

## How to Pray for Healing

Healing is normal! It helps us believe healing is normal when we understand Jesus as Rabbi and believers as disciples. You see, in the Hebrew concept of disciple the goal is to become like the Master. In the western world, our thinking is influenced by Hellenism, and we tend to think of a rabbi as a teacher, and disciples as students. Our goals tend to be knowing the Bible, understanding truth, etc. When Jesus discipled, his focus was on remaining connected to the Father, knowing Father's heart, and doing what the Father wanted. When he discipled, the focus was not on what his followers knew, it was on who God was, and what God's kingdom was like which he demonstrated through healing, signs, and wonders.

After his disciples became familiar with God's character and His power, then he sent them out to teach about the Kingdom of Heaven and demonstrate it through healing the sick and delivering those who were demonized. Later, those disciples were commissioned to go, as Jesus had, and make disciples of their own. This pattern was to continue throughout the Earth until Christ's second coming (the end of the age).

We are now his chosen ones and his desire for us is the same: follow in the footsteps of Rabbi Jesus by being one with the Father and sharing the Good News about His Kingdom come to Earth. We do this the same way Jesus did and the disciples did, by sharing with others who God is, and showing them what His Kingdom is like through demonstrations of His love and His power through healings and the like.

*Matthew 28:18-20, "And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of*

*the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."*

### **Why pray for healing?**

1) It is part of being a disciple. As I said before, the Jewish concept of disciple is becoming like the Master. Not only knowing what he taught, it is doing what he did. It is not enough to know the Bible. We are to do what Jesus did.

*Luke 9:1-2, "One day Jesus called together his twelve disciples and gave them power and authority to cast out all demons and to heal all diseases. Then he sent them out to tell everyone about the Kingdom of God and to heal the sick."*

2) We were commissioned to do it.

*Matthew 28:18-20, "Jesus came and told his disciples, 'I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.'"*

3) It is a demonstration of God's power.

*John 10:37-38, "Don't believe me unless I carry out my Father's work. But if I do his work, believe in the evidence of the miraculous works I have done, even if you don't believe me. Then you will know and understand that the Father is in me, and I am in the Father."*

4) It is an aid to evangelism.

*John 6:1-2, "After this, Jesus crossed over to the far side of the Sea of Galilee, also known as the Sea of Tiberias. A huge crowd kept following him wherever he went, because they saw his miraculous signs as he healed the sick."*

### **Who has authority to pray healing?**

All disciples of Christ, not only apostles. The evidence is in Luke 10: "The Lord now chose seventy-two other disciples and sent them ahead in pairs to all the towns and places he planned to visit. These were his instructions to them: 'The harvest is great, but the workers are few. So, pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.'" And again, when Jesus said in John 14:12, "I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father."

### **Now, let's jump into the 5-step Healing Prayer Model.**

This is not necessarily the only model, it may not be the best model, but it is an excellent way to get started! This model is not based on intercessory prayer. It utilizes command prayers where we tell the body to be healed, or the disease to go using the authority we have in Jesus' name. It is a relational prayer model, and it is not mechanical. Don't get caught up in the 5 steps. It is only organized this way to help you remember. The important thing is to do what God tells you to do and love the person in front of you.

#### **Step 1: Interview**

#### **Step 2: Diagnosis of root cause**

### **Step 3: Prayer Ministry**

### **Step 4: Stop and Reinterview**

### **Step 5: Post- prayer Suggestions**

#### **STEP 1- The Interview**

- What is your name?
- What would you like prayer for? (Don't assume!)
- How long have you had this condition?
- Do you know what the cause is?
- Have you seen a doctor?
- Do you have a diagnosis?
- What is your pain level on a scale of 0-10?
- Do you remember what was happening in your life when the condition started?
- Did anything difficult or traumatic happen around the time symptoms began?
- Is there any way to measure healing tonight- Anything you can't do now that you could do if you were healed?

