



"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." -3 John 2

The following are suggested helps for stewarding your healing:

HONOR YOUR BODY

You are a temple. The Holy Spirit lives inside you. What are you doing to take care of your body and create a healthy atmosphere for the Holy Spirit to live in?

Exercise, Diet, and Health Care are important parts of keeping your body healthy. You have responsibility for the condition of your temple.

- Have your health care professional verify your healing
- If you have been taking medication, do not stop doing so unless your doctor gives you the go ahead. Stopping medication abruptly can have negative results on your health.
- Eat a healthy diet and one that is connected to your body and its condition. God designed food to be of nourishment to us. Ensure that you are eating food with nourishing qualities. Bingeing, undereating, overeating, etc. will have an effect on your health. Focus on eating habits that help to keep your temple clean, healthy, and functioning at its best capacity.

Lifestyle Changes may be important in order to keep your healing.

- If God heals your symptoms of lung cancer, for example, continuing to smoke, will cause the condition to return. Likewise, if God heals your knees or arthritis in your legs, if you continue in a lifestyle of being overweight, it will have an effect on the healing you are able to maintain. Honor God with your body by taking care of it and making needed lifestyle changes.

RESIST THE DEVIL

Very often the devil will tempt you to partner with the pain you previously had. Often this is where people may lose their healing. As soon as a pain comes, people tend to focus on that pain and start thinking that their old condition is returning. This leads them to spiral into former thought patterns and habits.

- Keep your healing, by rebuking the pain that you feel. It doesn't belong to you, so command it to go. You can say something like, In the name of Jesus, I command this pain to leave. I am healed, and I will not receive this pain. Thank you, Jesus, for my healing." You may need to persist with this, until the enemy sees that you are serious and not willing to budge in your thoughts and beliefs.
- **"Resist the devil and he will flee from you" (James 4:7)**



THANKFULNESS UNLOCKS HEALING

Practicing Thankfulness and Renewing Your Mind are keys to keeping and increasing the healing you experience.

- Spend time meditating on scriptures about healing and praying and declaring them over yourself. We have a resource available for you to use @ radiantlifeministries.com/resources or create your own with promises God highlights to you. The more you know and believe what the Bible says about healing, the easier it will be for you believe and steward your healing.

Focus on what God IS doing rather than on what God HAS NOT done yet. When you are thankful for the healing you have received and magnify what God is doing, it positions you for increase. As you thank God for what he HAS done, healing increases.

- This principle is seen in the Biblical story of the 10 Lepers in Luke 17:12-19.

*“Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. And they lifted up their voices and said, ‘Jesus, Master, have mercy on us!’ So when He saw them, He said to them, ‘Go show yourselves to the priests.’ And so it was that as they went, they were **cleansed** (this word means purified). And one of them, when he saw that he was **healed** (this word means cured), returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks. And he was a Samaritan. So Jesus answered and said, ‘Were there not ten **cleansed** (purified)? But where are the nine? Were there not any found who returned to give glory to God except this foreigner?’ And He said to him, ‘Arise, go your way. Your faith has made you **well** (this word is Sozo, which means rescued from perishing, restored, whole, full salvation, healing, deliverance)’.*

- Ten lepers were cleansed, but only one received Sozo and it was the leper’s gratefulness and thankfulness in what he had received that opened him up to receive a full healing breakthrough.

WALK IN FORGIVENESS & REPENTANCE AS A LIFESTYLE

Forgive others regularly.

- Take time to ask God if there is anyone you need to forgive and walk through forgiving them. (Matthew 18:21-22) Don’t allow bitterness and unforgiveness to build up in your life.

Turn from known sin.

- Take time to ask the Holy Spirit to shine his light in your heart and reveal any areas of sin that need to be dealt with. Confess those sins to him and renounce them. Receive his forgiveness. (Revelation 3:19)