourselves.*

# Psalm 91

- 1 He who dwells in the secret place of the Most High  
Shall abide under the shadow of the Almighty.
- 2 I will say of the Lord, "He is my refuge and my fortress;  
My God, in Him I will trust."
- 3 Surely He shall deliver you from the snare of the fowler  
And from the perilous pestilence.
- 4 He shall cover you with His feathers,  
And under His wings you shall take refuge;  
His truth shall be your shield and buckler.
- 5 You shall not be afraid of the terror by night,  
Nor of the arrow that flies by day,  
6 Nor of the pestilence that walks in darkness,  
Nor of the destruction that lays waste at noonday.
- 7 A thousand may fall at your side,  
And ten thousand at your right hand;  
But it shall not come near you.
- 8 Only with your eyes shall you look,  
And see the reward of the wicked.
- 9 Because you have made the Lord, who is my refuge,  
Even the Most High, your dwelling place,  
10 No evil shall befall you,  
Nor shall any plague come near your dwelling;
- 11 For He shall give His angels charge over you,  
To keep you in all your ways.
- 12 In their hands they shall bear you up,  
Lest you dash your foot against a stone.
- 13 You shall tread upon the lion and the cobra,  
The young lion and the serpent you shall trample underfoot.
- 14 "Because he has set his love upon Me, therefore I will  
deliver him;  
I will set him on high, because he has known My name.
- 15 He shall call upon Me, and I will answer him;  
I will be with him in trouble;  
I will deliver him and honour him.
- 16 With long life I will satisfy him,  
And show him My salvation."

A prayer to come close to God and find His love:

*Dear God in Heaven*

*I am sorry I have been so wrong about you. Now I see from the Bible that you never wanted me, or anyone else to ever be in lack or to shed even a single tear.*

*I have made many poor choices. Please forgive me.*

*Thank you that you sent Jesus your Son, to pay for all my sins and that you raised him from the dead to give me new life.*

*I have decided to believe in Jesus, I now say out loud –*

*Jesus is my Lord*

*Help me to always be real with you and myself. Thank you for giving me a new heart of love. Thank you that you have only good things in store for me.*

*Amen*

If you have prayed this prayer, you are now a Christian!

God said in the Bible: "I will never leave you nor forsake you." Jesus also said: "Whoever comes to me, I will never cast away." Whatever challenges you may face, always remember that God never rejects you, and that He is not the cause of unfair things in your life. Rise above them.

Ask God to guide you everyday. Read the Bible and ask God to help you understand it. Check out: [www.martynshenstone.com](http://www.martynshenstone.com)

Yours

*Martyn Shenstone*