THE WORSHIPING YOU EQUIPPING SERIES / 001 HEALING & WORSHIP

HOW TO RECEIVE & MAINTAIN HEALING THROUGH WORSHIP

TOM INGLIS
MUSIC BY DAVID INGLIS

Includes Booklet, Audio Teaching & Instrumental music for practical Worship Implementation
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Worship is such a towering theme in the Bible and it seems to be the one thing that God requires from you above all else. He created you to worship and it is inter-connected to every activity in His Kingdom. It’s not an overstatement to suggest that the Christian life is meaningless without worship and your success is largely dependent on the lifestyle practice of it.

The “Equipping You” series introduces the reader to principles of worship that have the power to radically transform your life. These are covered extensively in the Psalmody International courses now available for individual or group study. Courses have been successfully conducted in over 30 countries with students from a wide variety of denominations testifying to their life-changing impact. Please visit www.psalmody.org website for more information.

This book covers the subject of worship and healing. It is recommended for anyone struggling with health issues, as there is strong biblical evidence that worship is a wonderful environment within which to receive healing.

We have also included practical aids such as health points to ponder, prayers, and confessions for you to make in your progress of restoring
health. There is also a fifteen minute instrumental guitar CD in the series recorded by David Inglis to help you meditate and worship God with the truths contained in the book and we encourage you to use it for this purpose.

As you develop a lifestyle of worship your relationship with God will deepen and you will be better equipped to cope with life’s challenges. You will enjoy a renewed sense of trust in Him, especially for healing and maintaining good health.

Abundance without health is lack, so claim God’s promises and enjoy a long, healthy and abundant life. God has no plan for you to die until He has satisfied you in your old age with His salvation. Enjoying health should be the normal Christian life and this book will help you achieve it.

A special thanks to Peter Bennett for his dedication and hard work with the editing of this book.

Blessings (John 4:23-24)

Tom Inglis
INTRODUCTION

**Key Point**

Thanksgiving, praise and worship play a vital role in healing and maintaining health.

**Key Scripture**

‘Beloved, I pray that you may prosper in every way and [that your body] may keep well, even as [I know] your soul keeps well and prospers’ (3 John 1:2 Amplified Bible).

God has not only saved you but wants you to enjoy everything that salvation offers including health. ‘Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy’ (1 Timothy 6:17).

The Hebrew word ‘enjoy’ means to take full possession and benefit from your inheritance by driving out the previous tenants. The Greek word ‘enjoy’ means getting the best out of what belongs to you. One of the things
God has given you is health and He wants you to get the maximum benefit from it. Enjoying health should be the normal Christian life and this book will help you achieve it. The abundant life offered in John 10:10 is described in the Greek language as possessing the quality (without a trace of sickness) and quantity (never ending) kind of life that God Himself has. It almost sounds too good to be true, but when one considers that God created you in His image in order to shower His love on you, it makes sense that He wants you to enjoy the best life He can offer.

Abundance without health is lack, so claim God’s promises now and enjoy a long, healthy and abundant life. God has no plan for you to die until He has satisfied you in your old age with His salvation (Psalm 91:16). Keep thanking and praising God and He will satisfy you with a long and enjoyable life.
In Genesis 1:1 we see that before the fall of Lucifer everything God created had order. But after his fall it became disorder as a result of Lucifer’s rebellion (Genesis 1:2). Disorder can be defined as chaos, confusion, disturbance, disruption, upheaval, turmoil, mayhem, pandemonium, violence, fighting, rioting, lawlessness, anarchy, and breach of the peace. Into this setting God introduced man, creating him in His own image and placing him in the Garden of Eden with the intention that through Adam and his descendents everything would be restored back to the order He had planned for the world.

