

**21 DAYS TO**  
**RECEIVE & KEEP**  
**YOUR HEALING**  
**& LIVE IN DIVINE HEALTH**

"I WILL TAKE AWAY SICKNESS FROM YOU..  
...I WILL GIVE YOU YOUR FULL LIFE SPAN"

PASTOR MIKE

# FULL LIFE HEALING SCHOOL

Full Life Healing School is Pastor Mike's Healing Ministry under the River of Life City Church, Umoja 1, Nairobi. Our Mission is to bring the Healing Ministry of Jesus Christ to this generation by TEACHING, DISCIPLING and MINISTERING HEALING to the sick.

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MATTHEW 19:26

JESUS LOOKED AT THEM AND SAID, "WITH MAN THIS IS IMPOSSIBLE,  
BUT WITH GOD ALL THINGS ARE POSSIBLE."

21 DAYS TO RECEIVE & KEEP YOUR HEALING

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# ABOUT PASTOR MIKE

A passionate and seasoned Spirit life Minister and Discipler, Pastor Mike received the call of God into ministry in 2008 through the ministry of Billy Graham. Since then, Pastor Mike has been dedicated to proclaiming the gospel of the Kingdom and Discipling Believers in the spirit life.

An IT Consultant by Profession, Pastor Mike studied Bsc. in ICT Management and also holds BA in Pastoral Ministry. He has worked with the British Council and consulted for Action Africa Help International (AAH-I) in Kenya, South Sudan and Uganda.

Currently in full time Ministry, Pastor Mike pastors ROL City Church in Umoja 1, Nairobi, Kenya. Other Ministry Programs by Pastor Mike includes KINGDOM-CAMPUS.COM, an online Discipleship and Leadership campus, FULLLIFEONLINE.COM as well as FULL LIFE HEALING MINISTRY.

Through discipleship programs, books, eBooks, devotionals, conferences and events, Pastor Mike continues to inspire believers to come to their fullness in Christ, rise above limitations, embrace their divine nature, and manifest God's glory in health, prosperity, and purpose.

Pastor Mike is married and blessed with a lovely family.

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## INTRODUCTION: I WILL TAKE AWAY SICKNESS FROM YOU

Have you been diagnosed with a terminal or “incurable” condition and you are uncertain about your future? Have you been on persistent medication and you find yourself wondering for how long? Have you been silently enduring pain, fear, or the weight of hopelessness because of a health condition? Here is God’s personal word to you:

***“I will take away sickness from among you... and I will give you a full life span.” (Exodus 23:25–26NIV)***

God says ***“I will take away sickness from among you....”*** Regardless of how long the sickness has been there, God says ***“I will take it away from your body.”*** The medical report might have said it’s incurable or terminal and you may not live long – God says ***“...and I will give you A FULL LIFE SPAN!”*** Your life will not be cut short. God is the Creator, the source and the origin of all life. So when He says “I will give you your FULL LIFE SPAN, you can be sure you have it! He knows all things, He knows what is in your body, He understands sickness more than any medical doctor and therefore when He says ***“I will take away sickness from your body”*** you can count it done! When God speaks, His words are not mere wishes; they are divine guarantees backed by His integrity, His power, and His eternal faithfulness. So no matter what you have been diagnosed with, how long it has been there, where you have gone for help with no results, receive God’s unfailing Word to you, and choose to believe that the end of that condition has come.

This 21 Days to Receive and Keep Your Healing is a devotional guide inspired by the Holy Spirit to walk you through the process of receiving your healing and keeping it. Through the finished work of our Lord Jesus Christ on the cross, your healing has already been made available for you. Through His suffering, crucifixion and death, Jesus bore your sickness, carried your pain, and purchased your wholeness. His resurrection is proof that no disease, no diagnosis, and no medical impossibility has the final say over your life.

So this 21-day devotional is not about begging God to heal you—it is about **receiving by faith** what is already yours in Christ and **establishing** it so that sickness loses its grip and your health is fully restored. This 21-day devotional is designed to help you:

- Understand divine healing
- Receive healing from any condition
- Maintain your healing and live in divine health free from sickness
- Build unshakable faith in God’s healing power.
- Replace fear and doubt with faith and confidence.
- Help others receive healing

Each day includes:

1. **Daily Scripture for Meditation** – A verse to anchor your faith.
2. **Daily Devotional Teaching** – A short devotional to build your understanding.
3. **Healing Confession/Affirmation** – Words to speak over your body and life.
4. **Prayer for Healing** – A faith-filled prayer for that day.
5. **Faith Action Step** – A simple step to help you act on your faith.

### **How to Use This Devotional:**

- Spend 10–15 minutes each day reading the day's devotion first thing every morning.
- Speak the affirmations out loud—your words are powerful.
- Pray the prayer and personalize it to your situation.
- Take the faith action step as a practical way to exercise your belief.
- Meditate on the Scripture throughout the day.

If you are consistent over the next 21 days, you will see your faith rise, your mind renewed, and then your healing shall spring forth speedily (Isaiah 58:8), and you shall be established in divine health by the power of the Holy Spirit. By the end of these 21 days, you will not only know that healing belongs to you—you will begin walking in it, guarding it, and living in the overflow of divine health for the rest of your God-ordained full life span.

Your healing is not in the future—it's available now. Let's begin this journey together, one day at a time, with the unshakable confidence that the One who promised is faithful.

## WEEK 1:DAY 1-7: RECEIVING YOUR HEALING:

### Day 1 – I will take away sickness from You..I will give you a Full Life Span

#### Today's Scripture:

*"Worship the LORD your God, and his blessing will be on your food and water. I will take away sickness from among you, and none will miscarry or be barren in your land. I will give you a full life span."* – **Exodus 23:25–26 (NIV)**

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#### Today's Devotion

Divine healing is receiving healing through the power of God. From the beginning, God revealed Himself as **Jehovah Rapha**, "The LORD who heals you" (Exodus 15:26). Healing is part of His covenant with His people, not an afterthought. In today's Scripture, God promises that if His people serve and worship Him, He will bless their provision, remove sickness, protect life, and grant them FULL LIFE SPAN. If you have been diagnosed with a terminal or an incurable condition, fear not, you shall live your full lifespan. Divine healing is receiving healing through the power of God and is not limited to the wisdom of man or scientific knowledge.

Notice the order: **worship comes before healing**. When we put God first — acknowledging Him as Lord over our bodies, minds, and lives — we position ourselves under His covering. His blessing doesn't only touch our spirit, but also our physical health, daily bread, and even the length of our lives.

Divine healing is not only about miracles in moments of crisis; it is about walking in covenant health — free from the bondage of disease and premature death. Today, choose to align your heart in worship, trusting God's Word over your symptoms. His healing is not a distant possibility — it is your covenant right in Christ.

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#### Your Healing Affirmation of Faith:

I worship the Lord my God, and His blessing is upon my life. He takes away sickness from me. I will not miscarry my destiny, my health, or my future. I will live a full, healthy, and fruitful life, in Jesus' name.

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#### Prayer

**Father**, I thank You for being my Healer. I choose to worship and serve You with all my heart. I receive Your blessing over my food, water, body, and life. Remove every trace of sickness from me and grant me a long, healthy life according to Your promise. In Jesus' name, Amen.

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#### Healing Action Step

Spend **10 minutes in worship** today, focusing on God as your Healer. Don't ask for anything — simply adore Him and thank Him for already providing your healing through Jesus Christ.

