

Release Your Healing

You deliverance is in the detail

Study Guide

By

Dr.Andrew David

Release Your Healing– Study Guide

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Author email: releaseyourhealing@gmail.com

On Eagles Wings

When your world comes crashing down

Left broken and all alone

Remember,

You are not falling

You are soaring

On Eagle's wings

When the strength in you is failing

Laughter turns to weeping and wailing

Remember,

You are not falling

You are soaring

On Eagle's wings

When your heart is full of pain

Lost forsaken and frail

Remember,

You are not falling

You are soaring

On Eagle's wings

When you keep your eyes on the one

Who died rose and victory won

Remember,

You are not falling

You are soaring

On Eagle's wings

—Nisha David

All things are possible to him who believes!

–Jesus

How to use this guide?

1. The lessons are broadly divided into two sections.

Section A focuses on establishing you in foundational truths for healing. *You should put on a mind-set of a student when studying these lessons.*

Section B focuses on application of what you have learnt. You should put on the mind-set of a disciple when studying these lessons.

2. This guide is written for two purposes
 - To equip you with *accurate knowledge* about your identity.
 - To encourage you to internalize these truths by meditation in your heart. In doing this, you will experience healing.
3. Use this guide for a personal study and application. As a disciple you are seeking to live as the master lived.
4. At the end of each lesson, a blank page is given for reflective writing. Read through each lesson at your pace. Then go through the lesson summary and answer all the questions. Now spend time reflecting on what you have learnt. Remember the goal is not to finish the book, but life transformation!
5. Do the soaking exercise after reflective writing.
6. Always have your own Bible next to you. Go through the scriptures in your personal Bible as much as possible.
7. You will see number in superscript in the texts. That number corresponds to scripture reference at the end of each lesson. This is for you to understand the scriptural basis for the thoughts put forward in the lessons.
8. You may gain a lot of new knowledge. Do not use that knowledge to initiate an argument with others. If you find yourself doing that, that's a red flag that you are moving away from your goal of this study. The goal of your study should be to experience transformation.
9. Take your time to go through the whole study guide, taking notes as you go along. After finishing once, go through it all over again. Do these as many times as you

needed. Each time you will see and learn different aspects of truth as the Holy Spirit shows you.

10. As you study and gain understanding, you may have an overwhelming experience of joy in your heart. This is a good sign that you are entering into transformation. Keep going! On the other hand, you may not have any feelings at all, remember it's not feelings that count; it's faith in your heart that matters.

This study guide is designed to be used in conjunction with the *healing school* and *healing seminars* conducted by the author. For details see the author information page at the end. This doesn't mean that you will not be benefited from studying on your own. Never forget, it's the Holy Spirit who is your teacher!

Reflective Writing

Reflective writing is the life blood of learning.

Without reflecting on what you read, you have lost it and probably wasted your precious time. So, I encourage you to take this seriously.

Ask yourself these questions,

What did I learn from reading this lesson?

How is it going to be practically useful for me?

Always write it in first person singular.

Write briefly using your own words. If you are artistic use drawings to capture what you have learnt.

Soaking Exercise

This is a meditative exercise to unwind your mind. Preferably do it just before going to bed and/or first thing early in the morning.

Always play a soft music, preferably an instrumental worship in the back ground.

Close your eyes and focus your mind on a particular passage of scripture to begin with (my favourite is Psalm 23), this will help you to calm your mind.

As you listen to the music and keep your mind focused, now begin to see in your imagination, how your life will look like if what you learnt from the lesson are real in your life now. Use all your imaginative power to see it real in your heart, keeping your eyes closed all the while.

To start with do it for 10 mins. Once you learn this technique, you will find yourself doing for hours.

While you are soaking, you may get inspiration concerning health, business, or anything concerning your life. Write them down in the page given. God speaks to you in your heart and you are learning to develop a listening ear.

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Introduction

The message in this study guide revolves around the truth about the death, burial, and the resurrection of Jesus Christ. The healing of your body and mind which you seek fervently is woven in this revelation.

In my own life, I suffered for several years because I did not understand the finished work of Jesus. My prayers were not grounded in the New Covenant realities. I simply did not know who I am in Him. I have not yet come to grasp this fully, but I left the place where I used to be. You too will start this incredible journey of finding your true identity; your completeness in Him! My life was a defeated life for a very long time. What I mean by that is; I was addicted to sinful habits and was also sick in my own body. There was a huge gap between what the Bible claim to offer and what I was experiencing in my life. I knew He was the answer but I just didn't know how to get it. It is at a time of utter despair I turned to the Lord more seriously. I kept seeking Him and then one day the scales fell off. I was meditating on the book of Romans chapter 6 to chapter 8, and I saw the cross of Christ for the first time in my heart. The work of God on the cross is a marvellous work of Grace. Now, I want to tell the whole world what Jesus did on the cross. Especially to those who are struggling with sickness in their bodies and minds. So this Study Guide!

This guide is broadly divided into two sections. In section A, I have elaborated about the condition of the heart after the fall of man and how Jesus had fixed it. The death, burial, and the resurrection of Jesus are the most important revelation every believer needs. Sadly, many don't know what happened on the cross. A vague sense of Jesus taking our sins away is what most of the believers understand about the cross. Though that is true in every sense, there is more depth to it! This revelation is the key that unlocks everything a believer can receive from God. Remember, God has done His part. Now we have to engage in the process to actuate what has been freely given to us. The first five chapters go into detail about what

happened at the cross and what has happened to us when we first believed. You can live a life of victory and defeat sickness, demons or any other adversity that you are currently facing. Section A focuses on accurate information about the death, burial and the resurrection of Jesus. Again, giving you accurate information alone is not my primary aim. Hence, Section B.

In Section B, the information you have gained will be transformed into reality, when you engage in the process detailed inside. In Section B you will understand more about how to connect with the cross and experience resurrection life. You will learn more about communing with God in your heart. God is a heart God! God lives in our hearts. The heart is the new holy of holies. In the Old Testament, the tabernacle was a picture of the man. The true temple of the Holy Spirit is the man himself. The spirit part of the man is the new holy of holies. God abides in our spirit. Unless we learn to commune with Him in our hearts, we don't know how to experience eternal life. Ignorantly, we are trying to move God thinking that He is somewhere up there in heaven. But the truth is, He lives in the new holy of holies, which is our heart. What we need to do is to learn to enter into the secret place of the highest. The veil that is stopping us from seeing God is the un-renewed mind. Remember, only we can tear the veil of our minds. When we tear that veil, then, only then we can see God as He is in our spirit. The resurrection power is locked-up inside us! We need to learn to release it otherwise we will miss out. The 'mighty move' believers everywhere are eagerly waiting is actually inside every spirit-filled Christian. Your healing is inside you as you are about to find out and release it.

End notes

Every chapter has scripture reference numbered at the end. The verse number corresponds to the number that is in *superscript* in the text of the chapter.

Read this first

You picked up this study guide because you have not given up hope on God's word, and you want to experience healing in your physical body and your mind. Probably your health has been worrying you. You have prayed and confessed all the healing scriptures relentlessly like the others who have testified before you. Maybe it has not worked for you. What am I doing wrong? It burns within your soul. If you are sick and tired of being sick and tired, you are ready to leap into this incredible journey. I firmly believe that God has placed this book in your hands because He loves you and wants you to experience the truth. This book will not show you what's wrong about you; rather, it will show you what has been made right about you. I am going to take you on a journey. A journey you have been destined to travel like the renowned men and women of the Bible. Many have travelled this road before and still others like me are discovering this road on a daily basis, a road that is least travelled. Jesus said that many are those who take the road that leads to destruction, but only a few will find the road that leads to life¹. You are going to find that road!

You will receive your healing during this study, but I intend to take you beyond that. I want you to see how God desires that you walk in divine health by experiencing who you are in Him. You will be transformed by the truth as you understand and apply the truth in your life. This transformation will be a painless transformation.

I went by the field of the lazy man,
And by the vineyard of the man devoid of understanding;
And there it was all overgrown with thorns,
Its surface was covered with nettles;
Its stone wall was broken down. Proverbs 24: 30-31 NKJV

Sickness and disease are like thorns and nettles in our lives. The vineyard of our lives is destroyed and its stone walls are broken. Wisdom says that this destruction is because of a lack of understanding and a lazy man will not take time to gain understanding. It's been said

ignorance is bliss! No, it's not a bliss, rather, ignorance is killing us and taking us into captivity^{2,3}. The one thing that God said that will keep His children in captivity is the lack of knowledge. The word captivity means to get trapped or to get arrested. We are trapped in sickness and disease and this is oftentimes because of our lack of knowledge more than anything else. In Hebrew language ignorance is compared to darkness. The power of Satan is our ignorance of the truth. In the parable of the sower, Jesus said he who accepted the word and understands it, it is he who will bring forth a great harvest⁴.

David was one of the greatest kings of Israel who loved the Lord all his days. His son Solomon was the wisest and richest king who ever reigned in Israel after David. Solomon received many instructions from his father growing up under his care. One such instruction is this,

Wisdom is the principal thing; Therefore get wisdom.

And in all your getting, get understanding. Proverbs 4:7 NKJV

The issue of understanding is related to the heart. The Bible says that God sent His word and healed and delivered His people from all destruction⁵. God loves His children and desires that they walk in divine health and prosperity⁶, and to this cause He gave the Word. His word when received with faith in the heart and applied in your life, it will produce what it says. God's word will produce healing in your body! The wisdom Jesus gave to the church is to study and understand His word. This understanding is not a mere mental grasp of the information. It's an intentional study of the truth to the point that it becomes part of one's identity. Man was not designed to live by food alone, but by every word that proceeds from the mouth of God. A born again believer who is deviating from the word will soon wither away because he is deviating from his or her life source.

Like how the Apostle Paul exhorted Timothy to meditate on God's word and to give himself entirely to the word⁷, we too should commit ourselves entirely to studying God's word. You will never regret it! A disciple is someone who wants to live as the master lives. It requires commitment! So in this book, I encourage you to commit to learn and understand His ways. With that commitment, you are ready to move on.

Jesus said to His disciples to be careful about what they were hearing. The measure of thought and study they give to the truth they hear will be the measure of virtue and knowledge that comes back to them—and more besides will be given to them (Mark 4:24 AMP Paraphrased).

Health is found in God's word and moreover His word can drive sickness out of your body. The word health in the following verse is translated from the Hebrew word which means medicine. Today's modern medicine has many negative side-effects. Sometimes the side-effects are worse than the disease itself. However, unlike modern medicines, God's word has no negative side-effects, rather positive ones!

My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight; keep them within your heart; for they are life to those who find them and health to one's whole body. Proverbs 4:23, NIV, emphasis mine

I have approached some truths from various angles in this book. Some truths like our identity in Christ, biblical meditation, walking in the spirit are worth studying in detail. Because they are the keys to actuate your healing and maintain it. No matter how bad your situation is, it can be changed! All one needs to do is learn how to believe. Jesus said that all things are possible to him who believes. If somethings are not possible for me, it only means that I have not learnt how to believe for it. Like it or not, we are a product of our society. The society that we live in has a strong influence in our subconscious mind. Therefore, when we go counterculture in any area, it needs a greater amount of dedication and focus from our part to bring change in our lives. Change is often threatening to us. The word repentance means to change one's mind. Every time when my opinion and God's opinion are at opposition, I need to lay down my opinion and take his opinion as mine. This is what repentance is and this is the way of a disciple.

In the story of the women with the issue of blood who touched the hem of the garment of Jesus to receive her healing, the Bible records this: "for she had been saying to herself, "If I only touch His outer robe, I will be healed." (Matthew 9:21, AMP). This is what meditation is. She kept rolling that thought over and over in her head. "Saying to her-self" means self-talk. The voice that has the most powerful influence in your life is your own voice. This has

been the way of life for the psalmist David because many psalms are nothing more than self-talks. I believe this should be the way of life for us too if we want to change our lives for the good. The society and social media is full of negative voices. If we are not careful to filter them out, we will succumb to its negative influence over our lives.

The ONLY aspect of Christian living the Bible promotes consistently is the aspect of WALKING IN THE SPIRIT. From Genesis to Revelation that is the one core message of the Bible. The Apostle Paul said the spirit lusts against the flesh and the flesh lusts against the spirit⁸. The greatest challenge you will face in your life is the challenge to change your fixed non-biblical pattern of thinking. To be spiritually-minded is life and peace. Deliverance in the area of sickness is easy when you learn how to walk in the spirit. The entire construction of this book is to encourage you to see this truth. In this book you will also learn more about the heart because your heart is your true identity, and how healing has to first and foremost start in your heart. Walking in the spirit is intricately linked to the condition of your heart. This book will also show you how to influence your heart positively and permanently with God's word. It's important to understand the brokenness of the heart of the fallen man and how Jesus offers to fix it. One can never fix their issues of life by their own strength, and that is the reason Christ offers His life for us to make it our own; you will understand this further along. People with broken hearts do not have a healthy sense of boundary and therefore they cannot perceive where they stop and others begin. A broken heart is the root cause of all sickness and diseases! As born again Christians, we too can be broken hearted over issues in life. However, when that happens, we should know how to redeem ourselves. The cross is not a onetime experience in the life of a believer. It's an everyday experience for redemption, one situation at a time. This is why the Bible says Christ has become unto us redemption (1 Corinthians 1:30). Only in Him we are complete, and this is the beginning and the end of the whole matter.

Scriptural Reference and Endnotes

1. “Enter by the narrow gate; for wide *is* the gate and broad *is* the way that leads to destruction, and there are many who go in by it. Because narrow *is* the gate and difficult *is* the way which leads to life, and there are few who find it. Matthew 7: 13-14 NKJV.
2. This scripture is often taught as, “many are going to hell and only few are going to heaven.” But if you see the context in which Jesus is teaching, He is talking about principles of Kingdom living. You will understand this during the course of the study.
3. My people are destroyed for lack of knowledge. Because you have rejected knowledge... Hosea 4:6a NKJV.
4. Therefore my people have gone into captivity, Because *they have* no knowledge; Their honorable men *are* famished, And their multitude dried up with thirst. Isaiah 5:13 NKJV
5. “Therefore hear the parable of the sower: When anyone hears the word of the kingdom, and does not understand *it*, then the wicked *one* comes and snatches away what was sown in his heart. This is he who received seed by the wayside. ²⁰ But he who received the seed on stony places, this is he who hears the word and immediately receives it with joy; ²¹ yet he has no root in himself, but endures only for a while. For when tribulation or persecution arises because of the word, immediately he stumbles. ²² Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful. ²³ But he who received seed on the good ground is he who **hears the word and understands *it***, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty.” Matthew 13: 18-23 NKJV *emphasis mine*.
6. He sent His word and healed them, And delivered *them* from their destruction. Psalm 107:20 NKJV.
7. Let them shout for joy and be glad, Who favor my righteous cause; And let them say continually, “Let the LORD be magnified, **Who has pleasure in the prosperity of His servant.**” Psalm 107: 20 NKJV *emphasis mine*.

8. Meditate on these things; give yourself entirely to them, that your progress may be evident to all. Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you. 1 Timothy 4:16 NKJV

A Healing Testimony

It all changed when my health tumbled down! A dream to establish a successful career, earn money and enjoy life was at threat when I was diagnosed with a chronic health condition. Depression, despair and frustration were raging within me. The God of the Bible reveals Himself as Jehovah Rapha (which means the Lord heals) to the Israelites (Exodus 15:22–27). Throughout the Bible, we see the historical record of God’s healing power manifest in different periods. Even to this day, there are many healing testimonies around the world witnessing to God’s healing power. Waves of revival were birthed out of such supernatural encounters and experiences. Jesus carried our infirmities on His own body on the cross and by His stripes, we are healed! There are many believers in the church, however, have not received healing in their bodies. They have prayed and believed but it has not worked for them. Why? It never bothered me until I was sick in my own body. The Bible says, hope deferred makes the heart sick (Proverbs 13:12). For many, hope had been deferred in the area of healing and this has caused many to be disappointed with God.

As a medical doctor, I was not paying much attention to divine healing. After all, modern medicine is very sophisticated and has the answer to many diseases. This was my attitude towards sickness and diseases. This mind-set, however, was quickly shaken when I fell sick in my own body with a chronic autoimmune health condition. This led me to years of searching for answers both in the medical books and in the Word of God. I have cried and begged God to heal me, screamed at God in frustration, been through depression, and even desired to end my life a few times. I was in this emotional roller coaster for a long time. So, I come to you sympathetically, not only as a doctor but also as a patient myself. This experience of mine gave birth to this writing.

I became a Christian at the age of 17. Though I was born into a family of churchgoers every Sunday, I could not call myself a disciple of the Lord Jesus until I gave my life to Jesus at the age of 17. Even then, I was only following the Lord Jesus at a distance. I finished my medical degree and a postgraduate diploma in India and moved over to England to pursue a

career in the field of Anaesthesiology and Intensive care medicine. I completed my fellowship program, FRCA, in London. It was seven year training in the field of Anaesthesia and Intensive care medicine after which I was qualified to become a consultant. I joined the National Health Services, England, as a consultant in Anaesthesia and Intensive care medicine.

In less than two years of being in the UK, I developed signs and symptoms of inflammatory bowel disease called crohn's disease. It was a very sad day for me and I wept bitterly on the day when I received that diagnosis. All my medical knowledge about the disease plunged me into a state of despair and depression because I knew in my mind it's a chronic condition with no medical cure. At its best, the symptoms can be kept under control with medications. I was soon started on strong medications like steroids and immunosuppressive medicines. These medications had profound effects on my body.

I was slowly getting used to a new kind of life; on and off strong medications, frequent blood tests, endoscopy tests etc. I started getting side effects to the medication at which point the dosage was regularly altered to find a happy medium. I hated this life and even thought of ending my life a few times. I was married and had children who were a great source of joy in the midst of pain and hopelessness. As life went on I focussed on building my career. I finished my training successfully and became a consultant in the National Health Services, England.

During one of my regular follow up visits to my doctor, one of the consultants said to me that I needed to get used to this kind of life. Deep inside me, there arose a resounding no. I heard it clearly in my spirit. Nevertheless, I was getting used to a life of remissions, flare-ups, strong medications, and blood tests amidst a busy career.

Where is God when you need Him the most?

I have been a Christian since the age of 17. In my view, I had lived a good Christian life since that time. I attended church regularly and was active in many mission works connected to the church. I gave my time and money regularly for God's work. Why has this happened to me? I put on a victim mind-set and found myself arguing with God in prayer many times. May-be God was punishing me for my past sins, may-be I am a bad person, may-

be someone in my family tree is cursed. I was constantly battling with these kinds of thoughts. And where is God when I needed him the most? I turned to numerous Christian friends and Pastors who would pray for me but I was not experiencing healing in my body. Subtly I became cold towards God.

A good friend of mine, who is also a medical doctor, gifted me a DVD of healing testimonies of people who were healed by the power of God. I disregarded that DVD and was not keen on watching it for a long time. But one day I had a strong urge in my heart to watch that DVD. As I watched, I saw people testifying to the power of God which they experienced from His word. Many testified that they stood on God's word and received healing in their bodies. From watching those testimonies, I learned something about faith which I had not known before. I realised faith is real and how I was not in faith. Though I was sincere in seeking God, I was sincerely ignorant of God's ways. With renewed hope, I turned to the Lord one more time. I humbled myself and prayed sincerely that I am ready to learn from Him. I started my healing journey on that day. Honestly, I cannot tell when exactly which date I got well. It came in increments as I kept my focus on Him. I had to fight against years of bad theology, medical knowledge and outright unbelief. God took me on a journey; a life-journey of surrender whereby I not only received healing in my body; but I am also learning to experience the resurrection power of Christ in the other areas of life too. I may not have arrived yet, but I left the place where I used to be. I know deep in the inside, I am travelling on the right path.

This book is birthed out of this journey. I have written this book with great hope and faith that it will transform your life for good. Actually, when it comes to the Christian way of living, there are only two options, a life of transformation by the power of God or dead religious works. There is no third option! As you read and understand this book, I am confident you will receive healing in your body. But the purpose of this book is not just that, it's about learning to experience the goodness of God in every area of your life starting with health.

God's word is infallible, absolute, perfect, and unshakable. The wisdom Jesus taught us is to apply God's word in our heart. Sadly, that is the one place we have ignored. You will discover the missing link between the power of God and your bodily healing is the heart. You

will understand God's word is designed to work in your heart! It is from the heart, God's power will minister to your body. Faith works from your heart, a heart that is fully persuaded in the promises of God.

After working for several years as a consultant, God called me to the work of the ministry. So, I resigned my job as a consultant and now travel around the world; teaching and preaching the good news of Jesus Christ. I also serve my local church as an Associate Pastor. When I share my testimony and minister in the area of healing, I see people connect with the truth and step into the abundant life which Jesus promised.

My friend, I believe my testimony would have rekindled hope in your heart. Now, I want you to commit. A commitment to know the truth! Remember the words of Jesus, "You shall know the truth and the truth will set you free" (John 8:32). This knowledge is not mere mental information, but experiential knowledge. Our goal is to see the truth alive in our hearts and manifest in our lives. This is a called transformation!

Prayer

Dear Father in Heaven, thank you for guiding me all the days of my life. I may not fully understand at this point why I have been sick but I commit my life and my time once again to you. As I go through this material, please speak to me, and open the eyes of my understanding. Reveal your word to me. I pray that I will come to know the hope of your calling, the riches of your inheritance in me and learn to connect and fellowship with resurrection power.

In Jesus name, I pray. Amen!

If you have sincerely prayed this prayer, wait and watch what God is about to do in your life.

Lesson 1

GOD'S WILL FOR HEALING

After Jesus finished preaching to a large group of people, He came down from the mountain and a great multitude followed Him. Amidst them, a leper came and worshipped Him saying: “Lord, if you are willing, you can make me clean!” Then Jesus put out His hand and touched him saying: “I am willing, be cleansed!”¹

The leper understood that Jesus had the power to heal him. He had probably seen from a distance how Jesus healed everyone who went to Him. So, the question in his mind was not whether Jesus had the power to heal or not, but will He use that power to heal his leprosy. It was in those days lepers were untouchables and social outcasts. So, his concern was quite legitimate. With that question in his mind, he approached Jesus. Jesus healed him by touching him and showing him His love and acceptance.