Adam was created healthy and it was God’s intention that he would remain that way in the Garden of Eden - a place of worship to God, of fellowship with God and authority to rule under God (Genesis 1:27). Adam worshiped and obeyed God with all his being - his spirit, mind and body - before he fell through disobedience. The consequence of his sin affected him in all three areas. His spirit died to God in the sense that it he could no longer communicate with God who is a Spirit (John 4:24). This affected his
mind that became subject to oppression, depression, anxiety, shame, fear of rejection and guilt. Gradually his body followed the condition of his spirit and mind and deteriorated, becoming susceptible to disease, ageing and ultimately physical death. The toll of sin was devastating to his body now exposed to sickness, deterioration and age.

Everything divinely planned for Adam and mankind was thereafter subject to a reversal of God’s plan and disorder followed. Health was replaced with sickness, prosperity with poverty, and above all, relationship and intimacy with God was broken.

When something in the physical body or mind is out of order and contrary to God’s Word we call it sickness. When everything in the mind and body is in order and functioning according to God’s Word we call it health. Jesus died for you to restore divine order to your spirit, mind and body and your responsibility is to enforce it according to God’s promises of healing in His Word (Proverbs 4:20-22).

Health Point

Memorise and declare this one scripture over yourself for a couple of days or weeks until it is established in the midst of your heart. You are created to be healthy and don’t allow the devil to rob you of your God given heritage.
Chapter 02

SOURCE OF SICKNESS

The source of sickness and disease is unquestionably the fall of man and the entrance of sin resulting in sickness, physical, mental and emotional defined in scripture as an oppression of the devil (Romans 5:12, Acts 10:38).

In the Greek to oppress someone means to exercise dominion over him or her. The Bible describes the devil as a ‘thief’, or more accurately, as a pickpocket (John 10:10). Someone once said that a thief wants to steal from you with no intent to hurt physically, but a robber doesn’t care if he does you harm in the process of stealing from you. The devil’s strategy is to operate as a thief, pick-pocketing your health. To most it seems trivial and we often settle for a pill to remove the pain, but we should immediately identify the source of all sickness as from the enemy and act in accordance with the Word of God. The devil may start off as a thief but his intention is to be a robber. He is not content with just distracting you so he can pick-pocket your health – he ultimately wants to strip your of both your health and your life.
So we should never treat even the slightest symptom casually because it is evidence that the devil is attempting to rob you of your health and life.

We are to resist the devil’s work of sickness forcibly (James 4:7). One translation infers that when you resist him he will flee as in running in terror. The devil is terrified of you when you exercise the authority you have been given through Christ Jesus (Luke 10:17).

Prayer Point

Father I thank you that I have authority over the oppression of the thief and I resist every work of sickness in my body in Jesus name.
Chapter 03

SOURCE OF HEALTH//

a) The Healing Kingdom

You are profoundly influenced by association and environment and essentially are a product of them. God offers the opportunity to experience His environment (intimate presence), in fact He says that He is near at hand. ‘Am I a God near at hand,” says the LORD, “And not a God afar off? Can anyone hide himself in secret places, So I shall not see him?” says the LORD; “Do I not fill heaven and earth?” says the LORD’ (Jeremiah 23:23-24). God presence fills the heaven and earth meaning that He is near at hand everywhere, all the time, to those who seek Him. He’s no further away than your consciousness of Him. He wants you to create the environment of His presence at all times so that your spirit, mind and body benefit. Jesus confirmed this when He said that the kingdom has come near to you. ‘And heal the sick there and say to them, the Kingdom of God has come near to you’ (John 10:9).

The Kingdom is literally on all sides of you and everything it represents is available to you including healing.

In fact Jesus ushered in the kingdom of God on earth with the command to heal the sick. Healing the sick is evidence that the Kingdom is here on earth and operational. Whoever represents the Kingdom is
mandated to heal the sick and wherever the Kingdom is represented should be an environment for healing whether at church or in the supermarket.

Healing the sick is a normal part of Kingdom activity and local churches everywhere are preparing to accommodate the influx of sick people who will come and receive what God’s healing kingdom has to offer. Around the world healing rooms is becoming a norm as an extension of what local churches offer the community and testimonies abound of miraculous healing and deliverance.