## Day 2 – Divine Healing Is Available for Every Condition

### Today's Scripture:

*"Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"* – **Matthew 19:26 (NIV)**

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### Today's Devotion

The world classifies sickness into categories: curable and incurable, terminal, viral, chronic etc. Since Divine Healing is receiving healing by the power of God, it is not limited to human wisdom or science. Whether it's a mild headache or a terminal disease, God's healing power is available for you. What may be impossible for medical science is still possible with God.

Jesus' words in Matthew 19:26 above reminds us that divine healing covers every condition, including those that are humanly impossible. You might have gone for first, second and even third opinion and was told it is impossible - here is **God's** opinion – ***‘..with man this is impossible, with God all things are possible!’*** Jesus healed the blind, the deaf, the lame, those with leprosy, and even raised the dead. Not once did He say, "This case is too hard" or "This disease is too advanced." His authority extends over every sickness, visible or invisible, physical or emotional, chronic or sudden.

When you believe God for healing, you are not limited by your doctor's report or your body's condition — you are standing on the limitless power of the Creator. Your faith connects you to His ability. Even when you can't see how it will happen, you can rest in knowing what is humanly impossible and unthinkable, is possible with God.

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### Your Healing Affirmation of Faith:

I believe that with God, nothing is impossible — including my healing. Every sickness, whether seen or unseen, must bow to the name of Jesus. Nothing shall stop me from receiving complete restoration in my body, mind, and spirit in Jesus Name, Amen.

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### Prayer

**Father**, I thank You that Your healing power is not limited to human wisdom or scientific discovery. I bring every sickness, condition, and pain before You today. What is impossible for man is possible for You. I trust in Your infinite wisdom, power, Your Word, and Your love for me. Heal me completely, in Jesus' name. Amen.

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### Healing Action Step

Write down the condition you are trusting God to heal — no matter how big or small. Each time the condition comes to your mind, declare aloud: **"With God, this is possible."**



## Day 3 – Healing Conveyed Through the Word of God

### Today's Scripture:

*"He sent out his word and healed them; he rescued them from the grave."* – **Psalm 107:20 (NIV)**

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### Today's Devotion

The Word of God is not just information — it is a living and active. Everything God does, He does through His Word. God is so powerful He does not have to lift a finger to do anything. When He wanted to create the massive universe we see today, He simply spoke words – “let there be...” and whatever He spoke into existence became. Today, with the advent of technology, we very well know this is possible – we unlock our phones with words, we can unlock our gates with words, we can shut down our TVs using voice prompts. If mankind with our limited wisdom can do that, how about God with His unlimited wisdom?

So Psalm 107:20 above says to heal our bodies, God does it through His Word. It says, *"He sent out His Word and healed them, he rescued them from the grave."* The Word of God conveys the healing power of God into our bodies.

The same Word that created the heavens and the earth carries the power to repair, restore, renew and heal your body. In the Gospels, the Roman centurion told Jesus, *"Just say the word, and my servant will be healed"* (Matthew 8:8), and it happened instantly. Jesus opened blind eyes using words. God's Healing Power is transmitted and received through His Word.

The Bible or the Scriptures contains God's Word regarding your life, healing, and health. When you fill your heart with God's Word, you are filling it with healing power. Hebrews 4:12NIV says ***"For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."*** His Word penetrates beyond the surface, going to the root of the problem — whether in your body, soul, or spirit. When the Word is spoken over your body, it enters your spirit and flows into that part of the body that requires healing. As you meditate on the Word, your healing is established, your body is restored to comply with God's word.

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### Your Healing Affirmation of Faith:

God's Word is life and health to my whole body. I receive His Word today as medicine, and it drives out every sickness and pain from me, restoring life, health and vitality to every organ of my body.

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### Prayer

**Father**, I thank You for sending Your Word to heal me. I choose to believe in your Word, until it takes root in my heart and produce health in my body. I reject every lie of sickness and embrace the truth of Your healing Word. In Jesus' name, Amen.

## Day 4 – Faith - The Key to Your Healing

### Today's Scripture:

*"Daughter, your faith has healed you. Go in peace and be freed from your suffering."* – **Mark 5:34 (NIV)**

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### Today's Devotion

Faith is the bridge between God's promise and your experience. It's not enough to know that God can heal; you must believe that He will heal **you**.

In Mark 5, the woman with the incurable blood disease had suffered for twelve long years, spending all she had on doctors with no improvement. Yet she said in her heart, *"If I just touch his clothes, I will be healed."* That simple, determined faith drew healing power from Jesus. He didn't stop her and pray a long prayer — He simply said in Mark 5:34, *"Your faith has healed you."*

Our faith is key to receiving healing. That is why we need to be careful with erroneous religious beliefs that teaches "it all depends on God." From Mark 5:34 above, we understand our faith is important. Jesus did not say "my power has made you well", He said "Your faith has healed you."

Faith sees the invisible, believes the impossible, and receives the miraculous. Without faith, healing remains a promise, but with faith, it becomes your reality.

Faith is the foundation of every miracle in the Bible. Every time Jesus healed someone, He highlighted their faith: *"Your faith has made you well"* (Mark 5:34). Healing is not something we try to earn through works; it is something we receive by faith.

### What is Faith for Healing?

Faith is simply taking God at His Word. It is believing that what God says is true, even if your body feels otherwise. Hebrews 11:1 defines faith as *"the substance of things hoped for, the evidence of things not seen."*

### Why Faith is Essential for Healing

- Faith opens our life to the unlimited healing power of God
- Faith sees beyond symptoms.
- Faith receives healing as a finished work.

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### How to Build Faith for Healing

1. **Meditate on the word of God and Healing Scriptures:** Faith comes by hearing the Word of God (Romans 10:17).

2. **Testimonies** – Testimonies of people healed by the power of God builds our faith. Watch them and believe the same God who did for them will do it for you. You can watch healing testimonies at [WWW.FULLLIFEONLINE.COM/TESTIMONIES](http://WWW.FULLLIFEONLINE.COM/TESTIMONIES)

**Also** study the miracles of Jesus of Jesus as they are living testimonies of the power of God.

3. **Speak the Word Daily:** Say what God says about you, not what you feel.
4. **Visualize Healing:** See yourself healed and whole.

**Take Action:** Faith without works is dead (James 2:17). Faith takes action. If you have faith God is going to heal you will take action like go for the Healing Conference etc.

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### Your Healing Affirmation of Faith:

I choose to believe God's Word above my symptoms. My faith is alive, strong, and unshakable.

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### Prayer

**Lord**, help me to stay steadfast in my faith. Help me to focus on Your Word and not pain and symptoms. Just as You honored the faith of the woman in Mark 5, honor my faith as I trust You for complete healing. I receive my miracle now, in Jesus' name. Amen.

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### Healing Action Step

Today, speak faith over your body. Every time a symptom tries to rise, respond by saying: **"By His stripes I am healed."** Say it out loud until faith rises above fear.

## Day 5 – If You Can Believe, All Things Are Possible!

### Today's Scripture:

*"Jesus said to him, 'If you can believe, all things are possible to him who believes.'"* – **Mark 9:23 (NKJV)**

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### Today's Devotion:

God's power is unlimited, there is no limit to what He can do. Deuteronomy 32:6bNIV says *"...Is he not your Father, your Creator, who made you and formed you?"* - God created every organ of your body and therefore just as the creator of your car can fix anything in your car, God can fix anything in your body. However, His power is channeled into our bodies by our believing. We are not robots for God to impose healing on us, we have to allow His power to work in us and faith is what opens our bodies to the unlimited healing power of God.

