

How to Take Possession of Your Healing

Creflo Dollar

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Scripture References

Galatians 2:16, *NLT*

Ephesians 2, 8

Luke 5:12, 13

1 Peter 2:24

Hebrews 4:1-3, 11

1 John 4:19

John 6:48-58

1 Corinthians 11:24, 25

2 Corinthians 10:5

Ephesians 6:10

1 Thessalonians 5:6-18

Philippians 4:4

Proverbs 4:5-7

2 Timothy 1:7

Summary

*One of the basic principles of responding correctly to God's grace is that if Jesus has already done something, there is no need for us to try to do it ourselves. This applies to many areas of our lives, including our healing. As Christians, we receive good health and take possession of it by faith. We have been healed on every level; when we believe this, we will know how to respond to the doctor's report when it contradicts God's Word. The final authority on our healing is not a physician's diagnosis, but what **God** says. When things look grim, we need to know that it is God's will for us to be healthy. Agreeing with this positions us to receive what He wants us to have.*

A. Our faith, not our works, positions us to receive the good health God wants us to have.

1. Yet we know that a person is made right with God by faith in Jesus Christ, not by obeying the law. And we have believed in Christ Jesus, so that we might be made right with God because of our faith in Christ, not because we have obeyed the law. For no one will ever be made right with God by obeying the law (Galatians 2:16, *NLT*).
 - a. The church tells us we must obey the law to be right with God, but this is a religious teaching that contradicts His Word.
 - b. Our trust in the finished works of Jesus allows us to take possession of what He already did. Our healing—both physically and emotionally—is already done.
2. We must make a decision to believe in Jesus' finished works concerning our healing.
 - a. When we get a bad doctor's diagnosis, we need to go to the Bible and study every Scripture concerning our healing.
 - b. Doctors do not have cures for everything; however, supernaturally, our healing is already finished.
 - c. We have a choice as to who we trust with our healing. Until God's will is known, faith will not work.
 - d. For by grace are ye saved through faith; and that not of yourselves: it is the gift of God (Ephesians 2:8).
 - e. It is God's will for us to be healed, but His will does not automatically come to pass. We must first choose to respond positively to what is available to us.
3. And it came to pass, when he was in a certain city, behold a man full of leprosy: who seeing Jesus fell on his face, and besought him, saying, Lord, if thou wilt, thou canst make

me clean. And he put forth his hand, and touched him, saying, I will: be thou clean. And immediately the leprosy departed from him (Luke 5:12, 13).

- a. The leper questioned whether it was God's will for him to be healed. Jesus answered emphatically.
- b. Seeing Jesus is important in our healing.

B. The ten steps to follow for our healing include a positive response to what Jesus did.

1. 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).
 - a. The first step in receiving our healing is to acknowledge that we are *already* healed. It is significant that this Scripture is in the past tense.
 - b. We must maintain our stance in our finished healing even when sickness shows up.
2. Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it. For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it. For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world (Hebrews 4:1-3).
 - a. The second step is to rest in the finished work of healing. This means that when something happens, we do not stress out over it.
 - b. Rest—with no worries—authenticates our faith.
3. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief (Hebrews 4:11).
 - a. The third step is refusing to labor to *get* healed, but laboring instead to *stay* at rest concerning our healing. We do this by speaking in agreement with what we are resting in, praising and worshipping God, and serving others to get our attention off of ourselves.
4. We love him, because he first loved us (1 John 4:19).
 - a. The fourth step is to believe in God's love for us. When trouble hits, it is important to remind ourselves of this.

C. It is important to take communion, resist negative thoughts, and wage spiritual warfare.

1. Communion is the fifth step. Taking communion is like medicine for our healing, and it gives us a supernatural advantage. It reminds us of the blood sacrifice Jesus made for us.
 - a. I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world. The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat? Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did

eat manna, and are dead: he that eateth of this bread shall live for ever (John 6:48-58).

- b. And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, this cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me (1 Corinthians 11:24, 25).
2. The sixth step in our healing involves taking authority over our negative thoughts. Suggestion is the most powerful weapon the enemy uses against us.
 - a. Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ (2 Corinthians 10:5).
3. The seventh step is to understand spiritual warfare. Regardless of what we see and hear in the natural, it is important to hold on to the healing Jesus already obtained for us.
 - a. Finally, my brethren, be strong in the Lord, and in the power of his might (Ephesians 6:10).

D. We can also praise God, receive godly wisdom from Him, and refuse to tolerate fear.

1. The eighth step is worshipping, praising, and giving thanks to God in the midst of the situation. The enemy is defeated and does not have the ability to steal our joy if we refuse to let him.
 - a. Therefore let us not sleep, as do others; but let us watch and be sober. For they that sleep sleep in the night; and they that be drunken are drunken in the night. But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation. For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ, Who died for us, that, whether we wake or sleep, we should live together with him. Wherefore comfort yourselves together, and edify one another, even as also ye do. And we beseech you, brethren, to know them which labour among you, and are over you in the Lord, and admonish you; And to esteem them very highly in love for their work's sake. And be at peace among yourselves. Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men. See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men. Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you (1 Thessalonians 5:6-18).
 - b. Rejoice in the Lord always: and again I say, Rejoice (Philippians 4:4).
2. The ninth step is to be open to wisdom. God gives us wisdom so that we will know what steps to take in the natural to promote our healing.
 - a. Get wisdom, get understanding: forget it not; neither decline from the words of my mouth. Forsake her not, and she shall preserve thee: love her, and she shall keep thee. Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding (Proverbs 4:5-7).
3. For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind (2 Timothy 1:7).
 - a. The tenth step is to have no fear. Power is the ability to get the job done.
 - b. Fear tolerated is faith contaminated; this throws off our response.

For more on how the finished works of Jesus have made healing available to us, click on the link below for the DVD, *How to Take Possession of Your Healing*.

<http://bit.ly/HowtoTakePossessionofYourHealing>

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