The Kingdom is certainly here but it takes faith and obedience to release the healing power you have at your disposal. It’s your duty as a kingdom citizen to heal the sick as a testimony to saved and unsaved alike that the Kingdom is near. Healing opens the door for you to testify of the nearness of His kingdom and removes the religious ideas that there is an infinite gulf between God and us.

Someone said, “The veil between the visible and the invisible is getting very thin indeed”. As we heal the sick the spiritual veil will be removed from the eyes of those who do not see the invisible Kingdom of His presence and power alive and well on planet Earth.

b) The Healing Father

God calls Himself the Healer in the book of Exodus. This is not just something He does, but is an integral part of who He is. His existence represents health and His presence in our lives offers it to those who receive it by faith according to His Word ‘For I am the Lord who heals you’ (Exodus 15:26).

God also takes personal responsibility to remove sickness from those who serve Him. As a child and servant of God you qualify for healing. Your responsibility is to believe that you are worthy to receive healing and that God is able and willing to heal you. ‘So you shall serve the Lord your God and He will bless your bread and your water. And I will take sickness away
from the midst of you’ (Exodus 23:25).

When God delivered his children from Egypt He made sure that none of them would bring any of the diseases that plagued them in Egypt on their journey.

You are not supposed to carry the diseases that those in the Kingdom of darkness carry.

If the Old Testament saints were brought out of Egypt free of sickness, how much more so should you be who have been delivered into the Kingdom of His Dear Son. God not only made sure they were healthy, but also strong and prosperous. ‘He also brought them out with silver and gold and there was not feeble among His tribes’ (Psalm 105:37).

Health Confession

Declare over and over with your mouth your inheritance of health and prosperity given to you personally by the Father God. Let it become a reality according to Exodus 23:25.

c) The Healing Jesus

Jesus’ compassion was matched with his power to heal and a large part of His ministry was healing and deliverance from demonic influence. He also gave power to His disciples to heal the sick (Matthew 9:35; Mark 6:12-13) and has instructed us to lay hands on the sick and expect them to recover (Mark 16:18). Examples of Jesus healing are given later in this book.

d) The Healing Holy Spirit

The thing we ought to fear is not the devil but ignorance of the inherent and available power of the Holy Spirit who lives in us. ‘You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world’ (1 John 4:4).
One of the most amazing scriptures regarding the help of the Holy Spirit in healing is found in the book of Romans where it says ‘Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered’ (Romans 8: 26).

The Greek word for ‘weaknesses’ is ‘astheneia’ meaning ‘feebleness of body or mind; by implication malady, moral frailty; disease, infirmity, sickness, or weakness’. The word ‘helps’ is the Greek word ‘sunantilambanomai’ and means, ‘to take hold of opposite together with, to assist, help, co-operate with us against that which is attacking you’. This could be translated as follows.

The Holy Spirit is in agreement with you as you stand on God’s Word for healing, taking hold with you against any sickness that has come against you.

The Holy Spirit is not only presently aware of what you are going through but available to work with you for recovery from it (Romans 15:19). An acknowledged scholar of Greek, Rick Renner, says that the Greek word for ‘weaknesses’ includes all kinds of sickness covering the following:

**Incurable sickness.**
Debilitating sickness relating to the nervous and muscular systems.

**Mental sickness.**
Repetitious diseases that eventually kill.
Critically ill, comatose from sickness.

This literally means that there is no sickness or extent of the condition that is not within God’s capacity to heal. Our faith in God’s Word for healing seems to be the catalyst that activates the power of Holy Spirit’s indwelling presence to resurrect us back to health. ‘It stands to reason, doesn’t it, that if the alive-and-present God who raised Jesus from the dead
moves into your life, He’ll do the same thing in you that He did in Jesus, bringing you alive to Himself? When God lives and breathes in you (and He does, as surely as He did in Jesus), you are delivered from that dead life. With His Spirit living in you, your body will be as alive as Christ’s’ (Romans 8:11 The Message).