Many people have similar question. Is it always God's will to heal my physical infirmity? Unless this question is settled in one's heart, one can never move with confident expectation towards God. Hope is confident expectation of good things and faith never works without hope. Questions like the above can linger in our head and sometimes cloud our confidence with God. These questions are born out of many genuine negative experiences. We all know at least someone who believed in God for healing and died or is still suffering from sickness. These negative experiences have created a hardness of heart in many believers and some have become quite cynical regarding healing. People pray and throw the ball in God's court and wait for Him to move in His time, anything more than that there is hesitancy. Smith Wigglesworth a mid-19th-century preacher who moved in the mighty power of God

said, “Faith leaps but fear hesitates.” Hesitation is a dangerous enemy of faith. When I minister to people on the area of healing, the first and foremost question I will ask them is, “Are you absolutely sure that it is God’s will to heal you?” If they are unsure, then I will show them from the scriptures and bring them to a place where they can see it in the word of God that it is God’s will to heal them. Only after that point, I move forward. Any attempt on my part before clearing that doubt is just a useless exercise that leads nowhere.

God revealed

In the book of Hebrews, the Bible says that God at various times and in various manner spoke in times past unto the fathers by the prophets, but in these last days spoken unto us by His Son². The period *these last days* mentioned above started from the time Jesus began to open His mouth to preach about the Kingdom of God. Jesus was the perfect representation of the Father in a human body. In the Old Testament period, the revelation about the nature of God came to men through the prophets. But in Jesus, we have God in the flesh³. Jesus is the embodiment of all that who God is. The Apostle Paul said that in Him dwells the fullness of the Godhead bodily (Colossians 2:9). Without Jesus, we don't have an absolute reference point for knowing and understanding God. In Jesus, we have a clear picture of who God is and what is His true nature. Any conclusion about God's true nature outside of Jesus is a faulty understanding based on either wrong translation of language or incomplete understanding in our part. The Apostle John makes this point quite clear in the following verse.

No one has seen God [His essence, His divine nature] at any time; the [One and] only begotten God [that is, the unique Son] who is in the intimate presence of the Father, He has explained Him [and interpreted and revealed the awesome wonder of the Father]. John 1:18 AMP

On the mountain where Jesus was transfigured, His face and His clothes became bright like a noon day Sun; a voice came from heaven crying: “This is my beloved Son, in whom I am well pleased; hear Him⁴.” There were Moses and Elijah standing in that mountain

along with few of the disciples, but God squarely put His focus on Jesus. Concerning the true nature of God, it is the Son we need to hear! If Jesus is not the place where you look to understand the true nature of God, then you are looking at the wrong place and probably your image of God in your mind is an idol. That image (or idol) might have been constructed using Old Testament scriptures, life experiences or traditional beliefs, nevertheless it's an error! This is an absolute truth! In writing to the church in which some were deviating to agnostic teachings, the Apostle John warns the believers to abstain from building idols in their minds. His firm affirmation is that Jesus has come and given an understanding about God and no new revelation is needed!⁵

God revealed Himself through His Word in the Old Testament. However, It's only through the life and teachings of Jesus, we can see how that word looked like in real-life practice. All the actions of Jesus were motivated by love because God is love. The Apostle John wrote that God was the word from the beginning and Jesus was the Word in the flesh.^(6,7)

I write all this to raise this question. Did Jesus heal everyone who came to Him in faith? If your answer is yes, then that is God's will for your situation too.

Consider the following scriptures carefully and ponder over it.

And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and **healing all manner of sickness and all manner of disease among the people.** And his fame went throughout all Syria: and they brought unto him all sick people that were taken with diverse diseases and torments, and those which were possessed with devils, and those which were lunatick, and those that had the palsy; and he healed them. Matthew 4:23, 24 emphasis mine.

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 Matthew 8:16 emphasis mine.

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, emphasis mine.

But when Jesus knew it, he withdrew himself from thence: and great multitudes followed him, and **he healed them all**. Matthew 12:15, emphasis mine.

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**. Matthew 15:30, emphasis mine.

And when they were come out of the ship, straightway they knew him. And ran through that whole region roundabout, and began to carry about on beds those that were sick, where they heard he was. And whithersoever he entered, into villages, or cities, or country, they laid the sick in the streets, and besought him that they might touch if it were but the border of his garment: **and as many as touched him were made whole**. Mark 6:54- 56, emphasis mine.

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, emphasis mine

It is *always God's will to heal you*. We will address how to get healed later. For now, I want you to see this clearly so that there is not an iota of doubt in your mind concerning God's perfect will for your healing. Please take the time to review the above scriptures and contemplate on them. It's time to settle this in your heart once and for all. Don't be in a hurry to read further on. Let God's perfect will become anchored and deeply rooted in your heart. If this is not the starting point, you will never start the journey of persuading your heart. And definitely, you will never arrive.

Now, I want to raise another question: Could Jesus heal everyone? He could not!

Consider the following scriptures.

So they were offended at Him. But Jesus said to them, “A prophet is not without honour except in his own country and in his own house.” **Nor He did not do many mighty works there because of their unbelief.** Matthew 13:57 NKJV, emphasis mine

And **he could do no mighty work**, save that he laid his hand upon a few sick folk, and healed them. And he marvelled because of their unbelief. And he went around the villages teaching. Mark 6:5-6 NKJV, emphasis mine

The variable was not Jesus. The power of God was available for everyone to access. Therefore the variable was the hearts of men. Many could not see Him beyond His natural body. They were familiar with His family and childhood days⁸. Remember, Jesus looked very ordinary on the outside. The power of God was only in His spirit. Familiarity breeds contempt! As you study this book, you will learn more about the practical definitions of faith and unbelief later. The purpose of this study is to get you to the place of unwavering trust in the promises of God. This is called faith. But I call this *the biblical faith*, which is being fully persuaded in your heart. The Apostle Paul came to this place of being fully persuaded in his heart that He is able to keep what he has committed to Him until that Day of Jesus Christ⁹. Without coming to that place of full persuasion of the heart, your faith will not work.

My aim in writing this book is to usher you into that place where you are fully persuaded about the goodness of God. When you see who God really is, and how His ways are wonderful and good, and how His burden is light and easy, your heart will be fully persuaded. If we are not studying the Bible for that reason, we are wasting our time. Many times, in our prayer life we are trying to persuade God to agree to our fantasies. The truth is God has already moved by His unfailing love. Christ has died for the sins of the whole world. He has risen. The veil is torn. The invitation is open. The promises are sure. The New

Covenant is the only Covenant that is valid before God. They are wrought in Christ! Will you step in? Will you change your mind? You see, *repentance* is when we change our mind. Repentance happens when we surrender our opinions and take up His opinions as our reality. God is waiting for His people to come to this knowledge.

Jesus became a curse

The prophet Isaiah saw the sufferings of Jesus on the cross hundreds of years even before the birth of Jesus. Isaiah said how He will be wounded for the sins of the whole world, and by His chastisement, He will purchase peace for the whole world¹⁰. This is the covenant of peace which was prophesied in the Old Testament¹¹. The new covenant is God extending peace towards man through Jesus. To purchase that peace Jesus had to become a curse on our behalf on the cross.

Even with all the advancement in medical science, doctors are still perplexed about the origin of many diseases; I would even go to say almost all diseases. Where does sickness come from? In Deuteronomy chapter–28, the blessings and curses attached to the Law of Moses are documented. When you study the curses listed in that chapter, you can see that all forms of sickness are a curse. When I compared this list to a list in the medical textbook, I noticed that all the categories of sickness which is recorded in the medical textbooks are also found in Deuteronomy chapter–28. This curse was brought upon mankind by Adam’s sin. Adam’s sin gave birth to the flesh! It is through the flesh; Satan finds access to our lives.

Until the Laws and the Commandments came into the world, the whole human race was under the curse. The Law brought sin to light and also brought in a provision for man to temporarily escape from the curses. The Law showed that man was a sinner but the Law could not make any man perfect before God. The only way he can protect himself from the penalty of sin was to offer an animal blood sacrifice. This is why God established animal blood sacrifices in the old covenant laws. These blood sacrifices were types and shadows of Jesus Christ in the old covenant. God in His great love and mercy brought an animal sacrificial

system that will temporarily protect man from the tyranny of Satan. If the Law of Moses had not been given, there would not have been a single virgin to bring in the Messiah because Satan would have corrupted the bloodline of Jesus¹². So the Law of Moses put a harness on the effects of sin temporarily. Bringing in the Messiah was the ultimate plan of God for the nation of Israel in the old covenant. God always wanted to save the whole world from the tyranny of sin. John wrote that God loved the whole world that He gave His only begotten son so that whosoever would believe in Him should not perish but have everlasting life (John 3:16). The only way to accomplish this was to bring in a Messiah who will be sacrificed for the entire human race to redeem mankind from sin.

The Greek word for salvation is a compound word which also means: to heal, to deliver, to be made whole, to be protected, and to prosper! This is the reason that the work of Jesus Christ on the cross applies both to salvation and healing. This healing is not only an internal heart healing; it also includes our physical bodily healing. Paul said that Jesus became a curse by hanging on the tree and delivered us from the curse of the law¹³. The good news of the gospel is that we need not suffer from the effects of the curse.

Healing is your birth-right

When you are born again, you are born into a new family and with it come new birth-rights. Once addressing a woman who needed healing and deliverance in the gospels, Jesus called healing as children's bread¹⁴. Are you a child of God? Then healing is your bread. No loving father will deny bread to their children. How much more our loving Heavenly Father wants His children to walk in divine health? Think about that!

A life of surrender

A disciple is someone who is just not attempting to know what the teacher knows; he is attempting to live as the master lives. This should be your goal in life too, to live the life Jesus offers. One time a scribe came to Jesus and said to Him, "Teacher, I will follow you wherever you go." And Jesus said to him, "Foxes have holes and birds of the air have nests, but the son of man has nowhere to lay His head"¹⁵. A student wants to gain intellectual knowledge. But

Jesus is not just offering intellectual information. Knowledge puffs up! Jesus is offering way more than what we can desire or ask. He is offering the keys to experience God's life, eternal life in this world here and now. Then another of His disciples said to Him, "Lord let me first go and bury my father," But Jesus said to him, "Follow Me and let the dead bury their own dead." On the surface, a life of surrender looks scary; feels like pain and misery. But the truth is we are surrendering our flesh life for the spirit-life, we surrender what we held all this time an illusion called "life" for that which is eternal life which God had made available for us in Christ. True freedom is found only in a surrendered life! Christian life is an exchanged life; His life for our life, His health for our sickness and His victories for our failures. Paul said in Galatians 2:20, "I have been crucified with Christ [that is, in Him I have shared His crucifixion]; it is no longer I who live, but Christ lives in me. The *life* I now live in the body I live by faith [by adhering to, relying on, and completely trusting] in the Son of God, who loved me and gave Himself up for me." This phrase "No longer I live yet I live" is a paradoxical truth that cannot be fully explained to the satisfaction of the carnal mind but can be experienced in this life.

Religion has defined surrendering to God as putting on a low self-image and calling oneself an unworthy worm and cry for God's mercy. When we do that and maybe if God is in a good mood He will accept and love us. This may be an exaggeration, but many times that's been the tone of our surrender. This type of *surrender* is just asceticism in disguise. This is a work of the flesh, dressed up in religiously accepted terminology and some churches are full of such delusional exhortations. You are even celebrated as a humble person for putting on such attitudes. The Apostle Paul called all such attitudes as self-imposed religion, false humility, but are of no value against the indulgence of the flesh (Col 2:23). Remember, you surrender your life either religious way (work of the flesh) or God's way (walk of the spirit). There is no other option!

Biblical surrender is a two-way process. True biblical surrender is when we lay down our opinions and take up His opinions as truth, even if that doesn't make sense to our carnal minds¹⁶. For example, when you think and feel that you are a sinner but His word says that you are made righteous in Him, you have a choice. Either you go with your feelings and

disregard what the word says about you or surrender your opinions and feelings and accept God's view of you as truth. Walking by faith is not a blind leap into the dark. Walking by faith is to walk with your hearts fully persuaded because you have judged God faithful and that His promises are infallible.

LESSON 1– SUMMARY POINTS

- Jesus is the perfect representation of the Father in a human body.
- It is always God's will to heal you.
- Jesus became a curse for you on the cross.
- Healing is your birth right.
- True freedom is found only in a surrendered life.
- True surrender is when you lay down your opinion and take up His opinion about you as truth.
- Walking by faith is to walk with your hearts fully persuaded because you have judged God faithful and His promises are unshakable.

LESSON 1-DISCIPLESHIP QUESTIONS

1. What was the most pressing question in the mind of the leper who came to Jesus?

2. What do you think is the reason for doubts in many people's minds regarding healing?
(Write 2 reasons)

3. Through whom did God reveal Himself in the Old Testament according to Hebrews chapter 1:1?

4. Who is the best representation of God according to the Apostle John?

5. There are many scriptures showing that Jesus healed many who came to Him. Can you give 4 references?

6. Could Jesus heal everyone? Give biblical reference.

7. Why couldn't Jesus heal all the people in some towns?

8. What is the main goal of a person who wants to be a disciple of Jesus?

9. What is Jesus offering to mankind?
10. What is the religious idea about surrender to God?
11. According to Colossians 2:23, what are the attributes of false humility.
12. What is the true biblical view on surrendering oneself to God? Can you give a reference?
13. In which book of the Old Testament can you find the curses listed?
14. What does the Greek word for salvation mean?
15. Is healing your birth right and why?

LESSON 1-ANSWER KEYS

1. Will Jesus use his power to heal me?
2. Past negative experiences, hardness of heart
3. Prophets
4. The Son of God, Jesus.
5. Matthew 4:23-24, Matthew 8:16, Matthew 12:15 & Acts 10:38
6. No, Jesus could not heal everyone. Mark 6:5-6, Matthew 13:57
7. Unbelief
8. Learn knowledge with an intention to apply it in day to day practise.
9. Eternal life, God's quality of life to be lived on earth.
10. Have a low self-esteem and call yourself an unworthy person.
11. Self-imposed rules/regulations and neglect of the body.
12. Surrender your opinion of you and take God's opinion of you. Ephesians 4: 20-24
13. Deuteronomy chapter 28
14. To be saved, healed, made whole, protected and prospered.
15. Yes because we are God's beloved children

LESSON 1—REFLECTIVE WRITING

LESSON 1–SOAKING EXERCISE

LESSON 1—SCRIPTURE REFERENCE

1. When He had come down from the mountain, great multitudes followed Him. And behold, a leper came and worshiped Him, saying, “Lord, if You are willing, You can make me clean. Then Jesus put out His hand and touched him, saying, “I am willing; be cleansed.” Immediately his leprosy was cleansed. Matthew 8:1-3, NKJV
2. God, who at various times and in various ways spoke in time past to the fathers by the prophets, has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds. Hebrews 1:1-2, NKJV
3. And without controversy great is the mystery of godliness: God was manifested in the flesh, Justified in the Spirit, Seen by angels, Preached among the Gentiles, Believed on in the world, Received up in glory. 1 Timothy 3:16, NKJV
4. While he was still speaking, behold, a bright cloud overshadowed them; and suddenly a voice came out of the cloud, saying, “This is My beloved Son, in whom I am well pleased. Hear Him! Matthew 17:5, NKJV
5. And we know that the Son of God has come and has given us an understanding, that we may know Him who is true; and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life. Little children, keep yourselves from idols. Amen. 1 John 5:20-21, NKJV
6. In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. John 1:1-4, NKJV
7. And the Word became flesh and dwelt among us, and we beheld His glory, the glory of the only begotten of the Father, full of grace and truth. John 1:14, NKJV
8. Now He did not do many mighty works there because of their unbelief. Matthew 13:58, NKJV

9. For this reason I also suffer these things; nevertheless I am not ashamed, for I know whom I have believed and am persuaded that He is able to keep what I have committed to Him until that Day. 2 Timothy 1:12, NKJV
10. Surely He has borne our griefs. And carried our sorrows; Yet we ^lesteemed Him stricken, Smitten by God, and afflicted. But He *was* wounded for our transgressions, *He was* bruised for our iniquities; The chastisement for our peace was upon Him. And by His stripes we are healed. Isaiah 52:4–5 NKJV
11. For the mountains shall depart, and the hills be removed, But My kindness shall not depart from you, nor shall My **covenant of peace** be removed, Says the LORD, who has mercy on you. Isaiah 54:10, NKJV *emphasis mine*
12. Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned—For until the law sin was in the world, but sin is not imputed when there is no law. Nevertheless death reigned from Adam to Moses, even over those who had not sinned according to the likeness of the transgression of Adam, who is a type of Him who was to come. Romans 5:12-14, NKJV
13. Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, “Cursed is everyone who hangs on a tree”) Galatians 3:13, NKJV
14. Then she came and worshiped Him, saying, “Lord, help me!” But He answered and said, “It is not good to take the **children’s bread** and throw *it* to the little dogs.” Matthew 15: 25-25, NKJV, *emphasis mine*
15. Then a certain scribe came and said to Him, “Teacher, I will follow You wherever You go.” And Jesus said to him, “Foxes have holes and birds of the air *have* nests, but the Son of Man has nowhere to lay *His* head.” Then another of His disciples said to Him, “Lord, let me first go and bury my father.” But Jesus said to him, “Follow Me, and let the dead bury their own dead.” Matthew 8:19-22, NKJV
16. But you have not so learned Christ, if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: that you **put off**, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you **put on the new man** which was

created according to God, in true righteousness and holiness. Ephesians 4:20-24,
NKJV, *emphasis mine*

Lesson 2

THE KINGDOM OF GOD

The purpose Jesus came to earth is for the kingdom of God to be made accessible for ordinary men and women of all nations. The Bible says that God so loved the world that He gave his only begotten son that whosoever believes in Him should not perish but have eternal life ¹. The terms; Kingdom of God, Zion, eternal life, resurrected life, spirit life, are all synonymous and can be interchangeably used. The Jews including the disciples who lived during the time of Jesus completely missed this purpose of Jesus. It's only after the disciples received the Holy Spirit their eyes were opened to this truth. The unbelieving Jews were looking for a glorious messiah, an all-conquering king who would bring an external kingdom that will thwart all the other kingdoms of the earth and make Israel the global superpower or something along those lines. Their expectations were motivated by hatred towards Rome and other gentile nations. After all, this is what is promised in the scriptures, according to their interpretation. They could not accept Jesus as the messiah mostly because He did not fit their expectations. Ever since, the kingdom of God is misunderstood by many. In looking for an external kingdom, they missed what Jesus brought; an internal kingdom, a kingdom that will enter into the hearts of those who will put their faith in Him!

We see a glimpse of how this kingdom looks like in the book of Genesis. God created a garden and called it Eden. The Hebrew word for Eden means *house of pleasure*. The Garden of Eden was the home of Adam. The brief description of what is written about Eden throws some light into how life would have been for Adam in the Garden. You can read about this in Genesis chapter 2. There is an unspoken tranquillity that transcends our inquisitive minds when we think about this Garden. There were treasures, fruit trees, flowering plants, vegetable

gardens, provision, health, and prosperity for Adam to enjoy. All his needs were met in that garden. There is no sweat and no turmoil. There are no thorns or thistles growing in the earth. It was too good to be true and yet that was the reality that Adam was created into.

The Kingdom Lost

When Adam sinned, God had to chase him out of the Garden of Eden. Adam's disobedience brought spiritual death. Sin is spiritual death, which means separation from God. Adam's disobedience is a result of a heart that moved from the place of faith to unbelief. Unbelief is the root of all sin!

Imagine a beautiful picture-perfect garden in your mind right now. Imagine that the garden was inside the heart of Adam. Imagine when spiritual death entered into man, that garden was corrupted and distorted with ghastly looking weeds, thorns, and thistles. This was the state of Adam's heart after he sinned. An external perfect Garden called Eden now could not be the home of a man whose internal garden is corrupted with sin. This disharmony led God to chase him out of Eden. The Bible says the Earth brought thorns and thistles which is now an Earth that suites the internal condition of man's heart. The kingdom was lost both internally and externally. When sin brought curses on the Earth, the external kingdom was lost forever. That is why we who are born again look forward to a new earth and a New Jerusalem where righteousness will dwell².

In the Old Testament, God promised a restoration of this Kingdom. This restoration is first and foremost an internal restoration that will usher in the external kingdom at the coming of our Lord Jesus Christ. But such knowledge is too profound for a mind that is only seeking God in the external reality and not inside the heart. *This is the essence of the legalistic mind-set which is only interested in outer change and not true life transformation.* The Jews both in the Old Testament and in the New Testament times were simply looking in the wrong places for the manifestation of the kingdom. Zion was also a reference to the Kingdom of God in the Old Testament. Zion is first and foremost an internal kingdom³. Again an externalist and legalistic mind-set is looking for an external Zion. Yes, an external Zion is coming when Jesus comes in His Father glory in His second coming. But in fixating our minds on the

external kingdom we are missing the glorious liberty of the internal Zion which is available for us, in the here and now.

In Isaiah, we see a description of this restoration which is first and foremost an internal restoration.

For the Lord will comfort Zion.
He will comfort all her waste places.
He will make her wilderness like Eden.
And her deserts like the garden of the Lord.
Joy and gladness will be found in it.
Thanksgiving and the voice of melody. Isaiah 51:3 NKJV

This is a beautiful picture of a heart that is healed of its maladies. This is precisely the picture the Apostle Paul gave us about the life led by the spirit in the New Testament ⁴.

At the beginning of His earthly ministry, Jesus turned to the book of Isaiah and read the following passage,

The Spirit of the Lord *is* upon Me,
Because He has anointed Me
To preach the gospel to *the* poor;
He has sent Me to heal the broken-hearted,
To proclaim liberty to *the* captives
And recovery of sight to *the* blind,
To set at liberty those who are oppressed. Luke 4:18 NKJV

Jesus proclaimed that His ministry was to preach a gospel that would bring healing to the hearts of man. Jesus preached about a kingdom that was about to come! Remember the heart of man is marred and broken by sin. You will understand more about the heart later. When the heart is healed, when eternal life enters into man, then there is gladness and thanksgiving with a voice of melody in the heart. It's almost impossible for a natural externally focused mind to understand such a language. Jesus said that He will give a peace unlike the world gives ⁵. The peace that the world offers is based on circumstances. When all

your bills are paid, when you are perfectly healthy, when all your relationships are working as it should be, you feel at peace. But Jesus offers a peace that transcends the natural mind and lifts one into a life that only those who have experienced can truly understand it. It's a peace, a tranquil state of mind that can be experienced but cannot be explained to the satisfaction of a carnal mind. The Apostle Paul calls it, "A peace that passes all understanding" ⁶.