In Mark 9, a desperate father brought his son who was epileptic to Jesus. Even today, epilepsy has no known cure. The situation was so bad that the father explained in Mark 9:18 ***"And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid."*** Because of the seriousness of the condition, the man was not sure if Jesus could heal the young man. So he told Jesus ***"If You can do anything, have compassion on us and help us."*** Jesus immediately dared him: *"If you can believe, all things are possible to him who believes."* The power of God is unlimited and constantly available, it is only our believing that determines its effectiveness. The Father quickly affirmed his belief in verse 24 by saying ***"...Lord, I believe; help my unbelief!"*** So Jesus turned to the young man, rebuked the evil spirit and the young man was instantly healed from this impossible condition.

This confirms Jesus statement *"If you can believe, all things are possible to him who believes."* This means no matter the condition, if we can work on our believing we can receive our healing.

Belief is not wishful thinking; it is confident trust in God's Word regardless of what you see, feel, or hear. When it comes to healing, believing means taking God at His Word — accepting that His Word is true regardless of the prevailing circumstances.

Faith doesn't deny facts; it refuses to be limited by them. The doctor's report may be factual, but God's Word is the truth that can override those facts. Your part is to believe; God's part is to perform.

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### Your Healing Affirmation of Faith:

I believe God's Word above every symptom and every medical report. Nothing is impossible for me because I believe in the One who makes all things possible.

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### Prayer

**Father**, I choose to believe Your Word without doubt or fear. Strengthen my faith so I remain steadfast in the face of challenges. I trust You completely, knowing that my healing is possible because I believe. Amen.

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### Healing Action Step

Write down three promises of God about healing (e.g., Isaiah 53:5, Psalm 103:2-3, 1 Peter 2:24). Speak them aloud throughout the day and replace every negative thought with these truths.

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## Day 6 – You Don't Have to Know How, Just Believe

### Today's Scripture:

*"As you do not know the path of the wind, or how the body is formed in a mother's womb, so you cannot understand the work of God, the Maker of all things."* – **Ecclesiastes 11:5 (NIV)**

*"And He said, 'The kingdom of God is as if a man should scatter seed on the ground, and should sleep by night and rise by day, and the seed should sprout and grow, he himself does not know how.'"* – **Mark 4:26–27 (NKJV)**

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### Today's Devotion

One reason many people struggle to receive their healing is because they try to figure out *how* God will do it. But faith doesn't require you to understand the process — it only requires you to trust in the wisdom and power of God. The human mind has problems accepting what it cannot explain. But the fact that we cannot explain doesn't mean that it cannot happen.

In Ecclesiastes 11:5, we're reminded that there are things in life we simply cannot explain, yet they happen. We cannot explain how a child forms in the womb of a woman, even the mother cannot explain, yet it happens in her body! How the liquid substances of the human seed forms into the tough bones and skeletons, the heart, the liver, the eyes, the skull — of a child, we can never explain, yet it happens. Likewise, we may not understand *how* God heals — whether instantly or gradually — but it happens. I prayed for someone on phone 300 miles away diagnosed with high blood pressure and told they will have to be on medication all their lifetime and they were instantly healed! How? I don't know, but it happens. I have prayed for the HIV positive and the tests turned Negative after years of being positive! How? I don't know. But such cases are happening every day in our Full Life Healing Ministry. As much as our mind cannot understand it, we cannot limit God to the human mind. That is why He is God! And that is why without God you limit your life to limitations of the wisdom of men. So when medical science says "this is incurable" you are gone. But thank God even what science cannot cure and explain, God can!

Mark 4:26-27 gives us another powerful picture: a farmer plants the seed and then rests, confident that growth will come even though he doesn't understand the mechanics. Once they plant the seed in the soil, they just wait and sooner or later, the plant life will form. The farmer doesn't know how it happens, the farmer doesn't cause it to happen, but it does happen. Your role is to receive the "seed" of God's Word in your heart, water it with faith and confession, and trust God with the results.

Figuring out how is what limits the power of God in our lives. How comes a tree branch can be cut off and it regrows yet we have problems believing the human hand or finger, or organ can regrow? The human life is far more superior to the plant life. If a branch of a tree can regrow, limbs lost in a car accident can regrow. Your kidney that was removed can regrow. God can regrow any organ of your body, if you can only believe. Stop trying to figure out the "how" and start focusing on the "Who." God is your Creator and your Healer, and His methods may be beyond your comprehension, but His promises are always dependable.

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**Your Healing Affirmation of Faith:** I do not need to understand how God will heal me. I simply believe His Word and trust Him to bring it to pass in His perfect way.

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**Prayer:** Lord, I release my need to control or understand the details of my healing. I choose to trust You completely, knowing that Your ways are higher than mine and Your timing is perfect. Amen.

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**Healing Action Step:** Every time you're tempted to question *how* healing will come, speak aloud: **"I don't need to know how; I know the Healer."** Keep your focus on God's character and promises rather than the process.

## Day 7 – Your Healing Is Already Available, You just have to receive it!

### Today's Scripture:

*Isaiah 53:4: Surely He has borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains [of punishment], yet we [ignorantly] considered Him stricken, smitten, and afflicted by God [as if with leprosy].(AMP)*

*"He Himself took our infirmities [upon Himself] and carried away our diseases." – Matthew 8:17 (AMP)*

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### Today's Devotion

Your Healing is not something God is going to make happen — it is something Jesus already secured for you over 2,000 years ago on the cross. Remember, sickness came as a result of sin. When Adam sinned and rebelled against God, sickness and death came upon mankind. Isaiah 53:4-5 reveals our Lord Jesus Christ through His crucifixion and death on the cross bore our sickness and carried away our pains and sorrows. Verse 5 says **"...by His stripes, we are healed."** Through his suffering, He secured our healing for us. The same sacrifice of Christ that brought you forgiveness also brought you healing. Jesus bore not only your sins but also your sicknesses, diseases, pain, and every form of infirmity.

So Matthew 8:17 records, **"He Himself took our infirmities and carried away our diseases,"** it's past tense — meaning it's already done. Your healing is a finished work, not a future promise. Just as you don't have to beg God to forgive your sins to be saved, you don't have to beg Him to heal you — you **receive** what's already been provided.

The cross was a complete exchange: Jesus took what you didn't deserve (punishment, sickness, sin) and gave you what He deserved (forgiveness, righteousness, health, and peace). Today, healing belongs to you, not because you've earned it, but because Jesus paid for it in full.

God has provided various ways to receive your healing:

1. You can receive your healing through the laying on of hands as commanded by our Lord Jesus:
  - This is the most efficient and common way of receiving your healing. Jesus said those who believe will lay hands on the sick and the sick shall recover.  
*17 And these signs will follow those who believe: In My name they will ...18 they will lay hands on the sick, and they will recover."( Mark 16:17-18 NKJV)*
  - So laying on of hands is the standard way that Jesus authorized us to minister healing to the sick. When the healing minister filled with the power of the Holy Spirit lays their hands on the sick, the healing power of God flows into their bodies and effects healing – **"..they will lay hands on the sick and the sick will recover!"** Mark 16:18
  - This is what we do in our Full Life Healing Conferences and we have seen all manner of conditions healed. To attend our Healing Services of Conferences, contact us (contacts on first and last page) and we shall let you know when the next Conference shall be happening for you to attend. Remember, every person that was healed had to take a step of faith and reach out to Jesus for healing. It may not be convenient, but that is why your faith is important.