The Holy Spirit who raised Jesus from the dead is raising you up from every sickness and disease with His resurrection power. When you get a revelation of the presence, power and willingness of the Holy Spirit living in you to heal, your faith will rise to evict any ‘strangers’ of sickness who have illegally entered you. The work of the devil has no place in you, a temple of the Holy Spirit. ‘Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are’ (1Corinthians 3:16-17).

This scripture confirms that the Holy Spirit is jealously protective of you because you are a temple of His presence and He will destroy any work including sickness that would defile the temple.

‘You realize, don’t you that you are the temple of God, and God himself is present in you? No one will get by with vandalizing God’s temple, you can be sure of that. God’s temple is sacred—and you, remember, are the temple’ (1Corinthians 3:16-17 The Message).

God wants to be glorified through your body that is healed and healthy. ‘Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s’ (1 Corinthians 6:19-20).

**Health Confession**

The Holy Spirit is my partner who has come along side me in agreement with God’s Word and working that I am healed.
Chapter 04

A HEALTHY MIND/

The degree of freedom you experience in life is directly related to the extent of your knowledge of God’s Word and implementation of it by faith. ‘And you shall know the truth, and the truth shall make you free’ (John 8:32). The extent of your freedom from sickness is related to the degree by which you exercise by faith the knowledge of God’s Word regarding healing.

God is not a respecter of people, but He does respect and honour those who apply faith in the knowledge of His Word.

If you are struggling with sickness the focus of your attention must be reading and meditating on what God has said in His Word regarding healing. The process of healing in the body starts off in the mind. When your mind is convinced of healing according to God’s Word your body will get in line in accordance with your thinking. The key in fighting sickness is to maintain a healthy mind and there is no clearer prayer in the Bible regarding knowledge of healing based on knowledge of God’s Word than the following: ‘Beloved, I pray that you may prosper in every way and [that your body] may keep well, even as [I know] your soul keeps well and prospers’ (3 John 1:2 Amplified Bible).
God created you as a triune being - spirit, soul and body - and they are connected and inter-dependent. Scripture confirms that the health of your body is dependent on the state of your mind. God has given you a key to health by renewing your mind with His Word, confirming that when your mind is healthy (prospering in God’s Word) your body will be also. Your body’s health is directly related to your mind’s health. The human mind is so powerful that it influences your physical body by what’s allowed to be processed through it. God’s priority is for your mind to be renewed with His Word regarding healing so that your body will recover from sickness.

Scientists have discovered that when you think about your future your brain is sending signals to the rest of the body preparing it for the action necessary to bring about what you are thinking.

In other words if you ‘see’ (with the eye of faith) yourself healed, your body will prepare itself for that reality. When your mind is prospering in God’s words regarding health your body is the beneficiary. Many doctors believe that 60-70% of the source of sicknesses is in our minds (psychosomatic), relating to the way we think. The Bible says that we are a product of our thought life. ‘For as he thinks in his heart, so is he’ (Proverbs 23:7).

Your life as it presently exists is a result of the way you have thought over the years and nothing will change if you don’t change your thinking. God has given us a guaranteed future that is good if we align our thoughts with His thoughts (Jeremiah 29:11).

Ephesians gives amazing insight into how God responds to our thought processes. ‘Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us’ (Ephesians 3:20).

Prayer is vitally important but so are your thoughts. You will never spend more time praying than thinking and your prayer life will be an extension of your thought life. God not only answers our prayers but our thoughts also. Because the battle is in the mind we have to pay close
attention to our thought life if we want our prayers answered regarding healing. You cannot be praying for your healing if you are thinking it might not happen. Cast down any thoughts immediately telling you that you cannot be healed and replace them with God’s word telling you that you can. The reality of healing is first in the mind then in the body.

**Health Commitment**

Ask God to forgive you for thinking contrary to His Word regarding your health. Make a commitment to yourself to instantly cast down every thought that comes into your mind of you being sick (2 Corinthians 10:5). Also meditate on 3 John 1:2 until it becomes a reality in your life as a result of being absolutely convinced in your mind that God wants you well and is able and willing to do so.
Chapter 05

HEALING POWER OF GOD’S WORD
(at a Cellular Level)

God’s words don’t contain some power they contain all power. Everything in the universe is subject to them and has been since the time of creation. ‘He holds everything together by what he says - powerful words’ (Hebrews 1:3 The Message). ‘Ah, Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You’ (Jeremiah 32:17).