It is in this state of peace, the human body enters into a state of rest. Blood flows smoothly into all the organs of the body and immunity works harmoniously with the rest of the body. As you study further, you will see that this is what the life of God (eternal life) is capable of producing in you. It's not a mystical reality out there somewhere; it's at your reach inside you. Eternal life is for now, the kingdom of God is within you. And as you understand the work of the Holy Spirit in you; you will understand that this is not a fantasy but a reality into which you can enter in this life.

The Kingdom within

When the Jews asked Jesus when the kingdom of God will come, Jesus answered them saying, "The kingdom of God does not come with observation; "nor will they say, see here, or see there. For the kingdom of God is within you. "⁷ This was the mind-set of the early Jews. This mind-set was also seen among the disciples of the Lord Jesus. They asked a similar question to Jesus after the resurrection: Lord, will you at this time restore the kingdom to Israel? ⁸ They were still thinking about an external kingdom that will make Israel the superpower. Make no mistake, an external kingdom is coming! By keeping our minds focused on the external kingdom, we are missing the joyous life available in the internal kingdom of God. If I live the life that is now available in the kingdom of God in my spirit, my walk will be a walk of faith and love, and in doing that I will keep myself in the peace of God. So I will keep myself in the will of God, ready and prepared any time of the day to enter the external kingdom whenever that appears.

In His discourse about the kingdom of God, Jesus said to Nicodemus that unless one is born of water and of the spirit one cannot enter the kingdom of God⁹. At new birth, you receive the kingdom of God inside you. However, one cannot experience this kingdom in day

to day life unless he learns how to enter into it. The Apostle Paul said that we experience transformation to the degree we renew our minds. As long as we fix our gaze externally there remains a veil in our heart¹⁰. But when one turns to the lord, this veil is removed. You see, entering into the kingdom is not some magical, mystical formula one has to come up with. As the kingdom is already within you, you experience that kingdom by renewing your mind ¹¹.

Before the crucifixion, Pilate asked Jesus if He was a King. Jesus answered Pilate and said that he was a King and His kingdom is unlike the earthly kingdoms ¹². The word *kingdom* in the original language could also be translated as a *realm*. The kingdom of God is the spiritual realm into which one is born into at the new birth. Before one is born again, he is a flesh being. As a flesh being, one has no access to the spiritual realities of God. The natural realm is the only reality in which he or she functions. The spiritual reality is oblivious to a carnal man. This realm is not accessible to the five senses ¹³. It cannot be proved in a test tube or explained in such a way that makes perfect sense to a natural mind. But to those who are born again and want to follow Jesus as their Lord, this realm can be experienced in the heart.

The King of the Kingdom

Before Jesus ascended, He introduced the disciples to the third person of the Trinity called the Holy Spirit ¹⁴. Throughout the life of Jesus, He addressed the Holy Spirit as the Father who lived inside Him and did all the works of God ¹⁵. Jesus said that He would not leave the disciples orphans but would come to them ¹⁶. The word orphans mean fatherless. The father He was talking about was the Holy Spirit which every born again believer could receive by faith. When the Holy Spirit comes to reside inside a man, he has a Father, a King living inside him all the time. So the Kingdom of God can also be understood as the Holy Spirit living inside us. This is the reason Paul said that the Kingdom of God is righteousness, peace, and joy in the Holy Spirit¹⁷.

The Holy Spirit is the one who makes this realm a vibrant reality in your heart. It's in the heart one experiences the kingdom. Faith springs out of a heart that has believed in the word of God. When your mind is renewed to the Word of God, you experience the truth of the

word more real than what the five senses tell you. It is at this point, you enter into the Kingdom. Kingdom living is not a mystical illusion as some have supposed to be. It's a realm into which one enters in his/her heart by faith through the renewing of the mind.

There is a picture described in the book of Isaiah, a garden transformed by the Holy Spirit. These are descriptions of the heart that is healed by the work of God

Until the Spirit is poured upon us from on high.

And the wilderness becomes a fruitful field.

And the fruitful field is counted as a forest. Isaiah 32:15 NKJV

My people will dwell in a peaceful habitation.

In secure dwellings and in quiet resting places. Isaiah 32: 18 NKJV

This is the life of peace Jesus came to give us. This is eternal life which is available for us now. The kingdom of God has entered into the hearts of men and women who have made Jesus their Lord. The Holy Spirit is our King and He desires to lead us into victory every day of our lives. He will cause you to experience outwardly this life which is inside you. When your mind comes to harmony with your spirit (which has been infused with eternal life), you enter into a state of peace. Health and healing is a natural response to this life.

The kingdom of God and the Word of God

To explain the inner workings of the kingdom of God, Jesus used many parables. One such parable is the parable of the sower and the seed ¹⁸. In this parable, the seed is the word and the ground is compared to the heart. The sower is the Son of God who went about sowing the seed of God's word into the hearts of the people. Many have intellectually pursued God's word but have not experienced the life of God's word. Many can quote and recite portions of scriptures but their lives are fraught with failures. I was one of those for a number of years. I have not yet arrived but by the grace of God, I left the place where I used to be.

God's word will bring success in every area of your life. If it hasn't, it simply means that we have neglected the wisdom of Jesus' teachings. In the Lord's Prayer, Jesus taught His disciples to pray that men will experience heaven on earth as the kingdom came into the hearts of men ¹⁹. This was not a novice idea Jesus brought in His teachings. Remember, all of Jesus' teachings are rooted in the Old Testament Scripture. Jesus came to reveal how God's word would look like in real life when it is applied in your heart motivated by love. Jesus was bringing the secret wisdom that was hidden since the foundation of the world to light through simple life teachings ²⁰.

Moses gave instructions to the children of Israel on how to conduct their lives in the Promised Land before his death. Listen carefully to his wisdom.

Therefore you shall **lay up these words of mine in your heart and in your soul**, and bind them as a sign on your hand and they shall be as frontlets between your eyes. You shall teach them to your children, speaking of them when you sit in your house, when you walk by the way, when you lie down and when you rise up. And you shall write them on the door post of your house and on your gates. That your days and the days of your children may be multiplied in the land of which the Lord swore to your fathers to give them, like the days of the **heavens above the earth**. Deuteronomy 11:18-21 NKJV *emphasis mine*

Both Jesus and Moses are on the same page. To experience heaven on earth, the wisdom is to keep the word of God in your heart. You will learn how to do this further along. The key to healing, health and abundant life which Jesus promised will become easy to your grasp as you understand your *heart* and learn how to keep God's word in your heart. The heart is the place where heavens realities are experienced. When heaven invades your heart, then sickness will not be found in your heart. And when your heart is healed, your body will simply reflect this healing. It's that simple!

Healing in the kingdom of God

When you harmonize your mind to your born again spirit, you experience transformation. Transformation brings incredible benefits to your life. One of them is the healing of your

bodies and minds. Being spiritually minded is not being in the mystics but rather informing your mind with accurate information of what Christ has accomplished through His work on the cross. Again this is not mere mental information, but information that becomes revelation bringing transformation in your life. You will enter into what the Bible calls the *rest*. The writer of the book of Hebrews exhorts all believers, to be diligent to enter that rest ²¹.

As your heart experiences healing and wholeness, then, and only then your external reality (body) will line up to the internal reality of your heart. Without a heart that has been made complete, all your attempts to change things in the externals are only temporary. Outward modification is good but its hard work as it requires strong will power. This is the very deception of flesh. At any given time you are either walking in the spirit or walking in the flesh, there is no other option. The Bible calls walking in the spirit also as spiritually-minded. Your mind dictates the conduct of your life. Your mind at any given time will be either under the control of the flesh or under the leadership of the spirit. Spirit-led life produces life and peace. Life includes health and healing!

A sound heart is life to the body! Proverbs 14:30a NKJV

LESSON 2–SUMMARY POINTS

- The reason Jesus came to earth is to make the Kingdom of God accessible to all nations.
- The Garden of Eden was a type of the Kingdom of God
- When sin entered man, the garden of man's heart was corrupted.
- God's promises the restoration of the Kingdom in the Old Testament. This restoration is primarily internal.
- Jesus revealed that His ministry was to heal the broken heart of man
- You will lose sight of this internal kingdom, if your mind is seeking for an eternal kingdom.
- In keeping your eyes fixed on the internal kingdom, you will be perfectly ready when the Lord returns.
- The Kingdom of God has entered in to you at the new birth. Now you can bring the manifestation of the kingdom in your life by renewing your mind to the Word of God.
- The Holy Spirit is the one who makes the reality of this kingdom alive in you.
- You experience peace as you keep your mind focused on the word of God.
- Keeping the word of God in your heart is the secret to experience heaven on earth.
- Health and healing is a by-product of a healed heart.

LESSON 2–DISCIPLESHIP QUESTIONS

- 1) What is the main reason for Jesus coming to earth?

- 2) Did the religious people who lived in Jesus times understand Him? Give reason.

- 3) Describe how life in the Garden of Eden must have been for Adam before he sinned.

- 4) Describe the condition of Adam's heart after he sinned.

- 5) Why did the religious Jews miss the Kingdom of God?

- 6) Did Jesus die for the whole world or only for the Jews? Give one biblical reference.

- 7) How do you enter into the Kingdom of God?
- 8) Give one Bible verse that describes the heart when it is restored.
- 9) How can you experience the manifestation of the kingdom of God?
- 10) According to Moses and Jesus, what should be your attitude towards the word of God?
- 11) Which parable describes best the inner workings of the Kingdom of God?
- 12) According to the Apostle Paul, what is the Kingdom of God like?
- 13) What does it mean to be spiritually minded?
- 14) Why it is so important to renew your mind?
- 15) Where can one experience the realities of heaven on earth?

LESSON 2-ANSWER KEYS

1. To make the kingdom of God accessible to all nations.
2. No they did not understand because they were so externally focused and Jesus the messiah did not fit their expectations.
3. Peace, tranquillity and a perfect harmony with the surrounding world.
4. Fear and dread. This is evidenced by the growth of thorns and thistles on the earth.
5. Because Jesus looked very ordinary and did not use force to defeat the Romans.
6. He died for the whole world. John 3:16
7. By being born again.
8. Isaiah 51:3
9. By renewing your mind according to the word of God.
10. Study the word and keep it in your heart by meditation.
11. The parable of the sower.
12. Righteousness, peace and Joy in the Holy spirit.
13. To be spiritually minded means to be Word minded.
14. Without renewing my mind, I will not experience life transformation.
15. In the heart.

LESSON 2—REFLECTIVE WRITING

LESSON 2—SOAKING EXERCISE

LESSON 2—SCRIPTURE REFERENCE

1. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. John 3:16 NKJV
2. Now I saw a **new heaven and a new earth**, for the first heaven and the first earth had passed away. Also there was no more sea. Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from heaven saying, “Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. Revelation 21: 1-3 NKJV *emphasis mine*
3. But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, to an innumerable company of angels, to the [j]general assembly and church of the firstborn who are registered in heaven, to God the Judge of all, to the spirits of just men made perfect, to Jesus the Mediator of the new covenant, and to the blood of sprinkling that speaks better things than that of Abel. Hebrews 12:22-24 NKJV
4. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, Galatians 5:22 NKJV
5. Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27 NKJV
6. And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:7 NKJV
7. Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, “The kingdom of God does not come with observation; nor will they say, ‘See here!’ or ‘See there!’ For indeed, the kingdom of God is within you.” Luke 17:20-21 NKJV
8. Therefore, when they had come together, they asked Him, saying, “Lord, will You at this time restore the kingdom to Israel?” Acts 1:6 NKJV

9. Jesus answered, “Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. John 3:5 NKJV
10. But even to this day, when Moses is read, a veil lies on their heart. 2 Corinthians 3:15 NKJV
11. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:2 NKJV
12. Jesus answered, “My kingdom is not of this world. If My kingdom were of this world, My servants would fight, so that I should not be delivered to the Jews; but now My kingdom is not from here.” Pilate therefore said to Him, “Are You a king then?” Jesus answered, “You say rightly that I am a king. For this cause I was born, and for this cause I have come into the world, that I should bear witness to the truth. Everyone who is of the truth hears My voice.” John 18:36-37 NKJV
13. The Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. John 14:17 NKJV
14. And I will pray the Father, and He will give you another Helper, that He may abide with you forever. John 14:16 NKJV
15. Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works. John 14:19 NKJV
16. I will not leave you orphans; I will come to you. John 14:18 NKJV
17. For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. Romans 14:17 NKJV
18. Listen! Behold, a sower went out to sow. Mark 4:3 NKJV
19. In this manner, therefore, pray Our Father in heaven. Hallowed be Your name. Your kingdom come. Your will be done. **On earth as it is in heaven.** Matthew 6:9-10 NKJV *emphasis mine.*

20. That it might be fulfilled which was spoken by the prophet, saying: “I will open My mouth in parables; I will utter things kept secret from the foundation of the world.”

Matthew 13:35 NKJV

21. Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. Hebrews 4:11 NKJV

Lesson 3

JESUS THE SON OF GOD

The healing that you are keenly seeking begins with this revelation; “Jesus the Son of God.” Who is this Jesus? What was His life purpose? Growing up in church I have heard many preach about Jesus, that He came to die for the sins of mankind, if one believes in Him, he or she will go to heaven or else will end up in hell. Many such things are preached in the name of the gospel. When I began to study the Bible to understand the gospel, however, I noted that the focus of the biblical gospel message was very different from what I heard in the church. First and foremost Jesus came to give us eternal life¹. How you interpret *eternal life* could be the difference between you experiencing God’s quality of life in the here and now and just mundane boring powerless religious life. Jesus said that He came to give life in abundance. Before we get to understand abundant life, we need to understand the one who offers it.

In order to understand Jesus the son of God we need to understand the creation of the first man. When Adam was created, his body was made from the earth and his spirit came from God². Adam carried the image of God in his spirit; Adam was a spiritual being in an earthly body. It was a perfectly healthy body that had not yet come under the power of spiritual death (sin). Adam is called the Son of God³. Adam was God's kind. However, when he sinned he fell from that glorious state. The man God originally created was a *spirit-being* in a body. But after the fall, Adam became a very different being and not the kind God originally created. God now calls the fallen man as flesh⁴. When the spirit of man is separated from God, man is a flesh being living a life from the carnal mind. Before Adam fell, his mind

was under the authority of his spirit. After he fell, his mind was functioning independently of God. Satan now rules man through the mind that has not submitted to God⁵.

The Spirit Soul & Body of Jesus (when He lived on earth)

Every human being who came from Adam has the sin nature within him or her. The birth of Jesus was an extraordinary event in every sense and it is as supernatural as the creation of the first man in the Garden of Eden. Like how Adam was a prototype (the first of his kind), Jesus was also a prototype (the first of his kind). The son of God could not be borne by natural physical relationship. If Jesus was born by natural means, he would carry the sin nature in His spirit, as the seed would have come from Joseph His earthly father. With the birth of Jesus, a new type of man had come to live on the earth. A sinless spiritual man!

God sent the Word through the hands of the angel Gabriel to Mary⁶. When Mary received the Word, the Holy Spirit overshadowed her and Jesus was conceived in her womb⁷. The spirit of that child is none other than God's word itself. In the beginning was the word, the word was with God and the Word became flesh, God had manifested in the flesh⁸. Here the flesh refers to the human body which was formed in Mary's womb. The Word became flesh⁹!

God in His wisdom chose a man called Abraham and out of this man God brought a group of people for Himself so that the messiah could be brought into this world for mankind's redemption. The laws and the commandments, the atonement sacrifices, the priesthood, etc. that were given in the old covenant were given for this purpose. The purpose was to prepare that one person (Mary) who would step out in faith and would say yes to heaven's mandate. The Holy Spirit reveals this master plan through the writings of the Apostle Paul.

For what then serveth the law? It was added because of transgressions until the Seed should come to whom the promise was made; and it was ordained by angels through the hand of a mediator. Galatians 3:19 NKJV

But when the fullness of the time had come, God sent forth His Son, made of a woman, made under the law. Galatians 4:4 NKJV

The Jesus who lived on the earth was the God-man. He was 100% God in his spirit and yet 100% man in His flesh. He was a spirit dominated man. In His spirit, He possessed the knowledge and wisdom of God. However, in His soul and body, He was like any other man who had to grow in wisdom and stature and favour with man¹⁰. His mind and body were a faculty of this earth but His spirit was a faculty of heaven. He was open to temptations like any other man. However, as a man who knew how to walk after His spirit, He overcame those temptations by yielding to the leadership of the spirit. The life of Jesus recorded in the four gospels is an example of how a life that is yielded to the Holy Spirit would look like for every born-again man and woman today. The flesh cannot be overcome by the flesh. The flesh can only be overcome by walking in the spirit¹¹. Many religions around the world are trying to perfect man after the flesh by beating the flesh with rules and legalistic rituals. This produces highly nervous religious people and I was one of them for a number of years.

When Jesus was baptized in the River Jordan by John the Baptist, a voice came from heaven and made a startling declaration over Jesus, *“This is my beloved Son, in whom I am well pleased.”* A declaration made by the Father God over Jesus¹². Up until this point, Jesus had not done any works of God; He had not preached a single sermon, not healed a single soul, and not raised any from the dead; nevertheless, Jesus was well pleased before the Father. Jesus was the pleasure of the Father! As a born again men and women who are in union with Jesus in our spirit¹³, we are the Father’s pleasure. I believe this is the first declaration that God makes over us as soon as we make Jesus our Lord.

Many unaware of their position before their Father are nervously busy trying to please Him through religious duties. If you are born again you can rest because you are well pleased in your Father’s eyes. This is your position in Christ. Your mind may disagree, your behaviour may not have come to line up with this truth yet, and nevertheless, it’s the reality. The grace of God has made you and me as the Father’s pleasure. When I got this revelation, I was so thrilled and I could not contain my joy. I walked about like a lost child having suddenly found

his daddy in a crowd. A born again person becomes instantly the Father pleaser. You did not do one thing to attain this place, it was offered to you by grace and you accepted through faith in the finished work of Christ.

In summary, the spirit of Jesus is *The Word of God* which came from the Father. His soul (mind) and the body came from Mary. *Spirit (Word), soul and body!*

After Jesus received the baptism of the Holy Spirit, He had the indwelling residence of the Holy Spirit from that day forward. In Christ, the Word and the Spirit came together from that day onwards. I want you to get this understanding. The *spirit of Christ* as referred to in few places in the New Testament¹⁴, refers to the *word*. At new birth, it is the word (spirit of Christ) which is united with your spirit and you are born again. More on this in the next lesson: *New Birth*.

When Jesus referred to Himself as the Son of God, the Pharisees and other unbelieving Jews picked up stones to stone Him¹⁵. Why? They clearly understood that when one refers to himself as a son of God, he is making himself to be equal with God. In fact, this is one of the reasons they want Him crucified. Their accusation before Pilate was that Jesus called himself God¹⁶. Jesus made a truth claim but the natural man could not accept His oneness with God. In their minds, it was a blasphemy. Like Jesus was a Son of God, we too are a son/daughter of God in Him.

Sin offering

Jesus became a sin offering for the sins of the whole world. The Bible says, He who knew no sin became sin!¹⁷ It is very important for you to grasp this truth. Sin refers to spiritual death. Jesus took on spiritual death on the cross. This is what it means *He became Sin on the cross*.

The entire human race who came from Adam inherited spiritual death from him. Remember Adam was the prototype. When the master copy was corrupted, every subsequent copy that came from the master copy was also corrupted. Out of this spiritual death were birthed evil actions like adultery, theft, murder, etc. This works of darkness manifest itself as evil thoughts and evil behaviours over a spectrum. The depths of evil that we see in this world

fall into this spectrum. You need to clearly understand that everyone is a sinner in Adam. It's not because you committed a sinful act that you became a sinner. It's because you are a sinner in Adam you committed sinful actions. In the gospel message the early Apostles preached, they did not ask unsaved men to confess (behaviour) their sins to be saved, they simply asked them to believe in the Lord Jesus and confess Him as Lord¹⁸.

When Jesus lived on the earth, He was the *only* sinless man! It was only at the cross Jesus became a perfect representation of the fallen man. When the father withdrew His presence from Him, Jesus cried out, "My God, My God why have you forsaken me"¹⁹. It is at this point He took on the nature of fallen man. It is at the cross he experienced spiritual death and died. It is at this point He became the perfect representation of the whole human race. The Apostle Paul said it this way when one died for all, then all died²⁰. Jesus became the last man of the Adamic race. One of the names of Jesus is called the last Adam²¹. Meaning, after Him there is no more going to be an Adam. In Christ, the Adamic race ceases to exist and a new race is birthed. This is called the new creation or new creature depending on which translation of the Bible you are reading.

Jesus prophesied that He would spend three days and three nights in the heart of the earth like how the prophet Jonah spent three days and three nights in the belly of the whale²². In the book of Jonah, chapter two, Jonah prays a prophetic prayer from the belly of the whale. This is a type of prayer Jesus prayed from Hades. The heart of the earth is a reference to Hades. It is the place where the unsaved dead go. Jesus was under condemnation and judgment for the sin of mankind. Jesus was paying the full price of the first man's sin. The disciples who were standing at the foot of the cross, looking at the death of Jesus was totally oblivious to what was happening to Jesus. This revelation was hidden to them at that point in time. The sufferings of the messiah as a sin offering were seen by many Old Testament prophets including David. David wrote quite vividly about this in Psalm 22. David was seeing in the realm of the spirit, the messiah coming under the power of Satan and his forces. Those three days were the darkest days of human history. Satan had finally found the seed which he was searching for all those years since Cain and Abel. For three days every demon would

have celebrated the victory of darkness over the light in Hades. Little did they know the plan of God about the resurrection? Had they known they would not have killed the Lord of Glory!

Read Jonah chapter 2 and Psalms chapter 22. Ponder those scriptures before proceeding.

Resurrection power & Righteousness

After those three dark days, God the Father declared that the penalty for sin was paid in full and He sent the Holy Spirit to raise Jesus up from Hades. Every demon would have quivered in fear when Jesus Christ was revived and resurrected by the Holy Spirit. The resurrected spirit of Jesus entered the body which was in the tomb and His body was vitalized by the born-again spirit. Every demon knew what this meant. This is the end of spiritual death! This is the end of demonic oppression of mankind! Remember, the man was under the oppression of the spirit of this world, the ruler of darkness. Satan ruled the world through the mind (flesh) of spiritually dead men. Spiritually dead men had no power over darkness. They were slaves of sin. Everything was about to change. Christ's resurrection means, end of demonic reign over mankind. This is the end of Satan's rule by force. He still rules through deception. However, his absolute power over mankind was broken. Through death (spiritual), Jesus paralyzed Satan who had power over death (spiritual).²³

Jesus became the first begotten son.^{24, 25} You need to understand the difference between the *only begotten Son* and the *first begotten Son*. During His earthly life, Jesus was the only begotten Son of the Father. But at the cross, He became like any other sinful man. It was at the resurrection from the dead, He became the FIRST begotten of the Father²⁶. The word begotten means to give birth or offspring. On His birth, Jesus was the only offspring of the Father. At the resurrection, Jesus became the first offspring of the Father. Meaning, everyone who chooses to put their faith in Jesus is going to be the subsequent offspring of the Father. If you are born again, you are God's offspring! You have been elevated to the position of God's kind²⁷.