2. You can receive healing through faith – this is mainly for more mature believers though anyone can receive healing this way. You take the Word of God for example Mathew 8:17 says Jesus fulfilled what was spoken through the prophet Isaiah: *"He took up our infirmities and carried our diseases."* So you can believe this word and Say "Lord Jesus, you took away my sickness and diseases and therefore I receive my healing through faith in your Word, I declare I am healed, in Jesus name."
3. You can receive your healing through the Word of God – Psalm 107:20 says *"He sent forth his word and healed them; he rescued them from the grave."* The Word of God can be released by a healing minister filled with the Holy Spirit in a service or over the radio or TV broadcast or online service or through the phone and healing will take place.

Once you have received your healing through either way, begin to affirm your healing.

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### **Your Healing Affirmation of Faith:**

I believe my healing was purchased on the cross. I receive it now, not as something I'm trying to earn, but as a gift Jesus has already given me.

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### **Prayer**

**Lord Jesus**, thank You for taking my sickness and pain on the cross. Thank You for carrying every infirmity so I can walk in divine health. I accept my healing now and declare that I am free from every disease because of Your finished work. Amen.

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### **Healing Action Step**

Spend 5 minutes today picturing Jesus carrying your sickness on the cross. See it leave your body and go to Him. Then, thank Him repeatedly: **"Thank You, Jesus, that by Your stripes I am healed."**

## WEEK 2:

# KEEPING YOUR HEALING:

### Day 8 – Lambano Your Healing (Lay hold of your Healing)

**Today's Scripture:** *"Fight the good fight of faith, lay hold on eternal life..."* – 1 Timothy 6:12

#### Today's Devotion:

Sometimes I have prayed for people to receive healing and they are standing there passively with the attitude "let me see what happens." Sickness is a battle against your life - the enemy is determined to destroy you so you cannot stand there passively expecting Satan to just let go of you and allow you to receive your healing. Jesus already paid for your healing but you got to be determined to possess it. God instructs us in 1 Timothy 6:12 above to **"fight a good fight of faith, lay hold on eternal life!"** The phrase "lay hold" is translated from root Greek word *lambano* which means **to forcefully take hold of, to violently seize, to arrest, to receive actively**. It is not a passive waiting—it is a decisive, faith-filled action. In the same way you would reach out and grab your baby from the mouth of a predator, *lambano* your healing means you aggressively through faith take hold of what God has already given you in Christ without hesitation, doubt, or delay and refuse to let go. Even after receiving your healing, the enemy will not just stand aside and congratulate you so you have to seize your healing and refuse to let go!

Remember, God is not trying to work out your healing and see if it will work now, your healing was executed on the cross more than 2000 years ago through the finished work of Christ. It is a done deal, so you have to take a stand. Many believers miss it because they are passively waiting for an angel to confirm, a medical report to verify God's work, a "feeling" or a "sign" instead of boldly taking what is already theirs.

When Paul says, "lay hold on eternal life," he is telling you to grasp and hold tightly to everything that eternal life includes—salvation, righteousness, peace, joy, provision, and yes, your **healing**. This requires spiritual determination. Remember, the "good fight of faith" is not about fighting the devil to get your healing; it is about fighting doubts, fear, and every lying thought that contradicts God's Word.

#### How to Lambano Your Healing

1. **Agree and affirm your healing** – 1 Peter 2:24 says "He (Jesus) Himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.(NIV). Notice it is past tense – you have been healed. So agree with God and declare *"By the stripes of Jesus, I am healed."*
2. **Believe and take faith steps** – Regardless of weakness or your physical condition, make decisions, speak, and take faith steps to establish your healing.
3. **Guard It** – Some people easily surrender their healing instead of guarding it if they feel anything that is contrary. Guard your healing and refuse to give up your healing, Jesus painfully paid for it with His blood.

#### Your Healing Affirmation of Faith:

*I fight the good fight of faith. I take hold of my healing now. Jesus bore my sickness and carried my pain, so I will not carry them. I seize my wholeness, I refuse to let it go, and I walk in divine health all the days of my life.*

#### Prayer:

*Father, I thank You that my healing was secured at the cross. Today, I take hold of it with the hand of faith. I refuse to be moved by what I feel or see. I choose to stand on Your Word until every symptom bows to the name of Jesus. Amen.*



## Day 9 – You Must Publicly Testify in Church to Establish Your Healing

### Today's Scripture:

*"Then He said to him, 'Rise and go; your faith has made you well.'" – Luke 17:19*

*"And they overcame him by the blood of the Lamb, and by the word of their testimony..." – Revelation 12:11*

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### Today's Devotion:

After receiving your healing, you have to publicly testify and glorify God for your healing.

**Read Luke 17:12-19.** This the amazing miracle of ten lepers healed from leprosy by our Lord Jesus. However, though ten were healed, only one returned to give thanks and publicly testify of what God had done for him. Jesus asked in verse 18 ***"Were there not any found who returned to give glory to God except this foreigner?"*** This means He expected all the ten to come back and testify to give glory to God. But only one came back. Many get healed and just disappear. If you are not grateful for your last healing or miracle, why should God be obligated to protect you from another sickness? So sooner or later, they come back in need of another healing. To the leper who was grateful & came back to testify, Jesus told him ***"Your faith has made you whole."*** So the nine just received their healing, but the one who came back to publicly testify was made whole. To be made whole is more than just physical healing, it is complete spirit, soul, and body. The others received their cleansing but missed the opportunity to **seal** their miracle through gratitude and witness.

Testifying is not just sharing a good story—it is a **spiritual act of warfare**. Revelation 12:11 says ***"And they overcame him by the blood of the Lamb and by the word of their testimony...."*** This reveals that our testimony is a weapon that defeats the enemy. Every time you testify, you are declaring before heaven, earth, and hell that what God has done for you is real, permanent, and untouchable. Heaven therefore stands to guard your testimony.

When you keep silent, the enemy may try to sow doubt: *"Maybe it wasn't real. Maybe it won't last."* But when you stand in the assembly of believers and declare, *"The Lord healed me!"* you are stamping your miracle with a public seal of faith. So testimony builds your faith and confidence in God, encourages the faith of others, and gives glory to God.

### Why Testifying Establishes Your Healing

1. **Testifying glorifies God** – Jesus asked regarding the 9 lepers who did not come to testify and give thanks in Luke 17:18 ***"Were there not any found who returned to give glory to God except this foreigner?"*** This means testifying gives glory to God.
2. **Testifying demonstrates our gratitude to God** – It is going back to God and saying "Thank You Lord."
3. **Testifying acknowledges God** – Testifying acknowledges God as the source of your healing. Many have been healed by God and the enemy deceives them "...it was not God..you would have been healed any way even without God." Such usually lose their healing.
4. **Testifying shows you know the magnitude of what God has done for you** – Psalm 107:20 reveals healing is God rescuing you from the grave. The enemy had already prepared your grave, yet because God delivers us and death never occurs, many don't know it was that serious. Testifying demonstrates you recognize this.
5. **Testifying strengthens you** – Testifying and speaking out your healing reinforces your faith.

6. **Testifying silences the enemy** – You shut down lies and fears about losing your healing.
7. **Testifying inspires others** – Your testimony encourages and builds healing faith in others.