#### **STEP 2- The Diagnosis**

You are determining a likely cause, so you have a starting point for prayer. Physicians in the medical field have documented that 70% of presenting conditions are psychosomatic meaning having no medical explanation (Venter 2009, 231). In Ephesians 4:26-27, we see a Biblical explanation for this: "don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil." And in Proverbs 17:22, "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

Common causes include:

- Physical injury
- Unforgiveness towards self or others
- Inner Healing of wounds and or trauma
- Generational curses
- Afflicting spirits/ spirit of infirmity (more on this later)

### **STEP 3- The Prayer Ministry**

- Tell the person you are going to pray. Ask them to just relax and receive.
- Let them know to interrupt you if they feel anything happening or changing.
- Keep your eyes open watching the person for signs of what is happening.
- Welcome Holy Spirit. Wait on him praying only, “Come Holy Spirit! Come with your healing power!”
- Start with the potential root cause. If there is unforgiveness, sin to repent of, or other inner healing issue take care of that before praying for the condition. Also, generational curses or spirits of infirmity should be taken care of at this time.
- Use command prayers to tell sickness or pain to go. There is a tumor, curse it and tell it to shrink in Jesus’ name. Command a herniated disk to be restored in Jesus Name.  
Command cancer to die in Jesus Name. Tell arthritis to go in Jesus’ name. Be healed!

### **STEP 4- Stop and Reinterview**

Have the person test out their symptoms. Get some feedback on what has changed if anything.

You can ask them:

- What has happened to the pain now?
- Try moving your\_\_\_\_\_now
- See if you can...now.

*Note: about 50% of people feel nothing when they healed, the other 50% feel heat, electricity, or a cool flowing sensation. (Johnson and Clark, 2011, 221.)*

- A. If the person's pain has stopped in the original location and moved to somewhere else in the body it is a spirit of infirmity OR if the person's pain gets dramatically worse while praying it is a spirit of infirmity. In either of these cases, pray quietly but firmly: "Spirit of infirmity, in the name of Jesus I break your power and cancel your assignment. Go now in Jesus' name!"
- B. If there is improvement, then get excited and praise God! Thank him for what he is doing, bless it, and start praying again. It is okay to repeat this cycle several times. Pray, reinterview, then pray again. You can pray short prayers or pray longer prayers, waiting on God, but you do not need special language.
- C. If you have tried several times and are making no progress, re-interview to see if you can uncover some other helpful information. You can ask things like:
- Would you try again to remember if anything significant happened within a few months of the condition starting?
  - Do any members of your family have this condition?
  - Do you have a strong fear of anything?
  - Is anyone in your family a member of Freemasons or Eastern Star?

- Has anyone ever cursed you or your family that you know of?
- Have you had any other accidents? (being accident prone is linked to a curse)
- Have you ever participated in any kind of occult game or practice?

You can handle these issues by praying the following:

- A. Inner Healing of wounds and or trauma- First, have the person repent for any sins such as anger, bitterness, resentment, hopelessness, despair, etc. Second, ask Holy Spirit to bring healing and restoration to the person's soul, repairing any damage to their heart during the incident or trauma. Finally, command the traumatic cell memory to be resolved and transformed to a healthy state.
- B. Curses – “In the name of Jesus, I break the curse of every word spoken to \_\_\_\_\_ by \_\_\_\_\_. I renounce the statement \_\_\_\_\_. I cancel any effect those words have had or may have on \_\_\_\_\_'s health.
- C. Vows- confess the vow, renounce the vow and ask Jesus to cancel it has given the enemy, in the name of Jesus tell all wicked spirits who took advantage of this vow to go, and commit themselves to God inviting Jesus to be Lord in this area of my life.
- D. Disobedience- Lead them to confess, repent, and be cleansed. Can also renounce habitual sin.
- E. Fear- Repent for partnering with the spirit of the fear of \_\_\_\_\_, renounce the spirit of fear of \_\_\_\_\_, tell it to go in Jesus name.

F. Soul ties- “I plead the blood of Jesus to stand between me and \_\_\_\_\_ to separate the one flesh union. I send back to \_\_\_\_\_ everything I have taken from him/her and I call back to me everything I gave in the one flesh union.”

### **STEP 5- Post-Prayer Suggestions**

- Encourage the person’s walk with the Lord with scripture.
- If unforgiveness or bitterness was the root, encourage them to release offenses as they occur.
- If occult activity or other sin was the root cause, then encourage the person to make changes to their lifestyle so to avoid a recurrence of the condition.
- If the person was not healed, then encourage them to receive prayer from others or come back for prayer again during the next meeting. Jesus called persistence faith and rewarded those with it.
- Give the person a head’s up that spiritual attack after healing is normal. Let him/her know that if symptoms start to recur, he/she can command it to leave in Jesus’ name.

Please Remember:

- Above all love the person. You cannot heal them, but you can love them. Think carefully about everything you say to them. Ask yourself if what you are saying is accusing or uplifting. Never suggest the person didn’t get healed because of something they did wrong.
- Also, healing can be gradual. It can take place over hours, days, or weeks.





## Bibliography

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