At the resurrection, Jesus became the first fruit of a new kind of man. The provision for the extermination of the Adamic race is paved through the work of the cross. In Christ, a new breed of creation is wrought. This is why Paul calls; if any man is in Christ, he is a new creation. All the authority that was lost by Adam at the garden has been regained. Jesus proclaims after His resurrection that all authority has been given to Him in heaven and on earth²⁸. His name sends shivers to the demonic world. He had been there, defeated them on their own turf and now has come alive. Had they know this marvellous work of God, they would not have crucified the Lord of Glory!²⁹

Jesus paraded the demonic forces in Hades. He made a public spectacle of them³⁰. I can almost see in my heart how all the saints who were watching this scene must have been shouting in jubilation. A man (Adam) plunged us all into sin. A man (Jesus Christ) has overcome Satan and utterly annihilated his powers and delivered us from the clutches of sin. Every angel must have gone into a frenzy of rapturous applause at the conquest of satanic forces by a single man. Jesus did it all single-handed. There was a shout in heaven. Who is this King of Glory? The Lord mighty in battle!³⁰

At the cross, when the Father withdrew the Holy Spirit, Jesus was made a sin. Now at the resurrection, Jesus was made righteous again. Righteousness was lost briefly for a time (3 days & 3 nights), now righteousness has been restored to Jesus in the spirit at His resurrection. This righteousness is no ordinary righteousness; it's a righteousness that defeated Satan. It's the righteousness that has reversed the curse. A child of God is made righteous with this righteousness. On the day you discover this marvellous revelation, every demon that has been oppressing you will simply scoot for their lives. They don't want you to know this truth. Now you do, they have lost their powers over you. They have been lying to you all these days. Now when you come to understand this, you will chase demons out like how one of the mighty men of David chased their enemies.³² King David had a band of mighty men around him. Their bravery acts recorded in the scriptures are pictures of what every child of God can do to the demonic forces. Under the old covenant, they were masters over their enemies. How much more under the new covenant, you and I can become masters over our oppressors.

When the Father sees you, He sees His righteousness over you. A righteousness that conquered every demon, every sickness, and every poverty.³³ The very righteousness of Jesus is what you are clothed with. When you get the revelation of this righteousness: that will be the end of sin problem, and the end of talk of weakness. Why? Because He has become your strength. It's the end of sickness. Why? Because He became your disease on the cross! It's the end of poverty. Why? Because He took your poverty upon Himself³⁴. It's the end of destructive addictions. Why? His righteousness breaks the backbone of sinful habits.

The Hebrew meaning for the word righteousness means *to be made as you should be*. You are made as you should be in your *spirit* before the Father. No remembrance of sin. You are before the Father as Jesus stood before the Father during His earth walk. When you fully understand this revelation, you will stop viewing yourself as a sinner. When you see this clearly in your heart, His resurrection becomes your resurrection. This is what it means to believe in your heart that God raised Jesus Christ from the dead.³⁵

Now you know who the Son of God is. Now you know the power behind that name Jesus. This is the beginning of your healing journey!

LESSON 3–SUMMARY POINTS

- The core message of the gospel truth is that Jesus came to give mankind abundant life.
- This abundant life is to be lived on earth now.
- Before his fall, Adam was the son of God.
- Sin/spiritual death means separation of the spirit from God which is what Adam experienced after he sinned.
- With the birth of Jesus, a new kind of man, a sinless man had come to live on earth.
- The word became flesh and He was well pleased in the Father's eyes.
- Jesus became sin on the cross, meaning he took on spiritual death and became like us.
- When Christ rose from the dead, He was the first born again man.
- In christ you are well pleased of the Father.
- You are made righteous with His righteousness. A righteousness that defeated sickness, sin, poverty.
- Righteousness means you are made as you should be in your spirit.
- To believe in your heart meant that you see His resurrection as your resurrection.

LESSON 3–DISCIPLESHIP QUESTIONS

1. What is the main purpose of Jesus coming to earth?
2. After the fall of Adam, what happened to the mind of man?
3. What does “sin nature” mean?
4. Why is the virgin birth of Jesus important?
5. What is the purpose in God calling Abraham?
6. The life of Jesus recorded in the 4 Gospels is an example for us. Explain!

7. How can the flesh be overcome? Give one scripture reference for this idea.
8. Explain “He who knew no sin became sin”
9. In which Psalm can we understand the nature of Jesus’ suffering in the spirit after His death on the cross?
10. Where did Jesus go after His death on the cross?
11. What happened for three days in Hades?
12. Jesus the only begotten of the father. Jesus the first begotten of the father!
Explain. Can you give scriptural references? Can you explain the terms Jesus the only begotten of the father and Jesus the first begotten of the Father with scriptural references?
13. What happened at resurrection?
14. Why is the name of Jesus powerful?
15. What is the Hebrew meaning of the word *Righteousness*?

LESSON 3 ANSWER KEYS

1. To give us eternal life
2. The mind of man began to function independent of God under the control of Satan.
3. Spiritual death, separation from the Father.
4. Jesus was sinless by virgin birth. Otherwise he could not be a sinless perfect sacrifice for mankind.
5. To separate a nation unto himself so that the bloodline of Jesus will not be corrupted.
6. The life of Jesus shows us how a man can function when he is yielded fully to the Holy Spirit.
7. By walking in the spirit. Galatians 4:16
8. When the Holy Spirit left Jesus while he was on the cross, Jesus inherited spiritual death which is separation from the Father.
9. Psalm 22
10. Jesus suffered in Hades.
11. Jesus was under condemnation and Judgment bearing the sin of the whole world. Satan ruled over Him.
12. At birth Jesus was the only begotten of the Father. At the resurrection Jesus became the first begotten of the Father. John 1:18, Acts 13:33
13. Jesus was made Righteous again by the Holy Spirit and he broke free from Hades.
14. Because Satan knows who Jesus is and he was annihilated by Jesus.
15. To be made as you should be.

LESSON 3—REFLECTIVE WRITING

LESSON 3—SOAKING EXERCISE

LESSON 3 SCRIPTURE REFERENCES

1. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly. John 10:10 NKJV
2. And the LORD God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being. Genesis 2:7 NKJV
3. *The son* of Enosh, *the son* of Seth, *the son* of Adam, *the son* of God. Luke 3:38 NKJV
4. And the LORD said, “My Spirit shall not strive with man forever, for he *is* indeed flesh; yet his days shall be one hundred and twenty years.” Genesis 6:3 NKJV
5. And you *He made alive*, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. Ephesians 3:1-3 NKJV
6. Now in the sixth month the angel Gabriel was sent by God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David. The virgin’s name *was* Mary. Luke 1:26-27 NKJV
7. Then Mary said, “Behold the maidservant of the Lord! Let it be to me according to your word.” And the angel departed from her. Luke 1:38 NKJV
8. In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. John 1:1-3 NKJV
9. And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth. John 1:14 NKJV
10. And the Child grew and became strong in spirit, filled with wisdom; and the grace of God was upon Him. Luke 2:40 NKJV
11. I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. Galatians 5:16 NKJV

12. And suddenly a voice *came* from heaven, saying, “This is My beloved Son, in whom I am well pleased.” Matthew 3:17 NKJV
13. But he who is joined to the Lord is one spirit *with Him*. 1 Corinthians 6:17 NKJV
14. But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the **Spirit of Christ**, he is not His. Romans 8:9 NKJV *emphasis mine*.
15. But Jesus answered them, “My Father has been working until now, and I have been working.” Therefore the Jews sought all the more to kill Him, because He not only broke the Sabbath, but also said that God was His Father, making Himself equal with God. John 7:17-18 NKJV
16. The Jews answered him, “We have a law, and according to our law He ought to die, because He made Himself the Son of God.” John 19:7 NKJV
17. For He made Him who knew no sin *to be* sin for us, that we might become the righteousness of God in Him. 2 Corinthians 5:21 NKJV
18. So they said, “Believe on the Lord Jesus Christ, and you will be saved, you and your household.” Acts 16:31 NKJV
19. And about the ninth hour Jesus cried out with a loud voice, saying, “Eli, Eli, lama sabachthani?” that is, “My God, My God, why have You forsaken Me?” Matthew 27:46 NKJV
20. For the love of Christ compels us, because we judge thus: that if One died for all, then all died. 2 Corinthians 5:14 NKJV
21. And so it is written, “The first man Adam became a living being.” The last Adam *became* a life-giving spirit. 1 Corinthians 15:45 NKJV
22. For as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth. Matthew 12:40 NKJV
23. Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil. Hebrews 2:14 NKJV

24. So also Christ did not glorify Himself to become High Priest, but *it was* He who said to Him: “You are My Son, Today I have begotten You.” Hebrews 5:5 NKJV
25. God has fulfilled this for us their children, in that He has raised up Jesus. As it is also written in the second Psalm: “‘You are My Son, Today I have begotten You.’” Actus 13:33 NKJV
26. And He is the head of the body, the church, who is the beginning, the firstborn from the dead, that in all things He may have the preeminence. Colossians 1:18 NKJV
27. Whoever believes that Jesus is the Christ is born of God, and everyone who loves Him who begot also loves him who is begotten of Him. 1 John 5:1 NKJV
28. And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Matthew 28:18 NKJV
29. Which none of the rulers of this age knew; for had they known, they would not have crucified the Lord of glory. 1 Corinthians 2:8 NKJV
30. The bond, with its requirements, which was in force against us and was hostile to us, He cancelled, and cleared it out of the way, nailing to His cross. And the hostile princes and rulers He shook off from Himself, and boldly displayed them as His conquests, when by the Cross He triumphed over them. Colossians 2:14-5 Weymouth Translation
31. Who is this King of glory? The LORD strong and mighty, The LORD mighty in battle. Psalm 24:8 NKJV
32. David’s mighty men. 2 Samuel 23:8-39
33. You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. 1 John 4:4 NKJV
34. For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, that you through His poverty might become rich. 2 Corinthians 8:9 NKJV
35. That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. Romans 10:9 NKJV.

Lesson 4

NEW BIRTH

In my view, the most hidden truth about a born again Christian is the truth about *New Birth*. What really happened to a person when he or she was born again? What did the Apostle Paul mean by *you are a new creation in Christ*? ¹

I gave my life to Jesus and became a *born again* Christian at the age of 17. For a number of years, nearly 20, I never understood what really had happened inside my heart. This ignorance kept me in bondage to sin, sickness, disease and a poverty mind-set. This is mainly because I wasn't renewing my mind according to the word of God. Also, such knowledge was not widely taught from the pulpit.

My goal is to get my body and mind healed and why do I need to know about new birth, you may wonder! Trust me, your healing is intricately woven in your new identity as you are about to find out.

The Apostle Paul said that when one believes in his/her heart that God raised Jesus from the dead and confesses with the mouth the Lordship of Jesus, one is born again². To believe means to see and perceive with your heart. To say that I believe in the resurrection of Jesus is to say that I see His resurrection in my heart. At the point of you seeing this, His resurrection becomes your resurrection in your heart. You are raised together with Him! ³ Since your heart is the seat of your true identity, when you believe that Jesus was raised in your heart, His resurrection becomes your identity. This is what Paul meant when he said that He is your life! ⁴

A grain of wheat

Once, a group of Greeks wanted to see Jesus. They went to His disciples Andrew and Philip, who in turn took them to meet Jesus. Now follow this conversation between them carefully.

Now there were certain Greeks among those who came up to worship at the feast. Then they came to Philip, who was from Bethsaida of Galilee, and asked him, saying, “Sir, we wish to see Jesus.”

Philip came and told Andrew, and in turn Andrew and Philip told Jesus.

But Jesus answered them, saying, “The hour has come that the Son of Man should be glorified. Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain. He who loves his life will lose it, and he who hates his life in this world will keep it for eternal life.

John 12:20-24 NKJV

(If you skim through this conversation superficially, you will probably miss the wisdom from the master.)

All they wanted was to see Jesus, for which Jesus could have replied, “Here I am.” But that's not how Jesus answered them. For a long time His answer troubled me. One day, I finally saw what Jesus was saying, and it is marvellous!

The Greeks are philosophical and intellectual people. In the Bible, the Greeks are often a picture of someone who is seeking intellectual pursuit of knowledge. They are a people driven by *mind activity*. Very much like the people of the 21st century today.

Jesus speaks about a kernel of wheat. If you plant one grain of wheat on the ground, a crop will come out of it and from that crop numerous kernel of wheat can be harvested. However, if the grain of wheat is not planted in the ground, it will just stay single. The kernel of wheat is the life of Jesus. If Jesus didn't go to the cross to die, He will remain alone. But if He died and raised again, His resurrection will pave the way for the resurrection of many millions of people. And these millions of people will see them and perceive them in their own hearts. Jesus was pointing out to them that the only way to truly see who He is, is in their hearts and not in their intellectual minds. To love your life means to hold onto a life the way you have come to understand it through the knowledge of the world system. Jesus is asking you to turn that life to Him and grab hold of His life which is inside you, in your heart.

Today we can see Jesus! He always meets us in the place where God said he would meet man, which is, in the garden of your heart. In the book of Revelation, we read about Jesus standing at the door and knocking ⁵. For an unbeliever, He is knocking at the door from the outside. But for a born again believer, Jesus is knocking at the door of the heart from the inside. Will you respond and enter into communion with Him in your heart or will you just be driven by your mind and intellectual pursuit of God?

New Birth

I want to show you from the scriptures how this new birth actually happens, so that you will come to accurately understand your true identity. You may want to read this slowly and carefully!

We were saved by Grace through faith ⁶. The faith to be saved came in the gospel which you heard at the beginning. You heard about Jesus, you probably did not hear a lot of details, nevertheless, you saw the need for Him in your life and you said *yes to Him*. The Spirit of God was graciously wooing you into the presence of God. Right at that time the miracle of new birth burst in your heart! You probably didn't understand why suddenly you felt joy and light in your heart. The degree of this experience is subjective and varied. Nevertheless, you experience something which you couldn't explain. You were born again from above! ⁷

You stood there hearing the gospel message preached to you. Packed inside the gospel message was the living word of God (spirit of Christ). Remember, from the previous lesson, I showed you that the *spirit of Christ* is another term for *the word*. For now let's keep the term *spirit of Christ* as separate from the *Holy Spirit*. In the grand scheme of life; God the Father, the Word, and the Holy Spirit all are one and the same. For now, let's see them as separate for us to grasp the inner workings of the new birth.

When you responded positively to the gospel, the word of God (spirit of Christ) joined with your spirit, and brought life and immortality to your spirit man⁸. Paul said you were raised together with Him. The Greek word used for 'together with' is a medical term. That word is *suzoopoieo*. This word means 'to resuscitate in combination with.'⁹

I have provided CPR (cardiopulmonary resuscitation) to many patients in my career. In CPR, we resuscitate and restart the heart and keep the blood flow to the brain by external chest compression. However, God resuscitated us by an internal work, by uniting His word (spirit of Christ) and our spirit together. This happened on that day when you responded to the gospel and this union is inseparable. This happened inside you, in your spirit! He who is joined to the Lord is one spirit with Him¹⁰. The Greek word used for 'one' is *heis*. This word means a *numerical one* and not *two appearing as one*. The spirit of Christ (word of God) and our dead spirit joined together and became one. You are alive to God in the spirit. You are immortal in your spirit. You were translated from the kingdom of darkness into light¹¹. Your spirit is full of light! This is what it means when God said, "He will give you a new heart and write His word in your mind." The *mind* here refers to the deep thoughts of your heart and not intellectual mind. The spirit communicates by intuitive knowledge. That's why you hear God's voice in your spirit more as a feeling rather than clear words.

The Word of God

The word of God is in your spirit and it is permanently written. James calls it as *implanted word*¹². The word has been implanted in your spirit!

Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does. James 1:21–25 NKJV

Now James is calling believers everywhere to receive the implanted word, meaning, to renew their intellectual minds by seeing the reflection of their spirit in the law of liberty¹³. Remember, a mirror only reflects what is in front of it. Likewise, the Bible is a book that reflects what is in your spirit, showing your true identity. This is the wisdom James is giving to his listeners. This is also the reason why you should read the Bible, to see your reflection! Your identity!

The Apostle Peter said that we were born again by the incorruptible seed of God's word and he quoted a scripture from the book of Isaiah. Again, I want you to see this truth from the epistle of Peter

Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart, having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever, because

“All flesh is as grass, And all the glory of man as the flower of the grass. The grass withers, And its flower falls away, But the word of the Lord endures forever.”

Now this is the word which by the gospel was preached to you. 1 Peter 1:20-24 NKJV

Look at the last statement Peter made, “This is the word which by the gospel came to you.” The living word (spirit of Christ) was hidden in the gospel message and you were made alive by the spirit of Christ (Word). So who are you? You are a word in the flesh.

Here is the main essence of what I am saying.

- The Old Testament is the revelation that **God is The Word**
- The four Gospels is the revelation; **the Word came in the flesh.**
- The Apostle’s epistles are the revelation that **now we are the word in the flesh.** Your true identity is the word!
- Since you are the offspring of God (who is the Word), you are also the word in the flesh.

Now look at what the Apostle John wrote about our identity in his epistle.

Brethren, I write no new commandment to you, but an old commandment which you have had from the beginning. The **old commandment is the word** which you heard from the beginning. Again, a new commandment I write to you, **which thing is true in Him and in you**, because the darkness is passing away, and the true light is already shining. 1 John 2:7-8NKJV emphasis mine

What was true in Him? The word! Now the same is true in you! Do you see it now? This is the reason that every born again Christian longs for God's word deep in the inside. You are a child of the word. You are at home when you arrive at the Word. Your life is intricately woven in the fabric of God's word. You are wired to live by every word that proceeds from God's mouth. Your heart is beating faster even as you read this. The Holy Spirit is bearing witness inside concerning this truth. You probably have been waiting to hear this truth all your life. Now, joy unspeakable is flowing in your heart. In the subsequent lessons you will learn what the practical application of this revelation is.

God’s report is the only report that is true of you. Every other report is only describing your external reality. God's word is describing your true reality which is your spirit man.

Now, do you understand why you should read the Bible? You search the Bible to understand who you truly are in Him.

Now, you can understand the language of the Apostles when they said, “You are of God, little children¹⁴,” “He who believes Jesus as the Christ is born of God.¹⁵” Such language eluded you all these years. Not anymore! Now search through the scriptures like a treasure hunter seeking for those words that describes you. Now that you understand this, you clearly see the value of renewing your mind to the truth.

A word about truth

The word truth means reality. Your mind receives information that comes from different sources. That information may be factual or fake news. That information may be from the Bible or from the news media. Remember, God’s word is truth but it only comes *as information*. It becomes reality in your heart through meditation, then, only then that information has become *truth to you*. Until then, it’s only information, you can quote it, recite it, memorize it, sing about it, but it’s not truth in your heart! Your heart is the place where realities are born. Once formed, you live by those realities. You may not be conscious of this inner working; nevertheless, they dictate the conduct of your life. This is what it means, “As a man thinketh in his heart so is he.”²³ You are living by the realities which you have created all your life. Remember, only you have the power to create realities pertaining to your life. Every information you receive on a daily basis has the potential to become a reality through your consent and choice. This is the reason wisdom cries out to guard your heart with all diligence. Proverbs 4:23 says: Keep your heart with all diligence, for out of it spring the issues of life.

What is New Creation?

The church in Corinth had many internal issues. Paul, coming to know about those issues, sets out to address them by writing two letters to them. In the first epistle, he expressed his displeasure with them for creating divisions in the church¹⁷. By doing this, he said, they were acting like *mere men*. They left their walk in the spirit and now behaving like carnal men.

The Greek word he used for *men* is ‘Anthropos’ which means *human being*. Paul makes quite a statement. He tells the Corinthian born again believers that they were behaving like *human beings*. So, who are they in actuality? If they are acting like mere human beings, the notion is that they are not mere human beings then. Are they? They are born again men! Spirit filled men! God inside men! Covenant men! If you are born again, then you too are not just mere human beings. You have been lifted from the place of weakness to the place of His strength. You are seated together with Him!

Paul calls believers as new creations! This is a new type of creations that never existed before. With the resurrection of Christ, the Adamic race ceased to exist in Him. Christ was called the last Adam! A born again Christian is God’s eternal life in a human body. A new kind of man! Now imagine if this truth was realized and actuated by every believer. What kind of people we will be? Every demon knows who we are in Christ, every Angelic beings knows who we are in Christ. But it's of no use until you and I realize who we are in Christ and start acting that way.

Every writer in the New Testament is calling believers everywhere to come to this realization and align their outward behaviour to who they already are in the spirit. This is what it means to walk in the spirit!

The word fellowship means to share or exchange or joint participation. God is faithful and He is calling us into sharing or joint participation with the resurrected life of Jesus, inside our spirit ¹⁸. When you come to embrace this truth in your mind, your weak and beggarly prayer life is over. You will walk and talk like mature sons of God. The creation is yearning for the revelation of such sons and daughters of God ¹⁹.

Our attitude toward sickness and pain in your body will change when you wrap yourself (thoughts and emotions) around the implanted resurrected life. This is the starting point of you experiencing a divine healing.

One died for all then all died

For the love of Christ compels us, because we judge thus: that if **One died for all, then all died; and He died for all**, that those who live should live no longer for themselves, but for Him who died for them and rose again. 2 Corinthians 5: 14-15 NKJV emphasis mine

In Adam, the entire human race was dead i.e. separated from God. Spiritual death means separation from the Father. When Christ came into the earth, He was the only man alive in the spirit. He walked among spiritually dead men. They were not yet born again as Christ had not yet gone to the cross. No one could be born again until Christ rose from the dead. When Christ died on the cross, He took on our death i.e. spiritual death on Himself. And by doing so, He became one of us! He became the perfect representation of all dead men on the cross. It was our death that was placed on Him. The whole dead human race was perfectly represented on the cross. This is the substitutionary death of Jesus Christ. Substitution means, a perfect sinless man should take on the sin of others whom he is representing.