When God spoke creation into existence subatomic particles joined together in an orderly and delicate balance to form atoms and molecules that make up the substance of the universe to support humanity on planet earth. This implies:

- Every atom and subatomic particle in creation is ordered by God and under His authority.
- Every atom and subatomic particle is conscious of and obedient to God’s Word. If not the universe would be chaotic.
- Every atom and subatomic particle in your body is subject to God’s Word.
- The power contained in God’s Word when spoken is capable of changing the chemistry of every atom within each cell in the human body.
The power of God’s spoken Word to change things at an atomic level is revealed when Jesus turned water into wine (John 2:1-10). The simple chemistry of hydrogen and oxygen in water was changed into complex organic molecules that constitute wine. Jesus also cursed the barren fig tree that immediately began to wither and die because it did not produce fruit.

Likewise you can curse everything in your body that is not producing health (Matthew 21:18-22). Jesus also made a remarkable statement that if we would not praise then the rocks would. He was saying that they have the capacity to do so, referring to the conscious state of the atoms to respond to God if required (Luke 19:40).

Because every atom in your body is conscious of and subject to His Word, He expects us to release the power of His Word over our lives for healing. God said ‘Behold, I am the LORD, the God of all flesh: is there any thing too hard for me’? (Jeremiah 32:27). The One who created you has intimate knowledge of every cell in your body and has given you the authority to use His powerful Word to speak healing to yourself.

Health Declaration

I speak to every cell and atom in my body and command it to get in line with God’s will for me to be well, In Jesus name.
God is not only the Great Physician but His Words are His medicine prescribed and dispatched to His sick children. ‘He sent His word and healed them, and delivered them from their destructions’ (Psalm 107: 20).

God’s words inherently carry the power to bring into effect whatever they describe. If it’s salvation they have the power to save, if healing then they have the power to heal, if deliverance they have the power to deliver.

They accomplish what they have been sent out to do. ‘So shall My word be that goes forth out of My mouth: it shall not return to Me void [without producing any effect, useless], but it shall accomplish that which I please and purpose, and it shall prosper in the thing for which I sent it’ (Isaiah 55:11 Amplified Bible).

Chapter 06

HEALING POWER OF YOUR WORDS//
God has given us authority to use His Word and expect the same results as Him when we speak them. 'You will also declare a thing, and it will be established for you; So light will shine on your ways' (Job 22:28). The same God who used words to create the universe used words regarding your health. When you use these healing scriptures believing what they say, you release the same power that created the universe into your body to bring health.

The devil only responds to what you speak. He can’t read your heart but has to obey God’s Word coming out of your mouth. When you release healing scriptures over your life imagine them penetrating deep into the effected areas of your body knowing that it is God’s will for them to heal. They were sent by God with the specific purpose to heal you and have the power to do so.

Health Talk
Don’t ever speak or confess sickness over your body. Your words are life and health to your body. ‘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’ (Proverbs 4:20-22). The beginning of your miracle of healing starts when you speak it, so keep speaking life and health.
Chapter 07

HEALING POWER OF FAITH & PRAISE

Biblical praise is not something that is motivated by music alone. Music is just the vehicle that helps you express praise. It is based on faith in God’s Word and the expression of your faith is called praise. ‘For God is the King of all the earth; sing praises with understanding’ (Psalm 47:7). The Hebrew word for ‘understanding’ means to have knowledge of God that brings success. The scripture infers that praise is based on knowing who God is and expressing that knowledge through praise. Praise is the expression of someone who knows and trusts God’s Word and this is what makes you successful. When your purpose is praise your outcome will be success. The following examples confirm that God’s Word is the catalyst for praise.

