

Checklist for Divine Health and Protection

Dear Friend and Partner,

Examine yourselves, whether ye be in the faith; prove your own selves...

2 Corinthians 13:5

The things that displease the Lord in our lives, as well as in the body of Christ, are things that He wants to change. There are many blessings recorded in the Word of God that have been promised to us, and they actually belong to us. One of those blessings is found in 1 Peter 2:24. It is known as divine healing. Another blessing associated with that is found in 3 John 2. It is known as divine health. In the Old Testament, it's found in the following scriptures:

And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee. There shall nothing cast their young, nor be barren, in thy land: the number of thy days I will fulfil. Exodus 23:25, 26

Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. Psalm 103:2-5

He sent his word, and healed them, and delivered them from their destructions.

Psalm 107:20

There shall no evil befall thee, neither shall any plague come nigh thy dwelling. With long life will I satisfy him, and shew him my salvation.

Psalm 91:10 & 16

Divine healing and divine health have always been of the utmost importance in my Christian walk. If you have good health, you don't want to lose it or take it for granted. If you're sick or afflicted, you definitely want to receive healing. Once you receive your healing, you never want to lose it.

According to the scriptures, people sometimes lose their healing if they go back to sin. (John 5:14) Or, it can sometimes happen if they just allow themselves to become spiritually weak, if they don't stay built

up in the Word of faith, or if they become lax in their prayer life.

Jesus said in Matthew 12:43 & 44, **When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it empty, swept, and garnished.**

The following is a list to help you walk in divine health and protection. I'd like you to become familiar with it and use it as a type of spiritual checklist. These are things that I've had to keep and practice, as well as live, in order to walk in divine health and protection. We must remember that we have an enemy. His name is Satan, and he's always looking for a way to attack our lives. But God has made provisions for us to protect us from sickness, disease, accidents, or anything that would harm or hurt us.

1. Make sure that you love God with all your heart, and that you love Him more than anyone else.

One way that you can show God that you love Him more than anyone else, and prove to yourself that you do, is by always putting Him first and making the things of God top priority. Put Him before everything and everyone. Every day, get alone with God - and no one else - privately, in prayer.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matthew 6: 33

Jesus said ... Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. Matthew 22:37

2. Worship God every day on your knees, lifting up your hands and voice to God in praise.

Let God see you bowing before Him with your hands lifted up to Him and your voice praising Him. For instance, before you go to bed tonight, you can get on your knees by your bed, and lift your hands up to Him and begin to thank Him that He saved you, that He healed you, that He protects you, and thank Him for whatever else comes to your heart.

I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.

1 Timothy 2: 8

By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name. Hebrews 13: 15

God is a Spirit: and they that worship him must worship him in spirit and

in truth. John 4: 24

3. Do whatever God tells you to do.

Make sure you do what the written Word of God teaches and always instantly obey the inward witness.

We ought to obey God rather than men. Acts 5:29

His mother saith unto the servants, Whatsoever he saith unto you, do it.
John 2: 5

And Simon answering said unto him, Master, we have toiled all the night, and have taken nothing: nevertheless at thy word I will let down the net. Luke 5:5

For as many as are led by the Spirit of God, they are the sons of God. For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: Romans 8:14-16

4. Speak the written Word of God to the devil in Jesus' Name.

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.
Matthew 4:4

Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Ephesians 6: 16,17

And this did she many days. But Paul, being grieved, turned and said to the spirit, I command thee in the name of Jesus Christ to come out of her. And he came out the same hour. Acts 16:18

5. Walk in love with all people, especially those you may have a problem with.

Treat everyone the same.

Be ye therefore followers of God, as dear children; And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour. Ephesians 5: 1- 2

6. Avoid going to places that stifle your spiritual growth, rob you of your faith and vision, or that tend to turn your heart away from God.

Abstain from all appearance of evil. 1 Thes. 5:22

Be not deceived: evil communications corrupt good manners. 1 Corinthians 15:33

7. Pray at least one hour in the spirit every day, by yourself in one place. Praying in tongues will help keep you built up, and staying in one place will help you focus more on God and not be distracted by other things.