*(I am aware of some **false doctrines** which say that in Adam all died and in Christ all human beings are saved. This is an erroneous doctrine and this is not what the Bible, nor the Apostle Paul, nor am I trying to say.)*

We all came from Adam. So when he sinned, we all sinned in him. In Adam we did not have a choice. When Christ rose from the dead, however, the choice is restored to mankind. Now, spiritually dead men can call on Him and be born again. When we do that, His resurrected life becomes our life!

You see there are only two kinds of men living on earth today. One group (church) is alive in Christ by placing their faith in the risen lord, and the other is dead. Dead people will not enter into heaven. Only those who are alive in Christ will be entering into heaven at the second coming of our Lord Jesus.

New Covenant

The new covenant is the only covenant that is very different from every other covenant God made with man. In the Now covenant, God made a new type of covenant because of the resurrection of Jesus. *The new covenant was not made between God and individual believers.*

It was made between God and the man Jesus Christ. Paul made it clear that the promise was made to Abraham and to his seed ²⁰. Not seeds as in many. When Jesus arose from the dead, He inherited all the promises of God. Therefore, all the promises of God were yes and Amen in Jesus Christ ²¹.

God's goodness towards us no longer depends on our thimble promises we make to Him, rather, it is now based on the resurrection of Jesus. It is by these promises that we participate in the divine nature which is in our spirit ²².

When you place your faith in Jesus, you are baptized into the body of Jesus. On account of Jesus you are qualified to claim every promise in the Bible because Jesus inherited all the promises and you are in Him. No matter to whom the promise was made both in the Old and the New Testaments, they are ours by faith in Jesus. In Christ we are Abraham's seed ²³. Therefore, we can boldly enter God's presence and actuate any promise that caters to our needs. As we learn to partake of His promises, we get to enjoy this inheritance which produces health and healing in every area of our lives. If you did not understand this covenant, Satan will deceive you, showing your faults, and then you disqualify yourself and miss out on God. As soon as you have placed your eyes on your words, good or bad, you have removed your eyes from Jesus. You become sin conscious and you disqualify yourself. So let us run with our eyes looking unto Jesus ²⁴.

Old man: Dead or Alive?

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, **all things have become new. Now all things are of God**, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation 2 Corinthians 5:17-18 NKJV emphasis mine

Let us examine this scripture one more time.

If any man is in Christ, he is a new man. The old man is gone and in his place the new man has come. Many have not understood this and they are trying to crucify the old man. Your old

man, that dead spirit is gone. He is buried with Jesus at His death and burial. Paul said that you were planted together with Him in His death. You were buried together with Him and now raised together with Him. The word *planted together* in the Greek means *inseparable union*. Then in another place why did Paul say that *you should put off the old man*, you may ask? Let's examine that scripture a bit closely.

That you put off, concerning your **former conduct, the old man** which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness. Ephesian 4:22-25 NKJV emphasis mine.

The Apostle Paul is actually referring to the *former conduct of the Old man* and *not the old man* as such. Can you see it? Before you were born again, your old man has trained your brain to think and act a certain way, so to speak. Now, that old man is gone, Paul is urging believers to re-educate (renew) their minds and constantly put on the new man. The new man is the spirit man who is created in true righteousness and holiness.

The old man was the life source of your sickness and disease. Now that the axe has been laid at the roots of your sickness and disease, they have lost their power. Now, we understand what Paul said about reminding ourselves of our death in His death by proclaiming the death of our Lord when we take communion. More on this in the lesson: The Lord's Table.

LESSON 4—SUMMARY POINTS

- To believe in His resurrection means to perceive it as real in your heart.
- Jesus is your life. His resurrection is your resurrection!
- You can see Jesus in your heart more real than with your natural eyes.
- Jesus is knocking at your heart's door, can you hear his voice?
- At new birth the word of God is written permanently in your spirit.
- You are joined with the Lord and you are one spirit with Him
- The *word of God* is synonymous with *spirit of christ*.
- The living word by which you were saved came in the gospel that you heard in the beginning.
- As a born again believer, you are the *word in the flesh* now.
- What the word (God's report) says about you is the real you.
- You are Abraham's seed because you are in Christ.
- Truth means reality, this reality is established in your heart by meditation.
- You are a New Creation. The old man is dead and gone.
- In Adam you were dead; in Christ you are alive to God

LESSON 4—DISCIPLESHIP QUESTIONS

1. What does it mean to say, “I believe in His resurrection”?
2. Your heart is the real you! *True or False*
3. In the passage where Jesus is talking about the grain of wheat, what is the main point he is trying to get across?
4. Where does God desire to meet you?
5. How did God resuscitate you?
6. Where is the Word of God written in you?
7. The Bible as a mirror reflects who?
8. Why should you read the Bible?
9. How do you make God’s word real in your heart?

10. What does New Creation mean?

11. Who is a born again Christian?

12. When will your attitude towards sickness and disease change?

13. Explain substitutionary death.

14. What is New Covenant?

15. Is the Old man dead or alive?

16. How do you put off the former conduct of the old man?

LESSON 4—ANSWER KEYS

1. It means to see His resurrection as your resurrection in your heart.
2. True
3. Jesus is saying that only by new birth a person can truly see Jesus.
4. Your Heart
5. By sending the spirit of Christ into your spirit.
6. In the spirit
7. It reflects your spirit
8. To see the reflection of your spirit who is the real you.
9. By meditation
10. New creation means: God inside man , Spirit filled man.
11. A born again Christian is someone who has God's eternal life in the flesh.
12. When you realize who you are in Christ!
13. A sinless man takes on the sin of sinful man and dying in his place instead.
14. God made a covenant with Abraham's seed. In Christ, we enjoy the benefits of that covenant.
15. Dead and gone.
16. By renewing your mind.

LESSON 4—REFLECTIVE WRITING

LESSON 4—SOAKING EXERCISE

LESSON 4—SCRIPTURE REFERENCE

1. Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new. 2 Corinthians 5:17 NKJV
2. That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. Romans 10:9 NKJV
3. Even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), ⁶ and raised *us* up together, and made *us* sit together in the heavenly *places* in Christ Jesus. Ephesians 2:5-6 NKJV
4. When Christ *who is* our life appears, then you also will appear with Him in glory. Colossians 3:4 NKJV
5. Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me. Revelation 3:20 NKJV
6. For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God. Ephesians 2:8 NKJV
7. Who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. John 1:13 NKJV
8. But has now been revealed by the appearing of our Savior Jesus Christ, *who* has abolished death and brought life and immortality to light through the gospel. 2 Timothy 1:10 NKJV
9. Strongs' Number G4806, Strong's concordance smart phone app.
10. But he who is joined to the Lord is one spirit *with Him*. 1 Corinthians 6:17 NKJV
11. But you *are* a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light. 1 Peter 2:9 NKJV
12. Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. James 1:21 NKJV

13. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. James 1:23-24 NKJV
14. You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. 1 John 4:4 NKJV
15. Whoever believes that Jesus is the Christ is born of God, and everyone who loves Him who begot also loves him who is begotten of Him. 1 John 5:1 NKJV
16. For as he thinks in his heart, so is he. Proverbs 23:7a NKJV
17. And I, brethren, could not speak to you as to spiritual *people* but as to carnal, as to babes in Christ. I fed you with milk and not with solid food; for until now you were not able *to receive it*, and even now you are still not able; for you are still carnal. For where *there are* envy, strife, and divisions among you, are you not carnal and behaving like *mere* men? 1 Corinthians 3:1-3 NKJV
18. God *is* faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord. 1 Corinthians 1:9 NKJV
19. For the earnest expectation of the creation eagerly waits for the revealing of the sons of God. Romans 9:19 NKJV
20. Now to Abraham and his Seed were the promises made. He does not say, “And to seeds,” as of many, but as of one, “And to your Seed,” who is Christ. Galatians 3:16 NKJV
21. For all the promises of God in Him *are* Yes, and in Him Amen, to the glory of God through us. 2 Corinthians 1:20 NKJV
22. By which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption *that is* in the world through lust. 2 Peter 1:4 NKJV
23. And if you *are* Christ’s, then you are Abraham’s seed, and heirs according to the promise. Galatians 3:29 NKJV
24. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, looking unto Jesus, the author and¹finisher of

our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. Hebrews 12:1-2
NKJV

Lesson 5

HEALING THROUGH RIGHTEOUSNESS

That as **sin** hath reigned unto **death**, even so might **grace** reign through **righteousness** unto **eternal life** by Jesus Christ our Lord. Romans 5:21, KJV, emphasis mine

I have emphasised the key words in the above scripture and it is important for us to understand the meaning of these words to learn to appropriate your healing.

- What is sin? There are many Greek words which are translated as *sin*. The most common meaning of sin is: “*to miss the mark for the prize.*” So, when a born again believer misses the spirit and ends up in the flesh, he has sinned. It need not be an outright evil act, but even in subtle ways we can miss the spirit and land up in flesh.

For example, when Samuel went to the house of Jesse to anoint the next king of Israel, he looked at the muscular and tall sons of Jesse and thought to himself; surely this must be the next king! He was ready to anoint one of them, but God intervened and stopped him in his heart ¹. Samuel saw in the flesh and sinned (missed the mark). He repented immediately and corrected his course. This is the beauty of walking in the spirit. It doesn't mean that you will never sin (miss the mark). It means you will walk with a deep and satisfying awareness of God's voice in your heart. By creating an internal awareness of your righteousness, you will sharpen your inner ear to the spirit, so that as soon as you deviate from the spirit, you sense it and repent (change your mind) immediately. The prize you enjoy is the fruit of the spirit (love,

joy, peace, etc.) in your emotions and character. A sense of peace will be the core emotion of your life.

- What is death? Death is the manifestation of darkness or fruits of the flesh. This manifests as depression, despair, pain, bitterness, etc. Even sickness and disease is a form of death that robs the quality of life from us. Satan is the author of death ² and by learning how to walk in the spirit we can escape his plan for us.
- What is Grace? It is the ability of God that is available to you because of His unmerited love and favour over you. You have access to God's ability. By faith, only by faith, you access this ability ³.
- What is righteousness? Righteousness means *you are made as you should be in the spirit*. This is the essence of faith righteousness. By faith, you see yourself as righteous as Jesus Himself. You are clothed with the righteousness of Jesus which He obtained at the resurrection. This puts us in the league of victors and conquerors ⁴.
- What is *unto* eternal life? It means to bring *eternal life* into manifestation. Eternal life is the life God infused into your spirit at new birth. It is the quality of life God possesses which can be known and experienced ⁵. The best example of how eternal life look like is seen in the life of Jesus. Jesus was unfazed over sickness, diseases, demons, and natural circumstances. He lived on top of poverty and needs. Over the top, abundant, and superfluous life! This is the life you and I possess in our spirit, and seldom have we accessed it. It's available inside us, and by faith, only by faith we can actuate this life.

So, Here is what the Apostle Paul is saying in the above Scripture.

When we miss the mark for the prize, we bring fruits of darkness into manifestation. When *faith righteousness* is established in our hearts,; Grace, God's ability flows seamlessly in and through our hearts, bringing the life of God which is in our spirit

into physical manifestation. This is the essence of the gospel message and this is the gospel Paul preached.

Now, armed with this beautiful revelation, let's examine another scripture pertaining to healing and health.

And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. Romans 8:11-12 NKJV

I used to confess the above scripture relentlessly when my body was sick but never understood what it actually meant. Paul says that the body is dead because of sin. What could this mean? You see when you were born again it's your spirit that is made alive and healthy, but the body is the same. It's still part of the decay system initiated by Adam's sin. In medical terms, this is called *apoptosis*, which means *programmed cell death*. When sin entered into mankind, our cells were programmed to die in Adam. In another place Paul says, "Our outward man is perishing!"⁶ Then he drops a bombshell of truth which I missed for years. He goes on to say, the spirit is alive because of Righteousness. Righteousness has been imparted into your spirit. Now, read the next line in this thought process; "The same spirit who raised Jesus from the dead, gives life to your mortal bodies." Our mortal bodies can experience resurrected life in this life!

If this is true, then all believers should be enjoying great health and never have sickness in their bodies, you may wonder! So, where is the disconnection?

What Paul is saying is this: Though our physical bodies are growing old and weak, exposed to the elements of the world, the Spirit of God can infuse resurrected life to it and give super natural health to the body. How? Because you have learnt to keep your heart in faith righteousness! This is the power of faith. You will understand this better in the lesson on *Meditation-the key for healing and health*.

When you hold your heart in faith righteousness, then, only then you will experience the power of righteousness in your body and in your behaviours. This is what it means, “With the heart one believes unto righteousness.” ⁷

Righteousness is the very nature of God. God’s thoughts are righteous, His ways are righteous and His works are righteous. The gift of righteousness is restored in our recreated spirit ⁸. The God whom we love and serve is a *God of faith*. Everything who God is and does is by faith. The gospel message the early Apostles preached revealed the righteousness of God from faith to faith. The faith to accept the gospel comes in the gospel. The gospel has the potential to take a sinner and make him stand right with God as if he or she has never sinned. Righteousness is not just mere right standing before God alone, it’s also right standing before your adversaries whatever that adversary may be; sickness, disease, poverty, pain etc. Many believers are oblivious to this aspect of righteousness. When you understand this aspect, your prayer life leaps to a new glorious level. You will take your authority in Christ and use it.

When describing the weapons of our spiritual warfare, the Apostle Paul refers to righteousness as the breastplate ⁹. A breastplate is worn by a soldier to protect the heart. When one believes that Jesus was raised from the dead by faith, the faith righteousness protects his heart from the corruption of sin. This is the primary way to guard your heart with all diligence ¹⁰. When we guard our hearts with faith righteousness, all the issues of our lives will be resolved.

The benefits of believing that you are righteous by faith are many. It boosts one’s faith, it gives freedom to fellowship with the Father, it restores son ship, it gives peace in your heart, and freedom from sin consciousness. Faith leaps from a heart that is established in faith righteousness. Now, you understand that faith is not as elusive as some have portrayed it to be in Christendom. Faith is just a natural response from a heart that is steadfast in believing that Jesus is your righteousness!

When you *believe* that you are *righteous by faith* it destroys Satan’s work instantly in your life. To believe means to see within your heart. A believer is translated from the power of darkness into the kingdom of God ¹¹. Righteousness makes you bold as a lion ¹².

Righteousness by faith is the key that unlocks the benefits of all that Christ offers in this life. This includes healing and health!

Circumcision cannot be reversed

In my twenty years of medical practice, I have anaesthetised large number of patients who came for surgical circumcision. Yet I have not seen one procedure where a circumcision was reversed! Why? Because this is impossible to do, as the foreskin which is removed is destroyed and not stored for future re-attachment.

Paul reveals that true circumcision is of the heart and not of the flesh (Romans 2:28). This is a marvellous revelation! At new birth, our old man, the sin nature, is immersed into the death of Christ (Romans 6:5, 6). If anyone is in Christ, he is a new creation! The old is gone, behold all things are made new (2 Corinthians 5:17). Can you see, your old man, the foreskin of your heart is destroyed with the death of Christ and in its place, lives the resurrected Christ, the new man! ¹³

Your old man no longer lives in an imaginary corner somewhere waiting to jump into you if stumble in sin. Your righteousness is irreversible! I say it again, “Your righteousness is irreversible.” Your sins; past, present and future are forgiven and you are wiped clean! Your sins are not the issue standing between you and God; it’s your un-renewed mind which is the issue. Ignorant of this truth, many believers are continuously in a ‘confession mode’ hoping that they will be worthy to go in the rapture when Jesus comes.

Sealed with His Spirit

Paul reveals that our union with Christ is sealed with the Holy Spirit of promise (Ephesians 1:13, 2 Corinthians 1: 22). This seal is not like a rubber stamp seal but rather a sealing of a jar to preserve its contents. Your spirit is made new with the true righteousness and holiness and on top sealed with the Holy Spirit of promise never to be contaminated. You have a lot going for you in the here and now. Sadly, you were ignorant. Not anymore! Now, you are armed with this mighty revelation. You are already experience healing as this truth explodes inside

you. This is the power of righteousness. David saw this coming in the New Covenant and longed to experience it.

Blessed are those whose lawless deeds are forgiven, And whose sins are covered;
Blessed is the man to whom the LORD shall not impute sin. Romans 4:7-8 NKJV

A word about fake Righteousness

If there is a true righteousness, then there must be a false righteousness too. This is the righteousness sold by religion, which constantly demands that you perform righteous deeds to become righteous. The Jewish Pharisees were obsessed with this kind of righteousness ¹⁴. Don't fall into that trap! Guard your heart with the truth with all diligence! The laws and the commandments have been fulfilled on your behalf. It is taken out of the way by Jesus ¹⁵.

So, what is the purpose of the laws and commandments for a believer now?

The laws no longer demands of a believer. It rather defines you now. You are in Christ, you have obtained righteousness. You are qualified to inherit all the promises that is promised in the Bible. Learn to look at the laws and commandments with this new set of eyes. They are like a picture showing you, who you really are in Christ! When you have seen it, now act that way. This is why James exhorted his listeners to keep looking into the perfect law of liberty and act it out ¹⁶.

Some, in ignorance, are emotionally moved in meetings, go forward and make a commitment to do better next time and not to their surprise, they fail again. So they run from meetings to meetings, altar-calls to altar-calls, living in frustration. If you do this, you will confuse your heart. If you are one of those who constantly do such things, you need to take time and meditate and see your true image in Christ.

Look, if you sin, confess and repent before God. That's very healthy. But don't live with sin consciousness which made you stumble in the first place! Confession is healthy, only if you do it from the place of faith. If you moved away from the place of faith, confession will work against you, as it will confuse your heart.

Two realities and two manifestations

When you believe that you are righteous, you are in faith and in God's reality. On the other hand, when you see yourself in the flesh, you are in the natural reality. Which reality is going to dominate your life? It depends on which one you choose and make it your heart belief. This is the core of walking in the spirit!

Remember, both realities can exist at the same time while you are in the process of persuading your heart. As you stay focused on your spirit and see yourself living that reality in your heart, then, and only then, that reality will be established in your heart. With this in mind, you are ready to move on to the next lesson on *The Heart*.

LESSON 5—SUMMARY POINTS

- Sin means to miss the mark for the price.
- Death means the fruits of darkness.
- Grace means God's ability is available for us.
- Righteousness means you are made as you would be.
- Eternal life means God's quality of life infused into a believer at the new birth.
- Though our outward man is perishing, by faith we can walk in divine health by faith and the working of the Holy Spirit.
- Faith righteousness gives you the mind-set of an overcomer.
- Your new birth cannot be reversed, your heart is circumcised.
- The laws and commandments now define you and no longer demands off you.
- Confession of sins is healthy, if and only if you do it from the place of faith.
- Keep your mind on the spirit which is made holy and righteous.

LESSON 5—DISCIPLESHIP QUESTIONS

1. What does the scripture Romans 5:21 mean?
2. When do you experience the life of the Holy Spirit in your mortal body?
3. Gospel message reveals the righteousness of God . Give one reference scripture.(scripture reference)
4. What aspect of righteousness many believers are oblivious to?
5. What does the breastplate of righteousness do? Explain
6. List some benefits of having faith righteousness.
7. Can the circumcision of your heart be reversed?
8. What is *sealed with the spirit* mean?
9. All your sins; Past, Present and Future sins are forgiven. Is this true?

10. What is false righteousness? Give Bible reference.

11. What is the purpose of the Laws and Commandments now for a believer?

LESSON 5—ANSWER KEYS

1. When we miss the mark for the prize, we bring fruits of darkness into manifestation. However, when *faith righteousness* is established in our hearts, Grace, God's ability flows seamlessly in and through our hearts, bringing the life of God which is in our spirit into physical manifestation.
2. When you establish your heart in faith righteousness.
3. Romans 1:17
4. Righteousness gives them boldness to face any circumstances like how Jesus faced.
5. It helps establish the heart in the promises of God.
6. Faith leaps out, fellowship with the Father, Sonship made alive in your heart.
7. No
8. It means sin no longer is imputed into(on) you.
9. True
10. Trying to live holy with a view to earn righteousness. Romans 9:30-32
11. This defines a believer now.

LESSON 5 REFLECTIVE WRITING

LESSON 5 SOAKING EXERCISE

LESSON 5 SCRIPTURE REFERENCE

1. So it was, when they came, that he looked at Eliab and said, “Surely the LORD’s anointed is before Him!” But the LORD said to Samuel, “Do not look at his appearance or at his physical stature, because I have refused him. For *the LORD does not see as man sees*; for man looks at the outward appearance, but the LORD looks at the heart.” 1 Samuel 16:6-7, NKJV
2. Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil. Hebrews 2:14 NKJV
3. Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. Romans 5:1-2, NKJV
4. Yet in all these things we are more than conquerors through Him who loved us. Romans 8:37, NKJV
5. And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. John 17: 3, NKJV
6. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. Romans 10:10, NKJV
7. For if by the one man’s offense death reigned through the one, much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ. Romans 5:17, NKJV
8. For in it the righteousness of God is revealed from faith to faith; as it is written, “The just shall live by faith.” Romans 1:17, NKJV
9. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness. Ephesians 6:14, NKJV
10. Keep your heart with all diligence, For out of it *spring* the issues of life. Proverbs 4:23, NKJV

11. He has delivered us from the power of darkness and conveyed *us* into the kingdom of the Son of His love. Colossians 1:13, NKJV
12. The wicked flee when no one pursues, But the righteous are bold as a lion. Proverbs 28:1, NKJV
13. Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new. ¹⁸ Now all things *are* of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation. 2 Corinthians 7:17-18, NKJV
14. What shall we say then? That Gentiles, who did not pursue righteousness, have attained to righteousness, even the righteousness of faith; but Israel, pursuing the law of righteousness, has not attained to the law of righteousness. Why? Because *they did* not *seek it* by faith, but as it were, by the works of the law. For they stumbled at that stumbling stone. Romans 9: 30-32, NKJV
15. Having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. Colossians 2:14-15, NKJV
16. But he who looks into the perfect law of liberty and continues *in it*, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does. James 1: 25 NKJV

Lesson 6

THE HEART

The word *heart* appears numerous times in both the Old and the New Testament, and there are subtle differences in what it means in different places in the Bible¹. Understanding what it means in a particular passage helps us to grasp the practical application of that passage of scripture. Remember, our goal in studying any scripture is to see how it can be practically applied in day to day life! Therefore, a good working knowledge of the heart is vital. My presentation on this subject is a conceptual model. It's nearly impossible to accurately explain this to the satisfying of a carnal mind. A conceptual understanding is sufficient for us to experience the truth for real-life transformation. Also, keep in mind that we are not looking at the anatomy of the human heart as in medical science; rather, we are trying to understand the spiritual heart.

