

Garden of the Heart Ministries

Temple Talk Teachings

Healing in His Hands

By Renée Lubinski

Are you in search of a healing? Be it physical or emotional, the best way I can encourage you is through the Word of God. Having suffered sickness and disease myself, I learned how all healing truly is in God's hands and how to entrust it there for good. That entrustment began when I looked full-faced to the Word of God, taking it to into my heart verses just head knowledge. It has been by far the greatest lesson I have learned to this day. When I began to steadfastly look to what God's Word had to say above my physical trials I began to see the hope of a healing ever so gradually as God began to work it out to the point where He divinely healed me, setting me completely free of sickness. Since that time, I've found that God's Word works every time in every possible situation. Today let's look to the area of healing.

You can take God's Word and apply it just like medicine to the situation you or your loved one may be facing. You are not alone. The Bible promises, "He will never leave you nor forsake you."

It is God's Word that will literally arm you with everything you need. God sent His Word to heal you, and His word never fails! He keeps His word. I invite you to print of a list of [Healing Scriptures](#) that I've set to prayer.

Take time to pray out these Scriptures and apply them to the sickness or disease that you or your loved may be battling. You don't have to allow lingering symptoms to discourage you. The instant you pray or have someone pray for you, believe God has touched your body. Don't let doubts arise just because you do not see immediate results. At times, healing may take a process of time. So what do you do in the mean time?

Remember that God's word is the final authority. The Word says: that "*by His stripes you were healed.*" (1 Peter 2:24 refers to past tense), (quoted from Is 53: 4-5, future tense).

Refuse doubt and unbelief. When the devil pokes and jabs you in way of symptoms or whispers words of doubt and unbelief into your mind, deal with it immediately. Cast the thoughts and the devil, down, in Jesus name. (Matt. 16:19 & 18:18).

Praise accelerates the power of God. In faith, praise God for your healing. Don't dwell on symptoms. Instead dwell on God's Word to you. Receive your healing as already taken place and begin to praise and thank God for it.

As well, it's important to put away any stumbling blocks to your faith. They may come through your own body and mind, family, friends, doctors or even well-meaning Christians. Wherever you hear them, do not accept them. "As for the man who is weak in faith, welcome him, but not for disputes over opinions." Rom. 14:1 RSV

Refuse to believe what you see and feel. If what you see or feel contradicts with what the Bible says, only believe the Word of God. What you see and feel are not always real, but may be manifestations of the enemy, to cause fear, doubt and unbelief. You can, as Romans 4:17 says,

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*"Call those things that be not as though they were" ... & vs. 20, 21 "Yet he [Abraham] did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, **being fully persuaded that God had power to do what He had promised.**"*
In order to become "fully persuaded" yourself you must know and meditate on the Word of God.

Concentrate on the Word, not on the illness. Immerse yourself in the Bible, reading it out loud. I encourage you to pray out the [Healing Scriptures](#) daily ... apply them as you would medicine (not in place of medicine) and allow them to wash over you. Follow your physician's orders and realize that God heals in spite of medication. Doctors are God's healing agents and at times medication and surgery may be a pathway that God uses to healing. Regardless, all healing comes from the hand of God.

As well, it's a good idea to listen to tapes/CD's that are full of the Word of God as much as possible and do not forsake the assembling with other believers as the Scripture instructs in Hebrews 10:25.

Do you need faith? Faith comes from hearing, and hearing by the Word of God (Rom.10:17). Fill yourself through the eyes and ears with the Word of God until it fills you up, and overflows out of your mouth. This will release faith, and faith releases grace and healing. (Luke 6:45) ...*for, out of the abundance of the heart, the mouth speaks.*

Do Not Fear! What did Jesus repeatedly say? "Fear not!", "Do not fear!", (Luke 8:50). What do the angels say, every time they appear? "Fear not!". If you ask for Gods' protection, He will place a hedge about you. But, fear is a gateway in that hedge that often times allows the devil to get to you. This is because 'fear' is the devils counterfeit of faith and is considered darkness. Light, (faith), cannot coexist with darkness, (fear). The devil will use every trick, lie, and deception, to cause you to fear and to open the gate of fear. He is ever watchful of that gate. Therefore, keep it closed and locked, by consistently, renewing your mind in the Word.

(Rom. 8:15) ...you have not received the spirit of bondage, again to fear...
(1 John 4:18) ...perfect love casts out fear.

Praise God for your healing. I'm saying it again because it is so vitally important. Praising God for your healing, before you see a manifestation, is the highest form of faith. *This IS the shield of faith!* And afterwards, thank God every day that you are healed.

Do Not Waiver! (James 1:6). James said that the person who waivers in his faith should not expect to receive anything from the Lord. (1 Tim 6:12) ...fight the good fight of faith...
(Eph. 6:12) ...For we wrestle not against flesh and blood, but against principalities, powers, rulers of darkness and spiritual wickedness.
(Eph. 6:13) Therefore put on "the whole armor of God" and stand your ground. And having done all to stand... STAND!

In this context: Salvation, righteousness, truth and the preparation of the Gospel will provide you with divine protection. The Word of God, (*"It is written: ..."*), is to offensively rebuke the devil, (your sword), and faith is to defend against the manifestations of the devil. Once the

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manifestation has been rebuked, and then it 'seems' to return, just go to praising God. (*Father, I praise You, and thank You, that I no longer have to believe what I see or feel.*) This kind of Praise is your defense, (your shield).

Speak forth your belief. Speak words that are in agreement with God's will for your healing. You have to BELIEVE you are healed, and it is difficult if you are constantly talking about "your" sickness. That sickness belongs to the devil. Therefore, every day let God, the devil, and your body know, by what you SAY, *that you believe that you have received* your healing, (Mark 11:23 & Matt. 12:36 - meditate on these verses). What you SAY is important!

If you are not sure how to stand in prayer for your healing, you might recite or pray the following:

"Heavenly Father, I thank You for Your Word that says that by the stripes of Jesus I am healed. I choose to believe that Your healing power went to work in my body the very instant that I believed Your Word. Jesus Christ is Lord over my life - spirit, soul and body. I have received the power of God to make me sound, whole, delivered and healed.

(Name the sickness or disease) , I resist you in the Name of Jesus. I enforce the Word of God on you. I praise you Father that Jesus bore not only my sin but also my sickness, weakness and pain. I thank you that you watch over Your Word to perform it in my behalf. In the Strong Name of Jesus I pray, AMEN!

To this day this I stand on these Biblical principles from God's Word when sickness strikes, even if it's a sore throat that tries to attack my body. God's Word works every time.

If interested, you can read [Renée's Healing Testimony](#) in full by clicking on this link.

Have a happy, prosperous and blessed day -- spirit, soul and body!

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In addition to writing Temple Talk articles and recipes, Renée Lubinski is a [speaker](#) for women's conferences, workshops, seminars and retreats. Feedback is warmly welcomed, so please feel free to [email](#) her with your comments, questions or suggestions!

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