In Psalm 40, David begins by sharing the crisis he was in and how he desperately waited on God and God responded by delivering him:

*Psalm 40:1-3: I waited patiently for the LORD; And He inclined to me, And heard my cry. 2 He also brought me up out of a horrible pit, Out of the miry clay, And set my feet upon a rock, And established my steps. 3 He has put a new song in my mouth-- Praise to our God; Many will see it and fear, And will trust in the LORD.(NKJV)*

Notice David says his deliverance was actually God pulling him out of a horrible pit – the grave. This is what happens to us when God heals us. David recognized this and therefore he could not keep quiet, he publicly proclaimed the goodness of God in the great assembly:

*Psalm 40:9-10*  
*I have proclaimed the good news of righteousness In the great assembly; Indeed, I do not restrain my lips, O LORD, You Yourself know. 10 I have not hidden Your righteousness within my heart; I have declared Your faithfulness and Your salvation; I have not concealed Your lovingkindness and Your truth From the great assembly.(NKJV)*

### **Action Step Today**

- Plan to share your testimony publicly in church like David shared in the great assembly.
- Give details of the condition that you were in and how it affected your life.
- Speak specifically about what you were healed from and how God touched you.
- Declare you understand the enemy was not joking – he was determined to destroy you but God pulled you from the horrible pit like David.
- Appreciate the efforts made by those who contributed to your healing especially the healing minister that God used to guide you and minister healing to you.
- Give all the glory to God.

### **Your Healing Affirmation of Faith:**

*God has healed and rescued me from the horrible pit of death. I will publicly declare of what He has done for me. I will always proclaim His goodness to me and live to glorify His name. By the blood of the Lamb and the word of my testimony, I have overcome sickness and every work of the enemy. My healing is established and permanent for it is the doing of the Lord and it is marvelous in my eyes!*

### **Prayer:**

*Father, I thank You for the healing You have given me. I am forever grateful for saving my life from destruction. I refuse to hide it or be silent about this miracle. I will tell of Your goodness so that others may believe and also receive their healing. Let my testimony be a light that draws others to Your saving and healing power. Amen.*

## Day 10 – The Power of Your Words in Establishing Your Healing

### Today's Scripture:

**Matthew 12:36–37:** 36 *“But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. 37 For by your words you will be justified, and by your words you will be condemned.”*

**Proverbs 18:21** *“Death and life are in the power of the tongue, and those who love it will eat its fruit.”*

### Today's Devotion:

God creates using His Word. He created the universe with words, and you were created in His image. That means your words carry creative ability as well as destructive power. Once you have received your healing, the words you speak daily will either **establish it** or **erode it**.

You cannot pray for healing and then say, *“I don't think it worked,”* or *“I probably wasn't healed.”* Those are seeds of doubt and death that give the enemy legal ground to reintroduce the very sickness you resisted. Instead, your mouth must align with God's Word at all times—whether symptoms are present or not.

Our Lord Jesus said in Matthew 12:37 above **“by your words you will be justified, and by your words you will be condemned.”** This means our words can “justify” (release God's power to work) or “condemn” (block His power). Our words can justify and establish our healing or condemn us back sickness. Proverbs 18:21 says **“Death and life are in the power of the tongue, and those who love it will eat its fruit.”** Your tongue carries the power to cause life or cause death. This means there are many who are sick or whole today because of their own words. You can never be healed and stay healthy as long as you keep saying *“I am diabetic...I am asthmatic...I have high blood pressure.”*

### How to Use Your Words to Establish Your Healing

1. **Speak God's Word daily** – 2 Corinthians 5:7 says **“For we walk by faith and not by sight.”** ‘Sight’ refers to human senses. So don't speak according to what your senses tell you (what you feel). Instead, use your tongue to always speak what the word says and sooner or later, your feelings will comply with the Word of God. Declare healing scriptures out loud until they become your default response.
2. **Refuse negative speech** – Don't describe sickness as “mine” (e.g., *my arthritis, my cancer, I have ulcers* etc). Mark 11:23 says you will **“..have what you say”** - there is no idle word in the spirit (Matthew 12:36).
3. **Respond to symptoms with the Word** – When pain comes, don't just submit, resist the devil and he will flee (James 4:7). Always respond with the sword of the spirit - the word of God - *“By His stripes I was healed.”*
4. **Testify boldly** – Keep speaking about what God has done, not what the devil is trying to do. Talking about how the devil is fighting you glorifies and empowers the enemy, talking about what God is doing in your life strengthens your faith and empowers God's word to be effective in your life.

### Your Healing Affirmation of Faith:

*My words are aligned with God's Word. I speak life, not death; health, not sickness. Strength not weakness My tongue is an instrument of faith. Every word I speak reinforces my healing. I refuse idle, careless, or fearful words. My healing is established and will not be stolen in Jesus' name.*

### Prayer:

*Father, I thank You for the authority You've placed in my words. Forgive me for times I've spoken carelessly. From today, I choose to speak only what agrees with Your Word. Let my tongue be a constant channel of life, health, and victory. In Jesus' name, Amen.*

## Day 11 – Renew and Guarding Your Mind to Keep Your Healing

### Today's Scripture:

- **Romans 12:2:** "And do not be conformed to this world, but be transformed by the renewing of your mind..."
- **Proverbs 4:23NIV:** *Above all else, guard your heart, for it is the wellspring of life.(NIV)*
- **2 Corinthians 10:5:** *We demolish (destroy) arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.(NIV)*

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### Today's Devotion:

The battle for your healing is first won in your spirit, then maintained in your mind. Once you have received healing, the enemy often tries to re-enter through thoughts—whispers like: *"Maybe you're not really healed," "It's coming back,"* or *"You were just imagining it."* If you entertain these thoughts, they can open the door for fear and doubt to take root, and what you tolerate mentally, you may begin to experience physically. Remember, *'as a man thinketh in his heart, so is he'* (Proverbs 23:7) so if you think sickness, you will never be whole.

Your mind is the "control tower" of your life. If it agrees with God's Word, your healing stays established. If it agrees with the enemy's lies, you give sickness an entry point. So after receiving your healing, God instructs us to take these three essential steps:

- Renew your mind – replace human wisdom with God's word - in Romans 12:2
- Destroy every thought contrary to the Word of God and every argument against our life – 2 Corinthians 10:5
- Guard our heart (the core of our lives) – Proverbs 4:23

### How to Guard Your Mind

1. **Flood your mind with the Word** – Read, meditate, and confess the word daily especially regarding healing.
2. **Reject contrary thoughts instantly and verbally** – Don't argue with them; replace them with truth – the Word of God.
3. **Focus on testimonies** – Listen to and remember stories of God's healing power.
4. **Stay away from negative information** – We are surrounded with negative information today, these are poisonous to your health. For instance watching movies with people who died from certain conditions, researching on the different stages of the condition and expecting to be healed is self-deception. The information we receive consciously or unconsciously programs us.
5. **Practice gratitude** – Thank God for your healing every day and keep your mind focused on victory.

### Your Healing Affirmation of Faith:

*My mind is renewed by God's Word. I refuse every thought of sickness, fear, or defeat. I think only on what is true, pure, and of good report. The Word of God is my reality, and my healing is secure in Christ.*

### Prayer:

*Father, thank You for giving me the mind of Christ. I submit my thoughts to Your Word and reject every lie of the enemy. I fix my mind on Your promises and walk in peace, confidence, and divine health. In Jesus' name, Amen.*

## Day 12 – Resisting Symptoms and Standing Your Ground

### Today's Scripture:

**James 4:7:** *Therefore submit to God. Resist the devil and he will flee from you.* (NKJV)

**Galatians 5:1ESV:** *For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.*

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### Today's Devotion:

In Matthew 3:17, God Himself confirmed over Jesus **"...This is My beloved Son, in whom I am well pleased."** Immediately after this, the devil tried to cause Jesus to doubt this truth by saying in Mathew 4:3 **"If you are the Son of God..."** God declared Jesus as His Son, the devil is challenging Jesus "If you are the Son of God.." What the enemy wanted is to cause Jesus to doubt God's word. If the enemy tried it on Jesus he may try it on you.