The heart is the real you, the seat of your believed identity². I say believed identity because what you believe about your self is what will manifest in your life. As you start the journey of renewing your mind, you need to know the difference between true identity and believed identity clearly. Your true identity and your believed identity are different in the beginning, but as you renew your mind these two identities will begin to merge; you will understand this further along. The Apostle Paul said that even though the outer man is perishing, yet the inner man is being renewed day by day³. This shows that there is a part of the heart which can be influenced and changed. This is not an automatic process, but one that happens as we renew our mind. The condition of your heart after you are born again is very different from the condition of your heart before you were born again⁴.

Understanding this is very important! If you do not grasp this truth you will be confused at certain scriptures. Remember, in the Old Testament period, no one could be born again. This is because Christ had not yet come, died on the cross, and rose from the dead. However, the Old Testament saints were imputed with righteousness when they placed their trust in God who revealed Himself through types and shadows of Christ. Righteousness was credited to their account⁵. However, for us who live after the cross we are made righteous with Jesus.

In very simple terms, the heart is the combination of the spirit and the soul. Your inner man! The soul and the mind are one and the same. Again, remember, this conceptual understanding is more than sufficient for the practical application of this truth.

The mind is made of the conscious mind (intellect) and subconscious mind (cellular memory). Memory is stored both in the conscious and in the subconscious mind. The conscious mind stores memories as information which can be recalled at will, whereas the subconscious mind stores information as deep feelings. When the subconscious mind is evoked, deep feelings begin to arise and they influence the conscious mind. Depending on what type of feelings are evoked, you will experience either emotion of joy or sadness in your conscious mind. Experiences in the past; either good or bad, are stored in the subconscious mind. That is why certain smells, certain pictures, certain words and even certain people can bring those feelings alive and you may feel joy or uneasiness depending on the original experience. Cutting edge medical science has shown that the subconscious mind is present in all the organs. The organs of the whole body have the capacity to store cellular memories in them. David said in Psalm 51:6, “Behold, you desire truth in the inward parts, and in the hidden *part* you will make me to know wisdom.” This is more a literal statement than a metaphor. With emerging scientific knowledge it looks like modern science is catching up with biblical wisdom.

Remember from the previous chapters, the spirit is dead or separated from God before the new birth. So, man is primarily functioning from a soulish realm. Spiritually dead men do not have the *light of life* inside them, and henceforth are darkened. Without light from the spirit, interpretation of the data received from the five senses is distorted in the intellectual

mind. Since the time of Adam, men have created a world based on this distorted perception of the world around them. Now you can understand why every good, man attempts, has so much chaos built into it. It looks like chaos is the new order! You can see this chaos in everything man has ever created. Religious, political, education, banking and health systems have all chaos in-built. They are constantly coming up with new ideas, which create more new problems. All these systems are born out of a mind which is operating independently of God. On the contrary, wisdom says, the blessing of the Lord makes one rich and He adds no sorrow to it.⁶

In the book of Jeremiah, God declares,

The heart is deceitful above all things,

And desperately wicked;

Who can know it?

Jeremiah 17:9, NKJV

(Remember, this is the condition of the heart of man before new birth)

The word *deceitful* in the above scripture can also be translated as ‘showing footprints.’ And the word *desperately wicked* can also be translated as ‘incurably sick.’ So, what God is saying is this: A heart that is showing footprints is incurably sick! ⁷

Footprints are normally left after someone walks over. It looks like all the information we process in our conscious minds (by choice) has the potential to leaves a footprint in our subconscious mind (a part of the heart). When information elicits emotions in us, they leave an imprint in our subconscious minds. From childhood, our mind is developed by receiving information from outside. Then, we interpreted that information and passed judgements. Remember, we did not have the light inside us before the new birth. So, a mind functioning without light interprets and analyses information in the darkness. As this is the only system of knowledge for growth available, we felt nothing abnormal about it. After all, everyone around us was also functioning in the same way. However, such faulty judgments and conclusions of data created a distorted paradigm. It is through this faulty paradigm we related to the outside

world. This created further distortions and this never-ending vicious cycle continued. Until we came to Christ (light), we already have created a lifetime of faulty paradigms. This faulty paradigm is the root cause of all misery in our lives. Our heart has been incurably sick!

Fear is the core emotion of spiritually dead men or in other words, fear is the dominant emotion of the flesh. We see this in Adam when he hid in the trees at the voice of God. Ever since man's perception about God changed because of sin, he is running away from God. Now, why was he afraid of God? After his spirit died (separated from God), man's interpretation of the voice of God was distorted; and this produced fear inside him. God's voice did not change but Adam's interpretation of that voice had changed! The paradigm of his world view in his heart had shifted! Nobody was threatening or chasing after Adam. Yet, he interpreted the voice of God as a threat, and he hid from God. Adam misunderstood his Father's voice and ever since God has been misunderstood! The truth about the God of love has been mangled in the dark hearts of man. Man lost the ability to understand the true nature of God. Now, the man begins to blame God as the cause of all the problems, even though God is the solution! He cannot see it because his heart is dark and has alienated himself from the life of God. The prodigal son left the house!

Spiritually dead men cannot understand the heart of God. Natural man cannot perceive the things of God as He is a spirit. Spiritually dead men cannot save themselves. Man's heart is incurably sick! He is spiritually blind, he cannot perceive the realm of the spirit, he is held captive to his own faulty paradigms which were created by distorted judgments, he has imprisoned himself to his own opinions. These are the hallmarks of a broken heart and with this, he has declared war on God!

Fear involves torment and perfect love is the only cure for fear. God is a loving Father and extends peace towards us. He wants to save us from this vicious spiral of darkness within our hearts which we have created. He wants to save us from ourselves! Without alleviating from the fear of judgment and condemnation, the heart cannot be healed. At the birth of Jesus, an angel appeared to a group of shepherds and announced a love letter from heaven, "Peace and goodwill towards man!"⁸ Jesus is the light of the world who has come to set things right.

Men who lived in darkness saw a marvellous light in Jesus⁹. Jesus is the answer this world desperately needs. He is the only answer, there is no other!

At the beginning of His ministry, Jesus turned to the book of Isaiah and read this portion of the scripture.

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.

Isaiah 61:1 NKJV

A broken heart is one that,

- Hath taken captive to own imagination (creating faulty paradigms).
- Is blind to the realm of the spirit and can only perceive the natural realm.
- Is bruised and hardened (like a blood clot).

Now, can you see that without healing the heart, any attempt to heal the physical body is vanity and grasping of the wind?

This is the condition of a man's heart before being born again. This is also the condition of a man who is born again but not walking after his spirit. As you understood from the previous discussions, at new birth God recreated our spirit. You will only experience, however, the benefits of the healed heart when you walk after the spirit. That is why Paul is exhorting all the believers to walk in the spirit, and not after the flesh.

The Apostle John was calling all believers to walk in the light and in the truth¹⁰. The terminologies are different but the message is the same; walk in the spirit/ truth/ light.

If a saved person is not walking in the spirit, he or she is deluded as much as the unsaved person. For the unsaved, the life of God is outside them, and they need this life desperately but by refusing it they have alienated themselves from it. For the saved, the life of

God is inside them, in their spirit, but by not learning to walk after the spirit, they have alienated themselves from it. The end result, both of them are walking in darkness. Both are sinning (missing the mark for the price), and missing on the benefits of God. When you received Jesus into the heart, the spirit of Christ is united with the spirit part of your heart. The heart is illuminated! You opened the door; the light came into your heart. Light, the word of God, the spirit of Christ, the life of God are all synonymous and interchangeably used throughout the scriptures. Through the spirit part of your heart, you are connected to God the Father! You are born again! The Apostle John calls those who are born again as those who are born from above! You have become citizens of heaven. This is best explained in the Amplified Bible as follows.

But to as many as did receive *and* welcome Him, He gave the right [the authority, the privilege] to become children of God, *that is*, to those who believe in (adhere to, trust in, and rely on) His name—who were born, not of blood [natural conception], nor of the will of the flesh [physical impulse], nor of the will of man [that of a natural father], but of God [that is, a divine and supernatural birth—they are born of God—spiritually transformed, renewed, sanctified]. John 1:12–13 AMP

However, your conscious mind and the subconscious mind are still the same. By new birth, you have started the journey; a journey of knowing God in your heart and writing the truth about your true identity in your subconscious mind. It's a lifelong journey whereby you are changed from glory to glory. Changing your minds is entirely in your hands and it's your responsibility. God has done His part, now he is inviting you to fulfill your part; renew the(your) mind and enjoy the life of God!

Your life will transform only when you change the subconscious part of your heart. Only you have the power to influence the subconscious part of your heart. Neither God, nor the devil, nor any other human being has the power to influence the subconscious part of your heart. Maybe bad things have happened to you, but remember, it's your choice to attach significance to those things, and by this, you have allowed it to influence your heart. The good news is you can change your heart again by choice. David said in Psalm 19:7, “The law of the

Lord is perfect converting the soul.” The word of God has the potential to redesign your life no matter how bad it has been scarred by the past negative experiences. As the subconscious part of your heart changes, you will experience transformation.

Now let's see how to positively influence and change the subconscious part of your heart. Please look at the following exhortation to believers by the Apostle Paul.

This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, **being alienated from the life of God because of the ignorance**, because of the blindness of their heart; who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

But you have not so learned Christ, if indeed you have heard Him and have been taught by Him, as the truth is in Jesus. Ephesians 4:17-21, NKJV, emphasis mine

The above picture is of one who has alienated himself from the life of God. *The keyword is ignorance.* But to believers, he says, you have not so learned Christ. Learning Christ means to have gained accurate information about what Christ has accomplished for us.

The renewing of your subconscious mind starts with accurate knowledge of what Christ has done through the death, burial and the resurrection. This is the starting point of transformation. Accurate knowledge is important to renew the mind. This is best illustrated in the following scripture,

That the **sharing** of your faith may become effective by the **acknowledgment** of every good thing which is in you in Christ Jesus.
Philemon 1:6, NKJV

The word acknowledgement in the above scripture is translated from the Greek word *epignosis*, which means *accurate knowledge*. The Apostle Paul wants believers everywhere to gain *accurate knowledge* of who God is and what He has done for us in the death, burial and the resurrection of Jesus Christ. Without accurate knowledge, you will not desire to

participate in the renewing of your mind which is the only way to transformation. I cannot overemphasize this enough! This is the reason why the Apostles took time to write the epistles to the churches.

The word *sharing* in the above verse is translated from the Greek word *koinonia*, which means a partnership or joint participation. If you do not have accurate information, you will not participate in the fellowship with Jesus (who lives in your spirit). As you keep acknowledging your position, the faith to live the shared life flows seamlessly. Again, this is not mere mental information that we are seeking, but through accurate information, we are aiming to experience the truth in the heart. This happens during meditation as we shall see in the next chapter.

The heart is the real you. How you perceive yourself in your heart is the way you behave in life. This is what it means *as a man thinketh in his heart so is he in Proverbs 23:7*. This is talking about the deep thoughts from the subconscious part of the heart. So, when you change your image in the subconscious part of your mind, your external realities changes effortlessly. People with broken hearts do not have a healthy sense of self. Therefore, they are seeking acceptance and approval from others all the time. In this state they are either seeking control or allowing others to control them.

Wisdom is crying out to guard our hearts with all diligence because for out of the heart springs the issues of life¹¹. As you influence your heart with God's word, the issues of life will be resolved. If sickness is an issue in your life, it can be resolved with God's word. The whole purpose of this book is to get you to understand this! If you did not understand this, you will never move into victory. Even if you did, you will not sustain it. Only after we understand this we will take responsibility. Instead of blaming everything and everyone, we will humble our self and go to God's word and do what Jesus told us to do i.e. to apply His word in our hearts.

In summary,

- The heart is the combination of spirit, conscious mind & subconscious mind.
- At new birth, your spirit is renewed and recreated, the word of God lives in the spirit part of you.

- Accurate information is a must for the conscious mind to engage.
- The subconscious mind can only be influenced through the meditation process.

As the whole heart becomes healthy, you experience transformation. The healed heart (wholesome heart) changes your world view. In this new paradigm, you will begin to operate in peace and tranquillity. This is what it means in Proverbs 14:30, “A sound heart is life to the body!” It's not a metaphor, it's a literal statement! The ability to find good in life depends on the condition of your heart. A crooked or perverse heart will find no good (Proverbs 17:20). If a born again believer does not function with his or her mind focused on their spirit, they will create distortions in their heart. Only a wholesome heart is life to the body, a crooked heart is the source of misery.

Subconscious mind

The subconscious mind cannot be accurately located in the body. The subconscious mind is more like an autopilot. It governs everything about you without you knowing consciously. Medical research in neuropsychiatry reveals that the subconscious mind is present in the cells of every organ. They call it as cellular memories. The whole subject on the mind is an enigma even to the most modern cognitive neuroscientist. In my view, in the area of mind, medical science is catching up with biblical wisdom.

In the book of Proverbs we read exhortations like: *write the truth in your heart, bind them continually on your heart, keep them in the midst of your heart* etc. As you study the word and gain accurate knowledge about the cross, the love of God, new birth, etc., and spend time on meditation, you will start writing the information in your subconscious mind. This is what it means to write the truth in your heart¹². Remember, this information is already in your spirit. As you meditate, you are transforming the reality of your spirit into your subconscious mind through the conscious mind. Information plus emotion leads to writing the truth in the heart. Unless you see the information in a way that affects your identity, that information will not be written in your subconscious mind.

The written word of God was given to educate our conscious mind, which is the beginning of the transformation process. However, it only comes alive in your heart during active meditation as we shall see in the next chapter. You will recall from the chapter on the new birth, how the word of God is implanted in your spirit. The Apostle James encourages believers to receive the implanted word with meekness¹³. What does it mean *to receive* the implanted word? James is asking believers to continuously look at the law of liberty with an intention to do God's word. You receive in your conscious mind what has already been implanted in your spirit. The word "do" is translated from the Greek word which means *poietic performer*. A poet is someone who is using all his emotions, words, and body gestures to express information. This is a form of meditation! Your born again spirit is not accessible to the five senses. If the five senses are not engaged, the conscious mind cannot grasp. So, God gave us the written word for us to renew our mind. As you keep looking at God's word and meditate on it (poetically perform), you transfer the reality to your subconscious mind. *Information plus emotion* leads to writing the truth in the heart. Your whole body will be full of light. The key to transformation is meditation and by which you are wrapping yourself around the truth.

Jesus said;

"No one, when he has lit a lamp, puts it in a secret place or under a basket, but on a lampstand, that those who come in may see the light. The lamp of the body is the eye. Therefore, when your eye is good, your whole body also is full of light. But when your eye is bad, your body also is full of darkness. Therefore, take heed that the light which is in you is not darkness. If then your whole body is full of light, having no part dark, the whole body will be full of light, as when the bright shining of a lamp gives you light." Luke 11:33-36 NKJV

Eyes in the above scripture mean focus. In the Hebrew language knowledge is compared to light and ignorance means darkness. As you focus your conscious mind in the word, the light that is already in your spirit begins to move from the spirit to the subconscious mind. As this happens, you have put the lamp on the lampstand, so to speak. Now your whole

body will be full of light with no part dark. Sickness (a form of darkness) simply falls off your body. No matter what the nature of your condition; be it genetic/inherited or environmentally acquired, darkness has to leave because the light has come. You will not only get healed but begin to enjoy health. You would have moved into a life of supernatural experiences. This is just the beginning of experiencing eternal life! Remember, Jesus is giving us incredible wisdom and it's our responsibility to engage in the process. Renewing your mind is not an option, but mandatory to experience resurrection power. If we don't engage in the process, then we have put the light under the basket, by doing so we have covered the light with darkness. In another place Jesus said, "If the light that is in you is darkness, how great that darkness will be!"¹⁵

LESSON 6—SUMMARY POINTS

- The heart is the real you, your true identity.
- The condition of your heart is very different than before you were born again.
- The heart is: a combination of Spirit and Soul (mind).
- The spirit part of the heart is made complete at new birth.
- According to Jeremiah 17:9, the heart before new birth is incurably sick.
- Jesus came to give us a new heart.
- By ignorance one can alienate oneself from the life of God.
- Now we have to renew our minds and write what happened in our spirit into our subconscious mind.
- This happens as we gain accurate understanding of what happened at the cross and begin to meditate and see that real in our imagination.
- To do the word means poetically perform the word in meditation/ seeing the word come alive in your heart.
- Information plus emotion leads to writing the truth in the heart.
- As you meditate, your body will be full of light. Light will dispel darkness.

LESSON 6—DISCIPLESHIP QUESTIONS

- 1 Give a practical definition of heart?
2. Which part of you is comprised of the heart?
3. Is the condition of your heart same before and after new birth?
4. Which part of you is renewed at new birth?
5. What does the scripture in Jeremiah 17:9 means?
6. What was the main ministry of Jesus according to Isaiah 61:1?

7. Why is accurate knowledge about the cross important?

8. What is the purpose of gaining accurate knowledge?

- a) To show off your knowledge
- b) To meditate and seek application
- c) To win a medal in church Bible quiz
- d) To win arguments over fellow believers.

9. What first advice Apostle Paul gave to believers who are alienating from the life of God to the Ephesian church?

10. Where is the word of God implanted in you?

11. Who is a poetical performer of God's word?

12. How to write the truth in your heart.

13. Why has God given the church the written word of God?

14. What did Jesus mean in the passage Luke 11: 33-36?

15. What is the benefit of filling the whole body with light?

LESSON 6–ANSWER KEYS

1. The heart is the combination of spirit and mind.
2. The spirit and soul
3. No
4. Spirit
5. Before one is born again, the heart is incurably sick.
6. To heal the broken heart, to set them free from their own opinions and give spiritual eyesight to see clearly from the truth perspective.
7. This helps us to see clearly what has happened to us and thereby engage actively in mind renewal.
8. Answer : b
9. To learn about christ
10. In the spirit
11. One who engages his emotions and physical actions to see His word come alive in his/her heart.
12. By gathering information and creating emotions by meditation.
13. To renew the mind.
14. To put on the light so that the whole body is full of light.
15. It dispels darkness which includes sickness.

LESSON 6—REFLECTIVE WRITING

LESSON 6 SOAKING EXERCISE

LESSON 6 SCRIPTURE REFERENCE & ENDNOTES

1. In Matthew 15:19, Jesus says, out of the **heart** comes all sorts of wickedness. Here, the heart refers to the conscious and subconscious mind of a person who is not born again or a person who is born again but not led by the spirit.
2. In 1.Peter 3:4, Peter talks about the hidden part of the **heart** which is the spirit.
3. In the parable of the sower in Mark 4, Jesus said as soon as the seed fell in the **heart**, Satan came and grabbed the seed away. Here, the heart refers to the conscious mind. This person did not take time to meditate. His thinking is so set on worldly ways, the message from the preacher is not even registering in his mind.
4. For as he thinks in his heart, so *is* he. “Eat and drink!” he says to you, But his heart is not with you. Proverbs 23:7, NKJV
5. As in water face *reflects* face, **So a man’s heart reveals the man.** Proverbs 27:19, NKJV, emphasis mine
6. Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day. 2 Corinthians 4:16, NKJV
7. Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new. And therefore “it was accounted to him for righteousness.” Romans 4:22, NKJV
8. The blessing of the LORD makes *one* rich, And He adds no sorrow with it. Proverbs 10:22, NKJV
9. Theological Wordbook of the Old Testament. Word no: 1676c, showing footprints. Word no: 135, incurably sick.
10. Glory to God in the highest, And on earth peace, goodwill toward men! Luke 2:14, NKJV
11. The people who sat in darkness have seen a great light,

12. And upon those who sat in the region and shadow of death Light has dawned.

Matthew 4:16, NKJV

13. But if we walk in the light as He is in the light, we have fellowship with one another,
and the blood of Jesus Christ His Son cleanses us from all sin. 1 John 1:7, NKJV

14. Keep your heart with all diligence, For out of it *spring* the issues of life. Proverbs
4:23, NKJV

15. Bind them on your fingers; Write them on the tablet of your heart. Proverbs 7:3,
NKJV

16. Therefore lay aside all filthiness and overflow of wickedness, and receive with
meekness the implanted word, which is able to save your souls. James 1:21, NKJV

Lesson 7

MEDITATION—THE KEY TO HEALING & HEALTH

Meditation in your heart is the missing link between having the resurrection power of God in your spirit and experiencing it in your daily life. Meditation has been the lifestyle of the renowned men and women of the Bible and the Bible is full of such exhortations. But what is meditation? Meditation is the process whereby you see/picturize the reality of God's word in your heart and keep seeing it until that's the only reality in your heart. It also means to roll it over in your imagination. When you see how your life will look like if that particular truth is real in your life now, then you are doing biblical meditation. Merely thinking about the verse in the intellectual mind is not meditation.

I want to show two examples, one from Old Testament and one from New Testament as to what meditation does to your physical body.

Example 1

Caleb was a man who went to conquer the Anakim giants at the age of 85. His conversation with Joshua recorded in the book of Joshua 14 reveals a very important wisdom key for divine health ¹. Caleb, then 40 years old, was one of those who went to spy the land of Canaan when Moses sent twelve spies. Caleb and Joshua brought back a good report while others brought back an evil report ². Because of this, the children of Israel could not enter the Promised Land. They had to wait for another 45 years. Caleb, now 85 years old, narrates to

Joshua, that he reported to Moses **as it was in his heart**, while others reported as they saw it with their eyes. Caleb saw the same situation, but his assessment was based on what God had already spoken to the children of Israel. He took the spoken word of God into his heart, and his paradigm changed. From that paradigm, he saw them as well able to conquer the land. But because of others unbelief, the Israelites could not enter into the Promised Land. Fast forward 45 years, now Caleb is 85 years old. Even though he was 85, he had the strength of a 40 year old. How? Because his heart had arrested his strength based on the reality he had created in his heart. Right here is the secret of healthy living! God's spoken word was in his heart and his confession of the mouth was in line with that. Faith comes alive when God's word, the picture in your heart and the confession of the mouth synchronizes. This is how faith works. This is the wisdom of God available for everyone. Healthy living is when how you see yourself in your heart based on His word.