But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost, Jude 20

What, could ye not watch with me one hour? Matthew 26:40

And he withdrew himself into the wilderness, and prayed. Luke 5: 16

8. Always repent instantly when you know you've said or done something wrong, and always apologize to others right away when you've gotten out of love or into strife.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. 1 John 1: 9

For if we would judge ourselves, we should not be judged. 1 Corinthians 11: 31

And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger! I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee, And am no more worthy to be called thy son: make me as one of thy hired servants. And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him. And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son. But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet. Luke 15: 17-22

Confess your faults one to another, and pray one for another, that ye

may be healed. The effectual fervent prayer of a righteous man availeth much. James 5:16

9. Meditate on God's promises by saying over and over to yourself what 1 Peter 2: 24

and Galatians 3:13 say about you.

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Joshua 1: 8

My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Proverbs 4:20-22:

10. This one is between you and God - only you know what it is. It's something personal.

This is something that only you know in your heart. It's whatever you may be participating in that is grieving the Spirit of God in your life. It's not pleasing God; it's displeasing Him. It may not be a big deal to us, but it is to Him. It may be something that everyone else is doing, but you're not supposed to do it.

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Hebrews 12:1

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway. 1 Corinthians 9:27

For if our heart condemn us, God is greater than our heart, and knoweth all things. And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment. 1 John 3: 20,23

Your flesh isn't going to want to do any of the above, but it is sure going to want divine health and protection. So, the next time your flesh says it doesn't want to walk in love, or pray, or obey God, ask

it if it would rather be sick, and aching with pain. That will help bring everything back into perspective and will motivate your flesh to cooperate. For, the spirit is willing but the flesh is weak.

We all need to read and confess the healing scriptures I've included below every day. I do, and I'm asking you to do the same. You may already have them, but this will just remind you to use them.

Your partner in faith,

Brother Rich

Healing Scriptures

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. 1 Peter 2:24

Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree: That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith. And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise. Gal. 3:13,14,29

And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean. And Jesus put forth his hand, and touched him, saying, I will; be thou clean. And immediately his leprosy was cleansed. Matthew 8:2,3

When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with *his* word, and healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare *our* sicknesses. Matthew 8:16,17

And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. Matthew 9:35

Jesus Christ the same yesterday, and to day, and for ever. Hebrews 13:8

And great multitudes came unto him, having with them *those that were* lame, blind, dumb, maimed, and many others, and cast them down at

Jesus' feet; and he healed them: Inasmuch that the multitude wondered, when they saw the dumb to speak, the maimed to be whole, the lame to walk, and the blind to see: and they glorified the God of Israel. Matthew 15:30,31

And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself. And when Jesus saw her, he called *her to him*, and said unto her, Woman, thou art loosed from thine infirmity. And he laid *his hands* on her: and immediately she was made straight, and glorified God. Luke 13:11-13

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly. John 10:10

How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him. Acts 10:38

Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. James 1:17

Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good *things*; so that thy youth is renewed like the eagle's. Ps. 103: 2-5

My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they *are* life unto those that find them, and health to all their flesh. Proverbs 4:20-22

Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. Isaiah 53:4,5

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. ³ John 2

Confessions of the Believer

I can have what I say, because Jesus said in Mark 11:23, ... **That whosoever ... shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith,** I choose to be justified, and not condemned or snared by the words of my mouth. I speak **truth.** (Matt. 12:37, Prov. 6:2 & 8:7) I say what God says about me.

I am no longer unrighteous. I am a new creature in Christ Jesus. I have been made the righteousness of God in Him. **2 Cor. 5:17 & 21**

I am no longer unworthy. God has accepted me in Jesus. He has made me a partaker of the inheritance of the saints in light. **Ephesians 1:6 & Colossians 1:12**

I am no longer poor. Jesus became poor, that I, through His poverty might be rich. Wealth and riches are in my house. **2 Corinthians 8:9 & Psalm 112:3**

I am the longer living in lack. I'm a child of God, an heir of God, a joint heir with Christ, and an heir of the blessing of Abraham. My father is **El Shaddai**, the **Mighty God** , Who is always **more than enough!** **Romans 8:17, Galatians 3:14 & Genesis 17:1**

I do not want for any good thing. **The Lord is my Shepherd.** My God shall supply all my need according to His riches in glory by Christ Jesus. No good thing will He withhold from them that walk uprightly before Him. **Psalm 23:1, Phil. 4:19 & Psalm 84:11**

I am no longer living in debt. The Lord is blessing me. I shall lend unto many nations, and I shall not borrow. The borrower is a servant to the lender. I choose to serve the Lord, and Him only! I owe no man anything but love. **Deuteronomy 28:12, Proverbs 22:7 & Romans 13:8**