After receiving your healing, the enemy may try to test your resolve by bringing back old symptoms or creating new ones to make you doubt what God has done. Because of lack of knowledge, many yield to the enemy and begin to cry *"I thought I was healed, why is this coming back."* This is simply submitting to the enemy. God tells us what to do in James 4:7 - *"Resist the devil, and he will flee from you."* Galatians 5:1 instructs us since Christ has set us free from the yoke of sickness, we must stand firm and never submit again to the yoke of slavery of the enemy. Jesus did not submit to the devil He resisted him using God's word "It is written.." and the enemy had to flee. So you too must **resist the enemy** and **stand your ground**. Resisting is not a one-time shout—it's a consistent, unwavering stance. God, who knows the devil better than anyone else, guarantees us in James 4:7 that if we resist him, *he will flee*.

Notice we resist the devil by submitting to God. We submit to God by submitting to His Word. This means you hold on to the Word in faith even when your body doesn't seem to agree. 1 Peter 5:9 says **"Resist him, steadfast in the faith..."** You plant your feet on God's promise and declare, *"I will not be moved by symptoms, feelings, or negative reports. God's Word is my final authority."*

### Healing Action steps:

1. **Answer every symptom with the Word** – Speak God's Word, not what you feel.
2. **Refuse ownership of sickness** – Don't call it *my flu* or *my pain*.
3. **Stay in praise mode** – Praise drives the enemy out and keeps your spirit strong.
4. **Surround yourself with faith-filled people** – Avoid voices that encourage fear or doubt.

### Your Healing Affirmation of Faith:

*I resist sickness in every form. Symptoms are lies, and I refuse to believe them. My healing is a settled reality, and I will not surrender it. I stand on God's Word, unshaken and victorious in Christ.*

### Prayer:

*Father, I thank You that my healing is secure in Christ. I resist every illusion of symptom through the Word of God. Strengthen my heart to stand firm, and let my faith always remain unshakable. In Jesus' name, Amen.*

## Day 13 – Go and Sin No More

### Today's Scripture:

**John 5:14** "Afterward Jesus found him in the temple, and said to him, 'See, you have been made well. Sin no more, lest a worse thing come upon you.'" –

**Psalms 119:67** "Before I was afflicted I went astray, but now I keep Your word."

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### Today's Devotion:

Some believers lose their healing because after receiving their healing, they go back to their old lifestyle. Psalm 119:67 says "Before I was afflicted I went astray, but now I keep Your word" This means the reason why sickness attacked you, you were living in a certain way that made it possible for that condition to access you. So if you go back to living the same way, definitely the enemy will have a legal ground to re-impose sickness on you. So you cannot go back to the way you were living. You have to choose to keep God's word. It may not have been a sinful lifestyle but maybe you ignored or strayed from your spiritual life. So you have to make some decisions on how you are going to live.

Jesus had healed a man who had been sick for thirty-eight years, but later He gave him a serious warning: "Sin no more, lest a worse thing come upon you." This means after healing, going back to a sinful lifestyle can open a door even to a worse condition. God's mercy heals us, but our responsibility after receiving healing is to **close every door** that sin might have opened to the enemy.

Living in health is not only about resisting sickness physically; it is also about walking in spiritual obedience. Disobedience creates an open invitation for the enemy to attack. Holiness, on the other hand, establishes a hedge of protection around your life.

### How to "Go and Sin No More"

1. **Repent quickly** – If you stumble, confess immediately and turn back to God.
2. **Stay in the Word** – God's Word keeps your path pure and your heart sensitive.
3. **Stay away from sinful company and known traps** – 1 Corinthians 15:33 Says "**Do not be deceived: 'Evil company corrupts good habits.'**" Stay away from people, places, and habits that pull you into sin.
4. **Guard your heart** – Sin starts as a thought; deal with it before it becomes action.

### Your Healing Affirmation of Faith:

*I am healed, and I choose to walk in holiness. I refuse to return to any sinful or carnal lifestyle that could open the door to sickness. The blood of Jesus has cleansed me, the Word of God guides me, and my life is set apart for His glory.*

### Prayer:

*Father, thank You for forgiving and healing me. Help me to live a life that pleases You in every way. Keep me from sin, and strengthen me to walk in righteousness daily. Let my healing remain established as I walk in obedience. In Jesus' name, Amen.*



## Day 14 – Exercise and Take Care of Your Body

### Today's Scripture:

**1 Corinthians 6:19–20:** *“Do you not know that your bodies are temples of the Holy Spirit, who is in you...? You are not your own; you were bought at a price. Therefore honor God with your bodies.” –*

**1 Timothy 4:8:** *“Bodily exercise profits a little, but godliness is profitable for all things...” –*

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### Today's Devotion:

Healing is not just something you receive spiritually—it is something you maintain by caring for the physical body God has given you. Your body is the temple of the Holy Spirit, and it deserves respect, discipline, and stewardship.

In 1 Timothy 4:8 above, even though godliness is of greater eternal value, the Bible still acknowledges that bodily exercise has its benefits. Regular exercise improves blood circulation, strengthens your heart, boosts your immune system, and helps maintain a healthy weight—all of which can support the healing God has given you.

Neglecting your body—through poor diet, lack of rest, or inactivity—can slowly undo what prayer and faith have accomplished. Taking care of your body is not a lack of faith; it is a demonstration of wisdom and gratitude for the health God has restored.

### Practical Ways to Take Care of Your Body

1. **Exercise regularly** – Even simple walking, stretching, or light strength training can make a big difference.
2. **Eat nourishing food** – Choose foods that strengthen your body instead of depleting it.
3. **Stay hydrated** – Drink enough water to keep your body functioning well.
4. **Rest well** – Your body heals and restores itself during proper rest.
5. **Avoid harmful substances** – Stay away from what damages your health.

### Your Healing Affirmation of Faith:

*My body is the temple of the Holy Spirit. I will honor God by caring for it through healthy choices, exercise, and rest. My healing will not be wasted, but preserved and strengthened for a long, fruitful life.*

### Prayer:

*Father, thank You for restoring my health. Help me to be disciplined and wise in caring for my body. Strengthen me to make good choices daily so I can serve You in energy, health, and vitality all my days. In Jesus' name, Amen.*

## WEEK 3: LIVING IN DIVINE HEALTH:

### Day 15 – Divine Health - God's Plan for You

#### Today's Scripture:

*"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."* – 3 John 1:2

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#### Today's Devotion:

God's plan for you is not that you fall sick and then get healed—it is that you walk in divine health continually. He says in our 3 John 1:2 above His plan is that *"..you may prosper in all things and **be in health**.."* So His plan is that you **"be in health"** or simply put, you be continually healthy. This is divine health. Divine health is being in health continually, it is where sickness has no power over you.