Example 2

The Apostle Paul suffered a shipwreck and landed at the island of Malta ³. On the shore, while gathering sticks to light a fire, a venomous snake bites him. To the surprise of the natives of the island, the poison did not have any effect on Paul's body. How can this be? The snake was real, the bite was real and the poison was spreading in the body of Paul, yet something stronger neutralized the power of the venom. What Jesus had spoken about those who believe in His name had come true in Paul's situation. Jesus said if you drink anything deadly, it will not harm you. Jesus is talking about a breed of people who are masters of the circumstances like Jesus Himself ⁴. These are not superstitious beliefs. This is the reality of the life of faith. Sadly, we never gave thought to these words of the master. The wisdom of God had been lost in the translation! Paul was a man of faith. His reality was based on the words of Jesus and His doctrine. Paul's life was a life of meditation on God's word and the reality in his heart was based on the resurrection power. The Spirit had given life to the mortal body ⁵.

Many have equated meditation to memorization. They have memorized a lot of scriptures but it has not worked for them. Sadly, they have not done what the Bible exhorts to do. Meditate!

In meditation, we create pictures in our heart based on the promises of God. For example if you are unable to walk, then based on this truth *by his stripes you are healed*; you see yourself get up, walk, run and do everything which your physical body does not permit you to do. You keep seeing this long enough until this is the only reality or picture you see in your heart. When your heart is fully persuaded, faith leaps out and at some point you will start walking pain free. When you ponder on a truth and create emotions, you are writing that truth in your heart.

Your faith will only work within the boundaries of your heart belief. Since the heart is the real you, what your heart believes is what you will experience in your life. This is the miracle of the heart! This is the way every man of God functioned in the Bible, yet such knowledge is lost for the 21st century intellectual minds. Yet, if you are willing to surrender your opinion and follow His instructions, it will work perfectly for you.

Phrases like waiting on God, abiding in Him, dwelling in His presence, dwelling in the secret place, entering into the secret place, are all different ways of expressing the same thing—meditation!

Waiting on God

The Hebrew meaning of the word *to wait* means to intertwine or to twist upon. Remember, God is already present in your spirit through His Spirit. Now, you are taking your mind and wrapping it around your spirit which is the spirit of Christ/word of God/Holy Spirit. When this happens, you are meditating or waiting on God. You keep seeing in your heart what your life would be like if those promises are real in your life now. You are creating a new reality contrary to the reality of the five senses.

The book Song of Solomon, is a story of a loving relationship between a king and his lover and has phrases like these, The king has come to the table (Song of Solomon 1:12). The

king has brought me into his chamber (Song of Solomon 1:4). All these are word pictures of your union with Christ in your spirit. All it needs is for us to keep our mind focused on who we are in the spirit. This is what it means to be spiritually minded. Nothing more and nothing less!

Abiding in the vine

In John chapter 15, Jesus gave us another picture about meditation: Abiding in the vine!

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. John 15:5–7 NIV

The vine is Jesus and we are the branches. To be more precise, the vine is our spirit in which Jesus lives by His word and our mind are the branches. When we stay our mind on the spirit (spiritually minded), then we are abiding in the vine, so to speak. The options are either bearing fruits or withering away. There is no in-between or the third option! About abiding in the vine in another place, Jesus said, “He who eats my body and drinks my blood is he who abides in me⁶.” Physiologically, after we eat food the blood supply to the intestines increases. This is to aid with digestion and to mobilize the nutrients that are digested. The absorbed nutrients are carried away by the blood to the cells for making proteins causing the growth of the natural body. Eventually the food that is absorbed becomes part of the body. Likewise, when we create realities in our imagination (heart) based on the absolute truth of God’s promises, the Holy Spirit who is our lifeblood, zooms into our heart, and carries that reality into every cell of the body giving supernatural strength and energy. This becomes our believed identity! This is what it means *the Spirit gives life to the mortal body*! (Romans 8:11)

What I am writing here is profound biblical wisdom. But it's foolishness to the carnal mind. We can surrender our opinion and take His wisdom or hold on to our carnal opinion and lose the benefit of eternal life in our spirit. It's our choice and it's our responsibility!

Perfect peace

You will keep *him* in perfect peace, Whose mind is stayed on You,

Because he trusts in You. Isaiah 26:3, NKJV

The word *mind* in the above scripture is more accurately translated as *imagination*. To imagine means to conceive in your mind, to give shape in your thoughts. We all know how to do this in a negative way, but have never trained ourselves to use God's word and construct a positive picture about ourselves. You see perfect peace is not something God withholds from you and will give it to you when you spend hours begging Him. Perfect peace is the natural outcome for the one who keeps his or her mind stayed on His Word. This is the power of positive imagination. You cannot function in hope without a positive imagination. Hope means confident expectation of good things to come and this expectation is based on your capacity to imagine.

The promises of God are not for us just to memorize. It is for us to take these promises and create a picture of our lives in our imagination. When we do that in our heart, faith leaps and brings that reality into the natural realm. This is the ONLY way faith works. It knows no other way! This is what Jesus meant when he said, "He who understands the word, produced a harvest from his heart."

Fellowshipping with Him

God is faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord. 1 Corinthians 1:9

The word fellowship is translated from the Greek word *koinonia*. This word means a partnership or joint participation. When we focus our minds on the death, burial and

resurrection of Jesus, we are participating in *koinonia*, shared fellowship with His Son. The Apostle Paul explains how he did this in the following passage,

And be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if, by any means, I may attain to the resurrection from the dead.

Philippians 3: 9-11 NKJV

Paul wants to experience resurrection life. First and foremost he wants to establish himself in faith righteousness. And then, to experience the resurrection life, he is wrapping his mind around the sufferings of Jesus on the cross. He is seeing himself die on the cross and be buried with Him. The word *attain to* in the above scripture means to *arrive at*. So, Paul is creating a reality in his heart through meditation on the cross, so that he may arrive at the resurrection, and experience the resurrection power in his life and ministry. When you walk in resurrection power, your life will mirror the life of Jesus.

For the same reason, Paul said; “we proclaim the Lord's death”⁷, when we take communion. By proclaiming His death, we are seeing the death of our old man in Him. To see the death of our old man is the starting point in this fellowship process. More on *The Lord's Table* in the next lesson. Even taking communion is a form of meditation whereby we are influencing our hearts with God's reality.

Science and meditation

Research has proven that as one goes into a deeper state of meditation, the brain waves goes into slower wave pattern called the *alpha waves*. When one is awake and alert, the brain waves are predominantly *beta waves*. But as soon as one closes the eyes, the brain waves switch to *alpha waves*. Then, as one calms down further with the mind focused or by adding music while keeping your eyes closed, deeper levels of alpha waves are reached. In this state one is in touch with the spirit part of the heart. It is in this state the beliefs of your heart are easily changed.

The *alpha wave* state of the brain is easily attained in the early mornings. This is the reason people hear God's voice better early in the morning more than other times of the day. It's not that God shows up early in the morning, but that we are more attuned to His voice early in the morning because we are more aware of the voice of our heart. God is present with us 24/7, His presence doesn't fluctuate! Even dancing, lifting hands, and swaying the body, have all been shown to calm the brain into alpha waves. This is the reason praise and worship can be an incredible way to connect with God in your heart.

By learning to commune with God in our heart, we are connecting with Him. We are creating an awareness so real; *Christ in you*, becomes the dominant thought of our lives for every situation we face. Meditation is the key process whereby we enter into His presence and learn to live there.

LESSON 7—SUMMARY POINTS

- Meditation is the process whereby you see/picturize the reality of God's word in your heart and to keep seeing it until that's the only reality in your heart.
- Caleb and Paul's lives are examples of how meditation can influence your health.
- Meditation and memorization are not the same.
- In meditation, we create a picture of our life that we want to experience in our heart based on the promise of God.
- Faith will only work within the boundary of your picture which you have created in your heart.
- Waiting on God means to wrap your thinking around your spirit.
- Perfect peace is an outcome of keeping your mind on Him.
- When you actively ponder your death in His death, you fellowship with His suffering.
- Your aim is to experience resurrection life in every area of your life.
- Your goal is to create a vibrant awareness of Christ in you.

LESSON 7—DISCIPLESHIP QUESTIONS

- 1) What is Meditation?
- 2) What was the secret of Caleb's strong health even at the age of 85?
- 3) Are meditation and memorization the same?
- 4) When does faith leap out from your heart?
- 5) What does the word wait on God means?
- 6) What is the purpose of the promises of God?
- 7) How do you experience the resurrection life in your heart?
- 8) What is the foundational truth on which you can build your life upon?
- 9) When do you experience peace in your heart?

10) What is the benefit of closing eyes when meditating?

11) How do you connect with the spirit part of your heart effectively?

12) What is the key to healthy living?

LESSON 7-ANSWER KEYS

1. Meditation is the process whereby you see/picturize the reality of God's word in your heart and to keep seeing it until that's the only reality in your heart.
2. Caleb kept God's spoken word in his heart and in his mouth.
3. No
4. When the heart is fully persuaded in the promises of God.
5. Wait means to intertwine or twist upon.
6. To create a reality about our lives based on those promises.
7. To meditate on the death, burial and resurrection of Jesus
8. You are made RIGHTEOUS by faith.
9. When you stay your mind on His word.
10. It helps slow down the brain and one can connect with the spirit part of the heart easily.
11. Closing eyes, praise and worship, lifting hands during worship.
12. Meditation on the promises of God

LESSON 7—REFLECTIVE WRITING

LESSON 7—SOAKING EXERCISE

LESSON 7—SCRIPTURE REFERENCE

1. I was forty years old when Moses the servant of the LORD sent me from Kadesh Barnea to spy out the land, and I brought back word to him as *it was* in my heart. Nevertheless my brethren who went up with me made the heart of the people melt, but I wholly followed the LORD my God. So Moses swore on that day, saying, ‘Surely the land where your foot has trodden shall be your inheritance and your children’s forever, because you have wholly followed the LORD my God.’ And now, behold, the LORD has kept me alive, as He said, these forty-five years, ever since the LORD spoke this word to Moses while Israel wandered in the wilderness; and now, here I am this day, eighty-five years old. As yet I *am as* strong this day as on the day that Moses sent me; just as my strength *was* then, so now *is* my strength for war, both for going out and for coming in. Now therefore, give me this mountain of which the LORD spoke in that day; for you heard in that day how the Anakim *were* there, and *that* the cities *were* great *and* fortified. It may be that the LORD *will be* with me, and I shall be able to drive them out as the LORD said.”
Joshua 14:7-12 NKJV
2. Then Caleb quieted the people before Moses, and said, “Let us go up at once and take possession, for we are well able to overcome it.” Numbers 13: 30 NKJV
3. But when Paul had gathered a bundle of sticks and laid *them* on the fire, a viper came out because of the heat, and fastened on his hand. So when the natives saw the creature hanging from his hand, they said to one another, “No doubt this man is a murderer, whom, though he has escaped the sea, yet justice does not allow to live.” But he shook off the creature into the fire and suffered no harm. However, they were expecting that he would swell up or suddenly fall down dead. But after they had looked for a long time and saw no harm come to him, they changed their minds and said that he was a god. Acts 28:3-6 NKJV
4. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they

drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.” Mark 16:17-18 NKJV

5. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. Romans 8:11 NKJV
6. For My flesh is food indeed, and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him. John 6:55-56 NKJV
7. For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes. 1 Corinthians 11:26 NKJV

Lesson 8

THE LORD'S TABLE

On the night he was betrayed, Jesus partook in the breaking of the bread and the wine which we call it as the communion of the Lord's Table. It is very important that we understand why Jesus wanted His disciples to do this often. Since we are His disciples too, we should do this as often as we can. The power of remembering the death of the Lord Jesus is very often underestimated.

Jesus asked His disciples to do this often in remembrance of Him. Why has the Lord asked us to remember Him this way? What could be the reason? Could it be that when we participate in something like taking communion with all of our capacity, that it will influence our heart?

For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me."

For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes. 1 Corinthians 11:23-26 NKJV

In the above passage of scripture, the Apostle Paul throws some light on what this remembrance entails. Paul received revelation knowledge from the Lord about partaking in

communion and how it will bless the church. By partaking in communion, the Apostle Paul said we are proclaiming the Lord's death until He comes. Why should we proclaim the Lord's death? Let us examine this a bit closer.

His Cross is Your Cross

On the cross, The Lord Jesus cried out with a loud voice and gave up his spirit ¹. He died on the cross and His lifeless body was hanging on the cross till it was buried. When sin was placed on Him, He died in the spirit first. Then he died on the natural. When Adam sinned in the beginning, the flesh was born. The flesh is the most powerful force in this world. It has the power to oppose God. Satan has no power as such; he is using man's power, which is the flesh. When Jesus the last Adam², became sin and died on the cross for us, the flesh died! On the cross, the power of the flesh was broken. A soldier took a spear and pierced the chest and ruptured the heart of Jesus, Blood and water gushed out³. The blood that gives life to the body was shed. So the body of Jesus that was buried in the tomb had every other organ except the blood. From the book of Leviticus⁴, we know that the life of the flesh is in the blood. Here we see that the blood that gives life to the flesh of Jesus was shed. Therefore, in Jesus, the flesh lost its power. Satan is the root of all evil but the only way he overpowers us is through the flesh. When we are in the flesh, he will find an inroad to attack us. The good news is that we are in the spirit⁵. By yielding to the spirit, we can walk a supernatural life and Satan will have no hold on us.

The Apostle Paul said, "Those who are in Christ' have crucified their flesh with its desires and its passions."⁶ The death of Jesus on the cross is your death. This is what it means to take up your cross. On the cross Jesus became you. The cross He carried was your cross. Now, he wants you to remember His death as your death and thereby take up your cross. His cross is your cross!

Participating in the Exchange

When participating in communion we are using all our capacity to see His death as our death. The death of the flesh! Our flesh died! The blood that gives life to the flesh is poured out. The

blood pouring out of His body is a graphic picture of the complete death of the flesh. Therefore when you take communion you are remembering and proclaiming the death of your own flesh. This is the key to victory! To experience resurrection life, to see yourself raised together with Him, first and foremost you have to see your death on the cross. This is what communion does to you. The word communion means joint participation. You are jointly participating in His death. You are seeing the death of Jesus on the cross as the death of your flesh. It becomes real in your heart. This is what it means when Paul said you are planted together in the likeness of his death in Romans 6.⁷ What I am sharing here is very powerful. You should take time to contemplate this and see it in your heart and make it your revelation.

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. Romans 8:1-2 NLT

Before you were born again, you were in the flesh. You were under the law of sin and death. That was the only reality for you. But now after you are born again, you are in the spirit. You have been ushered into the law of the spirit of life. Now, you can choose to make that your reality in your heart. And communion helps a great deal to influence your heart with this truth.

Grace made it possible for us to enter the realm of the spirit. Now, God is waiting for you to grasp this truth and enter into fellowship with Him in the realm of the spirit. This is what it means to be seated together with Him in the heavenly places⁸.

By taking part in communion you are saying, I am no longer in the flesh, I am in the spirit. The flesh has no power over me. I see my death in His death.

Satan is the author of all sickness and disease. However, Satan can only bring sickness and disease in your body through the power of the flesh. When you are in the flesh and walk in the flesh, you give room for darkness to invade your life. The work of darkness includes sickness and disease. The good news is you can break the power of darkness as you partake in communion, and boldly proclaim His death. Sickness simply leaves your body.

Worthy or Unworthy

Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks¹ in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. 1 Corinthians 11:27-29 NKJV

Religious mind-set have completely mangled the above scripture and brought condemnation in the hearts of believers for centuries. All this is because we did not understand the finished work of Jesus on the cross. Instead of encouraging seeing their death on the cross, a believer is encouraged to take an inventory of their flesh when taking communion. Remember flesh stinks! If you approach communion table with the mind-set of what is wrong with me, you empower the flesh. You are now carnally minded. But on the other hand, if you participate in remembering what has been made right about you, you will be in the spirit and you are spiritually-minded. Remember in Christ you are made worthy!

(Hear me, if you have sinned by yielding to the flesh, repent, confess and bounce back to the spirit quickly. Don't linger in your flesh for long. The key to deliverance from any habitual sins is not to see yourself unworthy, but rather to proclaim by faith how much you are worthy in Christ.)

What makes you worthy before God is not how clean your flesh is, rather your union with Christ. This is what it means to judge your-self correctly. You have judged that your flesh is dead in His flesh. Now that your life is hidden in Him, you are worthy of taking part in communion. You are complete in Him. If you are not taking communion from that perspective and taking stock of your flesh, you are taking communion in an unworthy manner. You will pass on a wrong judgment about yourself and end up in condemnation. Condemnation empowers your flesh. Condemnation is at the root of all sickness and diseases.

Remember what Jesus said; "He who eats His body and drinks His blood it is he who abides in Him."⁹ As you participate in communion, remember His death, see yourself dead in Him. As you partake in this way, the Holy Spirit zooms into your heart and pumps the life of

Christ into every cell of your body. If the church takes communion with this knowledge, there cannot be any sick or feeble among us. I envision a day when the church of Jesus Christ will grasp this truth and walk like a divine superman and superwoman on this earth before the second coming of the Lord. This may sound foolish, but the wisdom of God is foolishness to our carnal mind. But it is the power of God if one chooses to believe (see) in his or her heart and act on it.

Judging yourself correctly

For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. **For this reason**, many are weak and sick among you, and many sleep. 1 Corinthians 11:29-30 NKJV emphasis mine

As a medical doctor when I read this statement; "For this reason, many are weak and sick" I jumped in excitement. These are definitive terms and such life-giving reassuring words cannot be found in the medical world. While the whole medical world is spending an enormous amount of money to find a cure for many diseases, the wisdom of God comes along very simple lines. Here Paul is not saying this may be one of the reasons for our sickness. He is quoting in definitive terms; **FOR THIS REASON!**

You see every sickness and disease went into His body when He was made sin on the cross. Now, you should see your sickness go into His body with all the capacity you've got. Therefore, you cannot permit sickness to stay in your body. From this position of having your heart fully persuaded, you take your authority as a child of God and curse that sickness to leave your body. It simply falls off your body. You have seen it in the word; have seen it in your heart, now it has become a reality in your mouth. Now you are in the faith! Remember, this is biblical faith and when you are in such unshakable assurance, no mountain can stand in your path ¹⁰.

The simple act of renewing your mind by participating in communion has the power to break the generational curses, genetic diseases, any other weakness or sickness in your body. Your disease may have a genetic link. You may have inherited your disease from your earthly

parents. But the truth is when you were born again; you were translated from the law of sin and death and placed under a superior divine law called the law of the spirit of life. Therefore, when you see yourself in Him, these diseases lose power over your life.

The key is persuading your heart! Once your heart is fully persuaded to see His death as your death, then your mind will be illuminated with resurrection power. A mind that is convinced of the resurrection power will not accept sickness in the body. It will command the sickness to depart with absolute conviction.

LESSON 8—SUMMARY POINTS

- By partaking in communion, we are proclaiming the Lord's death until He comes.
- We remember His death as our death and thereby take up our cross.
- The key to victory is to experience resurrection life, to see yourself risen together with Him
- To experience resurrection life, first and foremost you have to see your death on the cross.
- Communion helps a great deal to influence your heart to be in the spirit.
- Communion means joint participation.
- Worthy manner in communion is when I accept His death as my death.
- When you judge His body correctly, you are free from condemnation.
- In communion, I see the death of my flesh.
- The simple act of renewing your mind by participating in communion has the power to break the generational curses, genetic diseases, any other weakness or sickness.

LESSON 8—DISCIPLESHIP QUESTIONS

1. Explain “Proclaiming the Lord’s death” means?What does the term “ proclaiming the Lord’s death “ mean?

2. What does it mean to take up the cross?

3. How can youexperience resurrection life in your heart?

4. What is the key to victory in our lives?

5. What is the main event we remember when we partake in communion?

6. How should a believer judge himself correctly?

7. What does it mean to believe?

8. What is the worthy manner to take communion?

9. How can you free yourself from habitual sins?

10. What is the work of Grace concerning our salvation?

LESSON 8-ANSWER KEYS

1. It means to see yourself dead in Him on the cross
2. When we remember our death, we take up His cross, which is our cross.
3. By actively thinking about the death of Jesus and seeing ourselves dead in Him.
4. To arrive at the resurrection life.
5. We remember the death of our flesh.
6. In Christ all his sins are forgiven and all his diseases are healed.
7. To believe means to see it in your heart.
8. To be worthy means to focus on the work of Jesus and not ourselves.
9. By proclaiming His work as often as we can.
10. Grace made us alive to the realm of the spirit.

LESSON 8- REFLECTIVE WRITING

LESSON 8- SOAKING EXERCISE

LESSON 8-SCRIPTURE REFERENCE

1. And when Jesus had cried out with a loud voice, He said, “Father, ‘into Your hands I commit My spirit.’ ” Having said this, He breathed His last. Luke 23:46 NKJV
2. And so it is written, “The first man Adam became a living being.” The last Adam *became* a life-giving spirit. 1 Corinthians 15:45 NKJV
3. But one of the soldiers pierced His side with a spear, and immediately blood and water came out. John 19:34 NKJV
4. For *it is* the life of all flesh. Its blood sustains its life. Therefore I said to the children of Israel, ‘You shall not eat the blood of any flesh, for the life of all flesh is its blood. Whoever eats it shall be cut off.’ Leviticus 17:14 NKJV
5. But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. Romans 8:9 NKJV
6. And those *who are* Christ’s have crucified the flesh with its passions and desires. Galatians 5:24 NKJV
7. For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection Romans 6:5 KJV
8. And raised *us* up together, and made *us* sit together in the heavenly *places* in Christ Jesus Ephesians 2:6 NKJV
9. He who eats My flesh and drinks My blood abides in Me, and I in him. John 6:56 NKJV
10. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Mark 11:23 NKJV

Lesson 9

WALKING IN THE SPIRIT

We have seen from the previous lessons that as soon as one is born again he or she is in the spirit. However, to experience spirit-life in day to day living, we need to learn to walk in the spirit. The Galatian church believers who started off in the spirit were very soon getting into legalism. Therefore, the Apostle Paul encourages them to learn to walk in the spirit. The word walk here means ‘to line up with.’ What Paul was saying to them is that they should start to line their walk with the spirit ¹. This in essence is the core message of every New Testament writer. God has done His part and now we need to take responsibility and renew our mind and start to walk in line with our spirit. This is the battle of the mind and one that is described in the Bible as the good fight of faith!