I am no longer subject to sickness. Jesus, Himself, took my infirmities and bare my sicknesses. By His stripes I was healed. God sent His Word and healed me. **Matthew 8:17, 1 Peter 2:24 & Psalm 107: 20**

I am no longer fearful. God has not given me the spirit of fear, but of power,

and of love, and of a sound mind. I am being made perfect in love. Perfect love casts out all fear. The **Greater One** lives in me, and greater is **He that is in me** than he that is in the world! I am strong in the Lord and in the power of His might. **2 Timothy 1:7, 1 John 4:4, 18 & Ephesians 6:10**

I am no longer afraid of what other people say about me. The Lord is on my side. It is written that no weapon formed against me shall prosper, and every tongue that rises against me in judgment Thou shalt condemn. If God is for me, who can be against me? **Psalms 118:6, Isaiah 54:17 & Romans 8:31**

I am no longer afraid of deadly diseases. I have been redeemed from the curse of law. Jesus has already borne my griefs (sicknesses) and carried my sorrows (pains). With His stripes I am healed! **Galatians 3:13 & Isaiah 53:4, 5**

I am no longer afraid of premature death, because I dwell in the secret place of the **Most High**, and abide under the shadow of the **Almighty**. With long life, He will satisfy me. I have received of the **Word of God**, and the years of my life shall be many! I am serving the Lord, and He will fulfil the number of my days. **Ps. 91:1 & 16, Prov. 4:10, Ex. 23:25, 26 & Ps. 90:10**

I am no longer afraid of disaster, because the Lord is with me. He protects me and He has given His angels charge over me to keep me in all my ways. I dwell in safety by Him. Terrorism and violence shall not come near me. No evil shall befall me, neither shall any plague come nigh my dwelling. Proverbs 3:25, 26 TLB, **Deuteronomy 33:12 & Psalm 91:5, 6, 10, 11**

I am no longer in bondage to the fear of death. Where the Spirit of the Lord is, there is **liberty**. I have been delivered from the fear of death. **Whom the Son has set free is free indeed!** **2 Corinthians 3:17, Hebrews 2:15 & John 8:36**

I am no longer depressed, for the joy of the Lord is my strength! I have been given the garment of praise for the spirit of heaviness, that He might be glorified. My heart will rejoice in Him! **Nehemiah 8:10, Isaiah 61:3, & Psalm 33:21**

I am no longer allowing myself to be discouraged, for I am determined to forget those things which are behind. I am pressing toward the mark for the prize of the high calling of God in Christ Jesus. God is filling me with all joy and peace in believing, that I may abound in hope through the power of the Holy Ghost. **Philippians 3:13,14 & Romans 15:13**

I am no longer weak, because Lord is the strength of my life. I can do all things through Christ, Who strengthens me. I know my God; I am strong in the Lord and shall do great exploits. **Psalm 27:1, Philippians 4:13 & Daniel 11:32**

I'm no longer defeated, because God always causes me to triumph in Christ Jesus. I am more than a conqueror through Him. I overcome by the blood of the Lamb and the word of my testimony. **2 Cor. 2:14, Romans 8:37 & Revelation 12:11**

I am no longer worried, because I have cast all my cares upon the Lord, Who cares for me. Goodness and mercy shall follow me all the days of my life! **1 Peter 5:7 & Psalm 23:6**

I am no longer fretful, because I let my requests be made known unto God in every thing by prayer and supplication with thanksgiving. The peace of God, which passeth all understanding, keeps my heart and mind through Christ Jesus. **Philippians 4:6, 7**

I'm no longer doubtful. God has given me the measure of faith. **I am a believer** and not a doubter. I believe that He is a rewarder of them that diligently seek Him. **Romans 12:3 & Hebrews 11:6**

I am no longer selfish, because the love of God has been shed abroad in my heart by the Holy Ghost. I'm not only concerned for my own interests, but also for the interests of others. I do not weary in well doing. By love, I live to serve others! **Romans 5:5, Philippians 2: 4 AMP, Galatians 6:9 & Galatians 5:13**

I am no longer confused, because God is the author of peace, and not of confusion. The Spirit of God abides within me to lead me and guide me into all Truth. **1 Cor. 14:33 & John 16:13**

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September 2004