Unfortunately, the enemy has made many Christians to believe it is impossible to live without sickness. Many believers say "as long as we are in this body, we will fall sick at some point." This is even taught in church. This is rejecting God's Word revealed in 3 John 1:2 above that we should be continually healthy. If God says we should *"...be in health"* and we say "as long as we are in this body, we will be sick," it is obvious that we disbelieve, reject and nullify the word of God and therefore we can never live in divine health. So to live in divine health, we have to get rid of this lie that sickness is part of life and accept and believe that divine health is possible as it is God's plan for us and purpose to walk in it. We have to believe God's word regardless of our experience. When we do this, our experiences will change to align to God's word. When we reject God's word because of human experiences, we nullify God's word and we will continue to suffer.

Healing is God's mercy, but divine health is God's original plan. In Eden, Adam didn't need healing because sickness had no place in him; he lived in perfect health until sin entered the world. The cross restored more than forgiveness—it restored your access to the divine life and health of God. As your soul prospers through the Word, your body aligns with that prosperity, and you experience health as your daily reality.

Don't settle for a cycle of sickness and healing. Raise your faith to believe and live in God's plan—permanent health, strength, and vitality.

**Key Truth:** Healing is good, but divine health is God's plan for all of His children.

#### Your Healing Affirmation of Faith:

*I walk in divine health every day. My body is strong, my mind is sound, and my spirit overflows with God's life. Sickness has no place in me.*



## Day 17 – The Word of God: God's Recipe for Life and Health

### Scripture:

**Proverbs 4:20–22:** *“My son, give attention to my words; incline your ear to my sayings. 21 Do not let them depart from your eyes; keep them in the midst of your heart; 22 for they are life to those who find them, and health to all their flesh.”*

### Today's Devotion:

In Proverbs 4:20-22 above, we find God's recipe for life and health. In other words, God's recipe for living in divine health. What is God's Word! Notice verse 22 says *“for they (God's words) are life to those who find them and health to all their flesh.”* The word 'health' in this verse is translated from the Hebrew word “marpe” which means 'healing, cure, medicine.' So God's Word is not just spiritual information—it is divine medicine. Just as natural medicine works in the body to restore health, God's Word works in your spirit, soul, and body to produce life and wholeness.

So how do we use God's Word to establish healing and health in our bodies? The three verses gives us the prescription:

1. **Verse 20a - “give attention to my words”** - Give the Word of God undivided attention – Make the Word your focus – not symptoms, reports, and feelings. Some people are battling health conditions in their bodies yet they are everywhere on social media, they are always watching worldly content, music and movies. They only occasionally quote a verse when they remember. They are not ready to live a life of health. It's impossible to win the battle against sickness and live in divine health with this kind of divided attention. What they don't know is that the enemy is determined to destroy their lives. So they are taking it lightly. They think staying on the word only is too radical. When they know the enemy will not rest until they die, they will wake up. To establish divine health, you got to be radical. You have to cut off every other content and give the word of God undivided attention. Remember, it's a battle for your life. If you let the enemy win, either way you will lose everything. So it is better to lose everything, all the worldly content and be filled with the Word and never lose your life. So determine to give the Word of God undivided attention. It is worth it.
2. **Verse 20b - Incline your ear to God's sayings** – Be teachable and open to hear God's voice. The symptoms, the medical report, the pains, the internet, the TV, statistics etc – are all saying something, but choose to incline your ear to what God is saying through His Word.
3. **Verse 21 - Do not let the Word depart from your eyes** – This means you constantly visualize and meditate on the word of God daily until it becomes more real than your pain.
4. **Verse 21 b – Keep them in the midst of your heart** – The heart refers to the core of your being. This means you are to meditate on the Word until what the word says becomes your consciousness. For example, when you are asked what is your name you don't say “my parents calls me John” you say I am John, the name has become part of you. So when we say “the word of God says by the stripes of Jesus I am healed” – it means the Word of God has not yet entered your heart to become part of you. You are to meditate on the Word until you say “by the stripes of Jesus, I am healed.” You don't say ‘the pastor says or the word of God says’ – no, this is what it is, the word has become part of you.

**The result?** Life and health – Divine Health - *Life* for your spirit and *health* for your whole body (verse 22)

**Key Truth:** Give yourself to the Word and the word will work in you to produce in you divine health.

**Declaration:** *God's Word is working in me right now—restoring, strengthening, and renewing every part of my body. I receive life and health through His promises.*

## Day 18 – The Power of Praise and Worship in Living in Divine Health

### Today's Scripture:

*"A merry heart does good, like medicine, but a broken spirit dries the bones."* – Proverbs 17:22

*"Yet You are holy, enthroned on the praises of Israel."* – Psalm 22:3

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### Today's Devotion:

Praise and worship are not just religious activities; they are spiritual forces that release God's presence and power into your life. When you praise God, you shift your focus from symptoms and circumstances to His greatness, goodness, and faithfulness. This shift creates an atmosphere for miracles and healing.

God's presence is the environment where sickness cannot thrive. Praise draws you into that presence. Worship opens your spirit to receive the life of God in a deeper way, refreshing and strengthening both your soul and body.

Just as medicine is taken daily for health, praise and worship should be your daily spiritual prescription. Joyful praise lifts your spirit, strengthens your immune system, and renews your mind with hope. Even science confirms that a joyful heart can boost overall well-being.

So create time to spend in worship. This should be both personal worship as well as corporate worship.

**Key Truth:** Praise is not just something you do when you feel good—it's something you do to *stay* strong and healthy.

### Declaration:

*The joy of the Lord is my strength. I live in a continual atmosphere of praise and worship, and God's life flows in every part of my being.*

## Day 19 – Joy and Gratitude: Vital Keys to Living in Divine Health

### Today's Scripture:

**Thessalonians 5:16–18:** *“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.” – 1*

**Proverbs 17:22NIV:** *“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” –*

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### Today's Devotion:

Joy and gratitude are not just pleasant feelings; they are spiritual forces that nourish your soul and strengthen your body. A joyful heart keeps you vibrant, energetic, and full of hope. Gratitude shifts your focus from what's wrong to what God has already done, releasing faith and peace into your life.

When you choose to rejoice and give thanks—even in difficult times—you are aligning yourself with the nature of God. This alignment invites His life-giving power to flow through you, strengthening your immune system, lifting your spirit, and renewing your mind.

Complaining, on the other hand, drains your strength and weakens your faith. But joy and gratitude keep you in a state of spiritual freshness where sickness struggles to survive.

**Key Truth:** Joy and gratitude are daily choices that create an atmosphere for divine health.

### Declaration:

*I choose joy every day. I give thanks in every situation, knowing God is faithful. His joy is my strength, and His peace keeps my heart and body healthy.*

## Day 20 – Understand and Live the Spirit - Filled Life to live in health

### Today's Scripture:

**Galatians 5:16NKJV:** *I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.*

**Proverbs 18:14** *“The spirit of a man will sustain him in sickness, but who can bear a broken spirit?” –*

**Romans 8:6:** *“For to be carnally minded is death, but to be spiritually minded is life and peace.”*

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### Today's Devotion:

Remember, God's perfect will for His children is that we live in divine health, free from sickness, disease, and oppression. Divine health is not a product of medicine, good diet, or physical strength—it flows from a **spirit-filled life**. Living in divine health is a product of living the spirit-filled life.

So God instructs us in **Galatians 5:16** to choose to *“Walk in the Spirit, and you shall not fulfill the lust of the flesh.”* This instruction is more than a call to holy living—it carries the **key to divine health**. When you walk in the Spirit, you are choosing to live from your divine nature in Christ. You are making your spirit, which is filled with God's life, the dominant force in your body and mind.