It is God’s Word that guides the psalmist to the tabernacle to praise Him (Psalm 43:3-4). The psalmist praises God for His Word (Psalm 56:4,10). Praise comes when you learn (know) God’s Word. If you don’t know God’s Word, praise does not come (Psalm 119:7). Rejoice (praise) comes from God’s testimonies (Word). Joy is a fruit of the Spirit that exudes from knowing
God through His Word (Psalm 119:14). God’s Word was the reason to sing (Psalm 119:54). The psalmist said he praised seven times a day because of God’s Word. He had developed a lifestyle of praise based on God’s Word. (Psalm 119:164).

The greatest expression of faith is praise because it expresses our innermost beliefs in a celebratory way.

‘Then believed they his words; they sang his praise’ (Psalm 106:12). Faith is important to receive anything from God and this obviously includes healing. Jesus often referred to faith in relation to healing (Matthew 8:10, 9:2, 22, 29; 15: 28, Mark 2:5, 10:52).

When you believe God’s Word is the true for healing, God wants you to praise Him for it. The following scripture confirms that hope is essential for praise to be released bringing health.

‘Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, [who is] the health of my countenance, and my God’ (Psalm 43:5).

Every man creates his own success including health (Joshua1:8), but it is never without praise. God wants His children to be successful and healthy everyday (Genesis 24:12), so praise every morning and expect a healthy God-ordained day.
Since you are created to worship it’s only reasonable to assume that it must have a healthy effect on you and it does (Isaiah 43:21).

Worship is giving God what He is seeking and if health is what you are seeking there is no greater place than worship to satisfy both desires.

Worship is an invitation for God’s presence and He is comfortable to come and abide or more accurately to manifest in the atmosphere of worship (Psalm 22:3). There is nothing more powerful you can do in order to receive your healing than to give thanks, praise and worship for the following reasons:

(a) Worship is an environment that God loves and lives in. There is continual worship in the presence of God in Heaven and by His grace He has afforded us the opportunity to experience His presence here on earth when we worship (Psalm 22:3).
(b) Wherever worship is given in Heaven or earth God is present. It is
the common denominator that attracts God’s presence irrespective of
location. When we worship we mirror not only the activity of Heaven but
in a sense bring Heaven (God’s presence) to earth.

(c) Even demons of sickness and depression know how worship
attracts God’s presence and they leave. In the case of Saul the infirmity
inflicted by demonic activity left him also (1 Sam 16:14-23).

(d) Remember that worship enthrones God’s presence as Healer
and dethrones the devil as the destroyer.

(e) When the symptoms of sickness start pulling you down let the
lifestyle of praise and worship pull you up and be assured that demonic
activity will leave you in the presence of your worship to God.

(f) Throughout the book of Revelation worship is the theme of angels
and saints in the presence of God. There is no sickness or pain or sorrow in
Heaven because of the Lord’s presence in the midst of worship.
Chapter 09

THE WORSHIPING LEPER//

(Matthew 8:2-3)

In the time of Jesus an unclean leper was not allowed to mix with society. In fact, he was not allowed to enter the town and the people would probably have run in horror as he approached them. It is interesting to note the fact that in spite of the crowds that thronged around Jesus at this time, an unclean leper managed to get close to Him. The leper’s desire for healing was greater than any worry of rejection from the people and he started to worship Jesus from lips that were condemned only to cry, “unclean”. The leper took the attention off himself and his unclean condition, and placed it on Jesus and his spotless, glorious life. This act of worship moved Jesus with compassion and He stretched out His hand and cleansed the worshiping leper. Worship removed any doubt the leper had about Jesus’ desire to heal him. When you worship you will quickly remove doubt about Jesus’ desire to heal you even if symptoms still exist. Worship is the most therapeutic thing you can do because it converts all doubt to faith and paves the way for the healing hand of the Master Physician.
Chapter 10

THE WORSHIPPING MOTHER//
(Matthew 15:22-28)

Here we find a woman who begged Jesus for mercy to heal her daughter who was troubled by demons. Jesus ignored her but this did not perturb her. She fell to her knees and worshiped Jesus with her forehead touching the ground in profound reverence before Him. Jesus stated that He had come for the Jews and it was not fair to give that which was for the Jews to someone else. This was related in terms of Jews being the children of God and Gentiles being considered unworthy to take what was destined for Israel. The woman answered, “even dogs are accustomed to eating the crumbs that fall from the table of their master.” What she was effectively
implying was that, although she might be considered a dog (non-Jew), her act of worship was the recognition that Jesus was her Master. Through this act of worship and the exercise of her faith, she qualified herself to receive the ‘crumbs’ from the Master’s table. Jesus commended her great faith and her daughter was healed from that hour.

Jesus died for everyone and has made provision for all to come to His table and eat of His bread irrespective of nationality, culture, race or creed. Worship gives us the right to sit at the Master’s table and partake of His ‘healing bread’.
THE WORSHIPING FATHER

(Matthew 9:18-19, 23-26)

Sickness at its ultimate is death. The ruler had just lost his daughter and yet when he approached Jesus, he worshiped Him. It’s amazing that this man could offer worship in the midst of circumstances of such great loss. He was so sure of Jesus’ ability to raise his dead daughter that he could worship. The life of Jesus was greater in his sight than the death of his daughter.

The influence of a father and mother’s relationship with God has a profound affect on his children, but in this instant it is the father who sought healing from Jesus. A worshiping father had access to a healing Jesus. He worshiped the One who was Life, and then asked Jesus to come and impart life again to his little girl. Jesus followed him home and took the girl’s hand and she arose.

The influence of a worshiping father will always ‘bring home’ a healing Jesus.

There is something powerful about a man who is known as a worshiper and certainly to this little girl, the most important thing her father ever did was to find Jesus, worship Him and bring Him home.
Your attitude and general demeanour has a profound effect on your health. We are told that a merry heart affects our health. The word ‘merry’ in Hebrew means glad, joyful, rejoice, cheer up and the word ‘medicine’ means to cure, to remove as a bandage from a wound.’ A heart that is cheerful will have a profound affect on your health. You may ask why? The answer is simply because God said so.

The Bible commentator Adam Clarke said “Nothing has such a direct tendency to ruin health and waste out life as grief, anxiety, fretfulness, bad tempers, etc. All these work death”. Keeping yourself cheerful is a prerequisite to keeping yourself healthy. Guard yourself from those who carry negative reports about anything especially God, His Word and Kingdom.
JOYFULNESS //
*(Deuteronomy 28:47-48, 60-61)*

We are commanded to be joyful and failure to do so opens up the inroads of every kind of disease. Negativity, worry and anxiety not only affect a person emotionally and mentally, but over time will also affect one’s health. King David in Psalm 51 is repenting before God and asking God to help him be joyful. He knows the combination of repentance and joy will positively affect his health (Psalm 51:8-10,12 The Message).

Nehemiah 8:10 says ‘The joy of the Lord is your strength’. It is our defence where we can expect to be physically sound, a stronghold of health. Medical research claims that when we laugh it releases chemicals that strengthen our immune system and that’s healthy. Jesus said that abiding in Him and His words abiding in us is the source of joy (John 15:11 (Amplified Bible).

There are measures of God’s joy depending on the degree to which we abide in His presence.

God expects us to seek Him continually because He has promised us a full measure of joy when we do. The evidence of joy in the heart is joy from the lips that works as a tonic to the whole body.
CONCLUSION//

God’s desire is for His people to be free from sickness and disease and enjoy the benefits of experiencing health and abundant life as promised in His Word.

Remember, praise and worship is the only thing that God cannot do for himself, so when you do for God (worship) what God cannot do for himself, He will do for you (healing) what you cannot do for yourself. Worship is a key to walk free from sickness and disease based on faith in His promises.

The unsaved are in desperate need of physical and mental healing and God has empowered and commissioned you to heal the sick. Healing is one of the greatest witnessing tools that God is alive and well and living on planet earth with the desire and ability to heal the sick. Many will come to know Him as their Lord and Saviour because they have been touched by His healing power through someone just like you.
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