When the flesh is in control, it gives expression to weakness, fear, stress, sin, and ultimately sickness. But when the Spirit is in control, He releases life, peace, strength, and health into your being. In other words, a Spirit-filled life cuts off sickness and disease at the root by refusing to let the flesh dominate.

To **walk in the Spirit** is simply to live a Spirit-filled life - **a life that is empowered, controlled and led by the Spirit of God**. It is living a life that is yielded to the leading of the Holy Spirit (Romans 8:14), staying in fellowship with through prayer, worship, the Word, and obedience. It means yielding to His leading and refusing to let sin, worry, or fear drain your spiritual strength. It's a lifestyle of continually drawing from the Spirit of life who dwells in you. And as you do this, you shut the door to sickness and keep the flow of divine health active in your life.

Proverbs 18:14 reminds us that *“the spirit of a man will sustain him in sickness.”* In other words, a strong and vibrant spirit life empowers the body to resist and overcome affliction. A weak spirit, however, leaves a person vulnerable. If your spiritual life is weak, you will be vulnerable to sickness and disease.

So the key to divine health is living the spirit-filled life or simply put, to be **filled with the Spirit** daily. Romans 8:6 says to be carnally minded will lead to death, but to be spiritually minded will lead to **life and peace**—these two are essential ingredients for divine health.

When you choose to walk in the Spirit (Galatians 5:16), you align yourself with God's nature and power. The Spirit strengthens your inner man, quickens your mortal body, and empowers you to live above the limitations of the flesh. So understand and choose to live the spirit life for this is the key to living in constant health.

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**Key Truth:** The Spirit-filled life is the life of divine energy and health. The more you are filled, the more you live above sickness and disease.

### Faith Affirmation

*I live the spirit-filled life and therefore my life is empowered and controlled by the Spirit of God. His life-giving power flows in me daily, keeping me strong, healthy, and full of joy. My inner man is strong, my mind is set on life and peace, and my body is quickened with divine health. I walk in the Spirit and live above sickness and disease, in Jesus' Name. Amen.*

## Day 21 – Final Day - Commit to a Life of Divine Health

### Today's Scripture:

- **1 Thessalonians 5:23** *"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."*
- **1 Corinthians 15:57**: *"But thanks be to God, who gives us the victory through our Lord Jesus Christ."*
- **Psalms 103:2-3** *"Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases."*

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### Today's Devotional

Over the past 21 days, you have through the power of the Holy Spirit, received and established your healing, renewed your mind with His Word, and practiced walking in faith and in the Spirit. Healing is not just a temporary miracle—it is part of your **divine inheritance in Christ**.

To seal of God's plan for your life to live in divine health, 1 Thessalonians 5:23 above guarantees that God will preserve and keep your spirit, soul, and body blameless until the coming of our Lord Jesus Christ. That means wholeness in every part of your being—your inner man, your mind and emotions, and your physical body.

Through Christ, you already have the victory over sickness and disease (1 Corinthians 15:57). Now, your responsibility is to remain established in that victory by walking daily in God's Word, prayer, and the Spirit-filled life. Healing is not only an event you experience; it's a **lifestyle you maintain** by faith.

As you close this 21-day journey, commit yourself to a life of divine health—daily feeding on the Word, staying full of the Spirit, and keeping your confession in line with God's unfailing Word. You are healed, whole, and kept by the power of God!

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### Reflection Questions

1. How has my understanding of healing and divine life grown over the past 21 days?

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2. What practical habits will I continue to cultivate to remain in health?

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3. How can I help others experience God's healing power in their own lives?

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### Faith Affirmation

*I am committed to living in divine health all the days of my life. The God of peace preserves my spirit, soul, and body blameless. I walk daily in consistent victory, strength, and wholeness through Christ Jesus. Healing is mine, and I remain established in it forever. Amen.*

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### Daily Exercise – Seal Your Healing Journey

1. **Thanksgiving Prayer:** Spend 10 minutes thanking God for His healing power that has worked in your life.
2. **Communion:** Take communion as a prophetic act of sealing your health covenant in Christ (1 Corinthians 11:24–25).
3. **Testify:** Share your healing journey with someone today. Testimony not only strengthens others' faith but also seals your own victory.

### Closing Prayer – Sealing Your Healing Journey

Heavenly Father,

I thank You for Your unfailing love and for the finished work of Christ that has secured my healing and divine life. Over these past 21 days, Your Word has renewed my mind, strengthened my spirit, and brought life and health to my body.

Lord, I declare that I am established in health, wholeness, and victory through Jesus Christ. Sickness has no place in me, disease has no power over me, and fear has no hold on me. The same Spirit that raised Jesus from the dead dwells in me and continually gives life to my mortal body.

I commit myself to walking daily in the Spirit, feeding on Your Word, and living in continual thanksgiving for Your benefits. From this day forward, I will not only live in divine health but also be a channel of healing to others, bringing glory to Your Name.

Thank You, Father, for sealing my life with health, joy, peace, and strength until the coming of our Lord Jesus Christ.

In Jesus' mighty Name, Amen.

# FULL LIFE HEALING CONFERENCES

We have various events and programs through which we pray and minister healing to the sick. Through these events, we have seen God healing all kinds of conditions. All programs are free.

## 1. FULL LIFE HEALING CONFERENCE:

Full Life Conference is a monthly conference where people come from all over to receive healing as well as to receive teachings on how to live in divine health free from sickness. Contact our team for the next Full Life Conference.

## 2. FULL LIFE MIRACLE & HEALING SUNDAY SERVICES

We also pray for and minister healing to the sick in our Full Life Miracle and Healing Sunday Services. Please send your prayer request via **TEXT OR WHATSAPP to 0784784984 or call 0729525597**.

## 3. ONLINE / TELEPHONE PRAYERS

We minister healing to people on phone and they receive healing. We recommend you come personally to any of our healing services or events. However, if for one reason or another you are unable to physically attend, please send your prayer request via **TEXT or WHATSAPP to 0742 784 984 or call 0729525597**, and Pastor Mike will call you and pray for you and you shall be healed.

## FULL LIFE HEALING SCHOOL

CALL: 0729525597

WHATSAPP: 0742784984, 0786765007

**WWW.FULLLIFEONLINE.COM**



# ABOUT PASTOR MIKE

A passionate and seasoned Spirit life Minister and Discippler, Pastor Mike received the call of God into ministry in 2008 through the ministry of Billy Graham. Since then, Pastor Mike has been dedicated to proclaiming the gospel of the Kingdom and Discipling Believers in the spirit life.

An IT Consultant by Profession, Pastor Mike studied Bsc. in ICT Management and also holds BA in Pastoral Ministry. He has worked with the British Council and consulted for Action Africa Help International (AAH-I) in Kenya, South Sudan and Uganda.

Currently in full time Ministry, Pastor Mike pastors ROL City Church in Umoja 1, Nairobi, Kenya. Other Ministry Programs by Pastor Mike includes KINGDOM-CAMPUS.COM, an online Discipleship and Leadership campus, FULLLIFEONLINE.COM as well as FULL LIFE HEALING MINISTRY.

Through discipleship programs, books, ebooks, devotionals, conferences and events, Pastor Mike continues to inspire believers to come to their fullness in Christ, rise above limitations, embrace their divine nature, and manifest God's glory in health, prosperity, and purpose.

Pastor Mike is married and blessed with a lovely family.

## GET IN TOUCH

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