As I studied the scriptures for the healing of my own body, I realised that I need to take responsibility and learn to walk in the spirit otherwise I will squander what Grace has freely provided for me. I also learnt that all things pertaining to life (health, healing and provision) are already given to me in Christ². All I need to do is learn how to appropriate this. I concluded that I will experience this only when I learn how to walk in the spirit. Failing to do so, I will not experience what God has already given me. It is either a walk of faith or stay put in defeat! There is no other option!

Walking in the spirit is a walk of faith. As simple as that! But what is faith? Faith is unshakable trust in the promises of God. But here is the catch: faith only works within the boundaries of the beliefs of your heart. What you believe about yourself creates a boundary in your heart. Your faith will never go beyond that boundary. When Christ in you becomes the

dominant thought and belief of your heart pertaining to a particular area, you have moved the boundary in your heart concerning that area. At the start of this journey, what you believe about yourself (perceived identity) and what God thinks about you (true identity) may have been different. As you stayed plugged in the word of God and renewed your mind, you would have noticed that the two identities began to merge into one. More and more you begin to see yourself as the way God sees you. This is transformation and also means you are travelling on the right path.

Our faith is anchored on what the Lord Jesus accomplished in His death, burial and resurrection. Therefore, faith is not wishful thinking nor faith is fantasizing. Faith is unshakable trust in the finished work of Jesus. When you come to fully understand all that God made freely available for you through Jesus then you are ready to move in faith. Faith comes from hearing the word ³. The word hearing means “unveiling”; an unveiling of what Jesus has accomplished on the cross, and your true identity in Christ!

Faith starts with considering the promises of God. Because you are in Him, you are fully qualified to receive those promises ⁴. Now, you can see the promises come alive in your heart. No more begging God, no more condemnation and no more disqualifying yourself by looking at your own efforts.

Faith in the Heart

The word faith and the word believe are translated from the same Greek word which means to see it in your heart as true now!

An example will help us understand how to engage in the process. Let's say you have osteoarthritis (with severe knee pain). You know the promise of God which says, by His stripes you are healed of all diseases. Jesus conquered your arthritis at His resurrection. Remember, it was our sickness and diseases that were placed on him. When He rose from the dead, you also rose in Him. You, in Him, have conquered that arthritis.

Now, in your heart, you begin to see yourself pain-free, running, and jogging and doing all activities without any limitations. Remember, you are seeing this in your heart while

doing the soaking exercises mentioned earlier. You are not faking this. Actually, you are seeing what is in your spirit and this is what God sees about you in the spirit. Joy and happiness fill your emotions as you keep seeing this image. You tried taking a step and feel pain, you sit back and start seeing yourself healed over and over again. You are trying to persuade your heart like how Abraham did. Then you see it and suddenly you start walking pain-free, as this is the only reality that is established in your heart. This is the power of your heart.

Doubting in the heart

In the same example above, when you start seeing yourself in your heart severely limited by pain; you see yourself going to the doctor, and walking with the walking aid. You see yourself unable to run or walk or do any useful activity. Now you are in doubt. Only when you paint a negative picture contrary to the promise of God in your heart, you are in doubt. Fear begins to dominate your emotions. This image may be based on experience of your own or other people's negative experiences when you let anything other than God's word and His reality, dominate your imagination you are in doubt.

Just a fleeting negative thought doesn't mean you are in doubt. Seeking yourself crippled with pain in your heart is doubt. This is what Jesus meant, "To believe and not doubt in your heart" in the following scripture,

For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Mark 11:23 NKJV

Wavering

In the book of James, the Apostle James said that when we waver we will not receive anything from the Lord ⁵. When you shift your focus back and forth between faith and doubt, you are wavering. I found myself wavering a lot as I started my healing journey. Remember, this is a road only a few are willing to take. The majority will blame the devil, blame God,

and blame the circumstances and will stay put. All those are man-made theology to find an excuse for not labouring to persuade the heart with His word. Every biblical healing happened along these lines. I started to notice that when my heart was held in faith, I experienced healing in my body. Your heart will be persuaded when there is enough evidence. The cure for wavering is influencing your heart with strong evidence.

The word is the evidence

Faith is the evidence of things hoped for! ⁶ The word *things* here refer to those things which are already accomplished for us by the death, burial and resurrection of Jesus Christ. There is only one place to gather evidence and it's from the word of God. This is when I learnt to sanctify (set apart) myself from the distractions of the world and immerse myself in the word of God. I began to read and meditate on faith stories, like the story of David and Goliath and saw myself inside David defeating Goliath. Since we have the same spirit of faith, we can connect with faith stories in the Bible and encourage ourselves ⁷. This is the reason the Holy Spirit has recorded those stories in the Bible. If we are not connecting by faith with those stories, we are just reading a history book and will not experience power.

Sanctifying yourself and immersing in the word is the only way to persuade your heart ⁸. This may mean you stop indulging in television, social media and other time stealers. Listening to faith-filled messages from anointed preachers is good but you have to be careful to pick and choose whom you are listening. Be led by the Holy Spirit, if you don't feel peace in your heart, shut it down.

Your heart will believe for which it has more evidence. This is the way God has created your heart. Every biblical record of healing followed this pattern. When you study the Bible you will see that everyone who received healing had their hearts persuaded. Let us do a case study!

Case Study - Abraham - the father of faith

Abraham was 100 years old and had lost the physiological capacity to bring forth a child. Moreover, Sarah had also attained menopause. There was no chance in their natural ability to

bring forth a child. The outlook was pretty bleak. If we don't look at this carefully, we will miss a very important lesson that will be useful for us. Abraham faced the fact that His body was dead ⁹. However, he took God's spoken word of promise and painted another reality in his heart. His heart worked the miracle because he provided more evidence to his heart from the word.

Abraham knew God's word cannot be broken. He had walked with God for 25 years by that time. God had given him a word saying his children are going to be like the stars of the skies and the sand of the seas. In his imagination, he started seeing his children like the sand and like the stars in his heart. He was not fantasizing rather he was acting on God's word. It took a while for him to persuade His heart; nevertheless, he fully persuaded his heart. That is the reason he agreed to have his name to be changed to Abraham, meaning father of many nations before that he was called Abram (exalted father). When his heart was fully persuaded, his faith brought forth the child. Faith took hold of the promises of God and brought into manifestation. It's the miracle of the heart. It's that simple!

James said he who wavers let him not suppose that he will receive anything from the Lord. The word *receive* in the Greek is not a passive waiting for God to show up someday in the future. It means to take hold of that which is promised and bring it into manifestation. This is exactly what Abraham did. This is the walk of faith!

You are already healed. Now grab hold of it and bring it into manifestation. The devil will throw everything at you to stop you from persuading your heart. He knows what you will become, once your heart is fully persuaded. You will destroy his kingdom. The devil is scared of you!

Even if someone is operating in the gift of healing, you will only receive along those lines mentioned above. This is the reason even Jesus could not heal everyone, as they were in unbelief. When you are in doubt about the promises of God, you are in unbelief. The good news is that you can change your heart.

Every disciple of the Lord Jesus is destined to live this way. The Holy Spirit constantly will guide you. Nothing pleases the heart of the Father more than to see His loving

children embrace His ways and to walk by faith. This is the way every renowned men and women of the Bible had walked.

Fighting the good fight

Many are fighting the wrong fight on the wrong turf. The devil is the father of lies. He feeds us with lies. All lies are darkness! On the other hand, the word truth is equated to light. We resist the devil by not shouting at him; rather we speak the truth in our heart. Speaking the truth in our heart means, to frame a picture in our heart based on God's promises. Truth, which is light, dispels darkness. When our mind (conscious and subconscious) is fully illuminated with truth, the body will be full of light. We are called to fight the good fight of faith and this fight is a battle waged in our minds. In writing to Timothy, Paul encouraged him to fight the good fight of faith and lay hold of eternal life ¹⁰. To lay hold means to take a firm grip of what is already inside you. Once you change the image of how you see yourself inside you, the war is over. You enter into His rest. This is the only warfare we are supposed to wage in the new covenant. Remember, the devil is annihilated by our Lord at the cross. Now we participate in His victory through faith ¹¹.

In your pursuit to persuade your heart one of the most important things you should be aware of is taking every thought into captivity to the obedience of Christ ¹². One thing that will fight you till the very end is self-righteousness. Instead of keeping your eyes on Jesus all the time, the devil will try his best to distract you and to shift your eyes on to your good performances. Remember, it's all about His obedience and not ours. Every thought needs to be filtered through the cross. At the end of the day, it's all about Him and seeing yourself complete in Him. Paul said we do not fight with carnal weapons rather powerful weapons. The most powerful weapon of the heart is the shield of faith. Faith is compared to a shield in the list of the armour of God ¹³. It's a very apt description for faith. You see, when the picture is fully set in your heart, anything contrary to that picture the devil may throw simply won't penetrate. The heart will be hardened with the word of God which will function as a shield. Like Jesus Himself, your every step will be governed by the word of God. This is the walk of the spirit!

Confession of your mouth

Having understood clearly how faith works, now let us turn our attention to another important area - Confession of the mouth!

People, who jumped into “confession” without establishing their hearts in faith, experienced a backlash. Sadly, because of that, the confession of God’s word which should have been healthy has gotten a bad name. Confession should be an overflow of your heart. Faith-filled words are just an overflow of a heart that is established in the Word. Words are powerful and sadly in our society words have lost its value, nevertheless, we are experiencing its effects even without fully realizing it. According to the Bible, words are a spirit!

Like the laws of physics that govern the natural world, there are laws of the spirit that governs the spirit led life. The Law of the spirit operates mostly through the confession of faith-filled words. Jesus said...

For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Mark 11:23 NKJV

In the above scripture, Jesus gives us wisdom which is oftentimes neglected. The power is released when we say it! However, unless one believes and sees himself or herself as a mountain mover in his or her heart, no amount of speaking to the mountain will work. The mouth and the heart should function as one unit. It is from this place, you can speak to your situation and it will obey you. The key is saying, but not merely voicing words, but saying from the heart that is already set on His word.

A wholesome tongue is a tree of life, but perverseness in it breaks the spirit (Proverbs 15:4) Remember, the tree of life is already in your spirit. As soon as you were born again, the word of God, which is the tree of life, is planted in your heart. A wholesome tongue is a tongue which aligns its words with what is already in the spirit. A wholesome tongue speaks God’s word in every situation. On the other hand, a perverse tongue is a tongue which speaks

what's in the natural mind and will not line up with the spirit. By doing that, it cuts off the spirit-life. This is what it meant a perverse tongue breaches the spirit.

Your words are powerful. Sadly, I did not understand the power of my tongue for years. Now that I do, I am very cautious because I can release a blessing or a curse with my tongue. It's a weapon and I need to be careful about how I use it. Death and life are in the power of my tongue. James gave us a sound warning about the danger of the tongue. He said hell is after our tongue (James 3:6). Remember, the devil is the flesh devil. The natural mind is the seat of the flesh. Therefore, the devil wants you to speak words from your mind and not from your heart where the Spirit of God lives. Now you know why you have to be careful with your tongue. With your tongue, you should bless your body every day.

If you are a person given to gossiping and chatting, you should learn to quieten down. Because, wisdom says, in the multitudes of words sin is not lacking¹⁴. Meaning, chatting will eventually lead you into the realm of the flesh and the one who talks a lot ends up speaking foolishness. Death is packed in our jokes and comments that tickles our senses. When one realizes that they are a spirit living in a body, then he or she can truly appreciate the power of words. A soul that is surrendered to the spirit is very careful to throw words. Your tongue is incredibly powerful and it can release life. Therefore, use it wisely and speak His word from your heart.

Walking in the spirit is not something that we master overnight. It's the way of the disciple and it's the joyful journey of a lifetime. It's a walk whereby you take one situation at a time and learn to yield to the Holy Spirit as He gently leads you beside the still waters and green pastures.

Walking in the spirit involves these 4 simple steps,

- First, see the promises of God in the Word, and see yourself qualified for that promise (as you are in Christ).
- Based on that promise, now you paint a picture of your life healthy and whole in your heart by meditation.

- You align your tongue to that which you have already seen in your heart.
- Now you act according to what you have seen and spoken.

This is the only way to persuade your heart! There is no other way!

Guarding the Garden

Thorns and snares are in the way of the perverse;

He who guards his soul will be far from them. Proverbs 22:5 NKJV

The word perverse also means crooked or distorted. From our study on heart, we know the soul is a part of our heart which we can influence. So the wisdom of God is saying if you want to avoid thorns and snares in your life, you should guard your heart against distortion. The spirit part is already made right with God. If you don't keep your mind and your tongue in line with your spirit, then you create distortion. This is the reason for all the misery in a believer's life! When you walk in the spirit you judge yourself in the light of God's word. You see yourself qualified. It's from this perspective you can see other fellow believers in the spirit as well. You see them qualified as you are. This will help a great deal in avoiding offences and walking in love. This is what Jesus meant when he said; *first you should remove the speck from your own eye*¹⁵. He is talking about learning to see yourself in the spirit first, and then, only then you can see and judge others correctly. Paul echoes the same thought when writing to the Corinthian believers who were walking carnally¹⁶. Paul encouraged them to be filled with the spirit! Jesus was not talking about cleaning up our flesh, when it comes to dealing with the flesh there is no cleaning of flesh possible. There is only one way to deal with the flesh, death! The only way not to fulfil the lust of the flesh is to walk after the spirit. There is no other way!

Put on - Put off

Paul encourages believers in all his epistles to put off those things that were programmed by the old man and put on the Lord Jesus¹⁷. This is a very simple yet powerful practical advice we can practice every day. As you are in Christ, you can exercise your authority over those tormenting thoughts, un-forgiveness and all those negative emotions that bother you. During

soaking exercise, you speak firmly to those thoughts and send them away. See those thoughts leave you in your imagination. As soon as you have spoken, you know they have to leave because you are speaking from the position of having known who you are in Christ. Any time they come back to you, you simply remind yourself that you have cast them out. Many times it is that simple!

Once you have sent those thoughts away, you replace your mind with thoughts that are healthy and positive concerning your identity from the Word. Mark all those scriptures which says; in Christ, through Christ, and with Christ in your Bible. You always speak to yourself in the first person singular. The Psalmist David did this exercise often. He kept telling Himself how good God is and how awesome His acts were in the past. You see he was putting on the Lord Jesus, so to speak. Jesus gave us the keys of the kingdom of God. Kingdom also means realm. The realm of the spirit works from your heart through your mouth.

I will give you the keys (authority) of the kingdom of heaven; and whatever you bind [forbid, declare to be improper and unlawful] on earth will have [already] been bound in heaven, and whatever you lose [permit, declare lawful] on earth will have [already] been loosed in heaven.” Matthew 16:18 AMP

The Amplified Bible spells it out clearly as to how the keys of the kingdom work. It works by us permitting or not permitting things that concern our lives. We use words to declare and order our steps, words that line up with our spirit. This is the crux of walking in the spirit!

LESSON 9–SUMMARY POINTS

1. To walk in spirit means to line up with the spirit.
2. God's grace has done His part. Now you have to take responsibility to renew your mind.
3. Walk in the spirit is a walk of faith.
4. Faith is unshakable trust in the promises of God.
5. Your faith will never go beyond the boundary that is in your heart.
6. The word faith and the word believe are translated from the same Greek word which means to see it in your heart as true NOW!
7. The word of God is the evidence with which to persuade your heart.
8. Sanctifying yourself and immersing into the word is the only way to persuade your heart.
9. The Law of the spirit operates mostly through the confession of faith-filled words.
10. Death and life are in the power of your tongue.
11. With your tongue, you should bless your body every day.
12. In Christ, you have authority over thoughts and imaginations that are coming against you.
13. The keys of the kingdom work through your declarations.

LESSON 9—DISCIPLESHIP QUESTIONS

1. What does it mean to walk in the Spirit?
2. What is the core message of the New Testament?
3. What does it mean to walk in faith?
4. Can faith work outside what you believe about yourself?
5. Faith is the substance of things hoped for! What do things refer to in this statement?
6. How are you qualified to receive the promises of God?

7. What is to doubting in Heart means? What does the term “doubting in your Heart” mean?

8. How did Abraham persuade his heart?

9. What is wavering?

10. How can you stop your mind from wavering?

11. Why is self-righteousness dangerous?

12. In fighting the good fight of faith, where is this warfare waged?

13. Jesus totally destroyed the power of the enemy on the cross! Is this absolutely true?

14. Describe a way you can persuade your heart?

15. According to James, when would someone not receive anything from the Lord?

16. What is a crooked tongue means? What does the term “crooked tongue” mean?

17. How can you use the keys of the kingdom of God?

18. What should you do before you speak to your mountain?

19. What does Paul means by Put on- Put off?

20. What is the crux of walking in the spirit?

LESSON 9–ANSWER KEYS

- 1) To line up our thoughts and meditation with our spirit.
- 2) Walk in the spirit/ light/ truth.
- 3) It means to have our heart fully set on God's promises.
- 4) No
- 5) It refers to what Christ has already accomplished on the cross.
- 6) In Him
- 7) Painting a negative image in your heart based on circumstances and not from the word of God.
- 8) By looking at the spoken promise of God.
- 9) Shifting the focus of mind between faith in the heart and doubting in heart.
- 10) Gathering enough evidence from the Word.
- 11) It makes you take your eyes off from Jesus.
- 12) In the mind.
- 13) Absolutely True
- 14) Setting apart your-self and immersing in the word of God.
- 15) When he wavers
- 16) A tongue that speaks words that is not in line with the spirit.
- 17) By declaring with your mouth.
- 18) Believe it in your heart.
- 19) Send away the pattern of thinking of the old man and put on what the word says about us.
- 20) To walk by love, having your heart fully persuaded and lining your tongue with the word.

LESSON 9—REFLECTIVE WRITING

LESSON 9—SOAKING EXERCISE

LESSON 9-SCRIPTURE REFERENCE

1. If we live in the Spirit, let us also walk in the Spirit. Galatians 5:25 NKJV
2. As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue. 2 Peter 1:3 NKJV
3. So then faith comes by hearing, and hearing by the word of God. Romans 10:17 NKJV
4. For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us. 2 Corinthians 1:20 NKJV
5. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways. James 1:7-8 NKJV
6. Now faith is the substance of things hoped for, the evidence of things not seen. 2 For by it the elders obtained a good testimony. Hebrews 11:1 NKJV
7. And since we have the same spirit of faith, according to what is written, “I believed and therefore I spoke,” we also believe and therefore speak. 2 Corinthians 4:13 NKJV
8. Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking, as new-born babes, desire the pure milk of the word, that you may grow thereby. 1 Peter 2:1-2 NKJV
9. Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah’s womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God. Romans 4:19-20 NIV
10. Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses. 1 Timothy 6:12 NKJV
11. For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. 1 John 5:4 NKJV

12. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. 2 Corinthians 10:4-5 NKJV
13. Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. Ephesians 6:16 NKJV
14. In the multitude of words sin is not lacking, But he who restrains his lips is wise. Proverbs 10:18 NKJV
15. And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, 'Let me remove the speck from your eye'; and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye. Matthew 7:3-5 NKJV
16. But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned. But he who is spiritual judges all things, yet he himself is rightly judged by no one. 1 Corinthians 2:14-15 NKJV
17. That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness. Ephesians 4:22-24 NKJV

Lesson 10

ENTERING INTO HIS REST

We see in the creation story in Genesis that God rested on the seventh day. The man was created on the sixth day and entered into God's rest. The Sabbath was a picture of this rest. In the Ten Commandments, the fourth commandment is to remember the Sabbath day¹. This was given as a reminder to look forward to the Messiah who will give true rest. Everything that is needed for Adam was provided in the Garden of Eden. Adam enjoyed a life of fellowship with God in an environment of peace and tranquillity. This is the perfect will of God for mankind. We who are born again are expecting new heaven and a new earth at a future date when the Lord returns and our hearts are filled with hope and joy. But before that day comes, our Lord has not left us helpless. He has established a kingdom within us. We are called to enter into that kingdom and experience rest now.

Ever since man fell from his glorious state, God has been trying to get us to enter into that rest. The idea of rest is an alien concept for a legalistic and externalist mind-set. In the book of Hebrews, in chapter four the writer points out that there remains a rest for the people of God. In the Old Testament, the Promised Land was a type of rest for the children of Israel, yet that was not the true rest. Joshua led the Israelites into the Promised Land. If that was the true rest, then David, who came years after Joshua, would not have spoken of another day of rest in the future. You see, the true rest was always Jesus. Jesus is the central point of all creation both in heaven and on the earth. All things were created for Him, in Him and through Him². The Promised Land was a type and shadow of the true rest which was to come and now that has come in Jesus.

In the same chapter, we see that the writer of Hebrews is calling the believers to labour to enter the rest. This is one of the paradoxes of living by faith. We labour to enter into rest. Once we enter the rest, the labouring stops. When you read that chapter carefully, it looks like the writer has changed the topic between the eleventh and the twelfth verse. In the 11th verse, he is calling all believers to be diligent to enter that rest, and in the 12th verse he is talking about the life of God's Word. It's not a change in topic. You see the true rest the Bible promises for every child of God in the new covenant is the word of God. The Promise land for a new covenant believer is the promises of God. When we live by the promises of God we truly enter into His rest. From studying the previous lessons, you have understood that faith righteousness is a gift. So we are not labouring to become righteous, rather, we are labouring to yield to the power of righteousness. When we do, righteousness begins to permeate into our thoughts, feelings, behaviour and our health. It's impossible to walk in sickness and disease when your heart is fully persuaded in the promises of God. This is the labouring we are called to do. This is done through the renewing of our mind. Therefore, the renewing of your mind is the beginning of the transformation.

Let us examine another scripture.

His divine power has given us everything we need for a godly life through our knowledge of Him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. 1 Peter 1:3-4 NIV

We have been given very great and precious promises! We are in Christ and therefore we are qualified for those promises. We are worthy in Him to participate in the goodness of God. Now we start to labour; we see ourselves living those promises in our hearts. As we stay focused on those promises, those promises pertaining to the particular situation become the reality in our heart. At that point, we have entered into His rest. We have persuaded our heart. Only then do they begin to manifest in our lives.

Sin Nature or Divine Nature

Many believers are confused about these terms and some believe that they have a sin nature even after they are born again. According to the word of God you don't have a sin nature; rather you have a divine nature. You have to settle this matter in your heart. If this is not the starting point, then you will never start the journey. You are translated from darkness into light ³. Your sin nature is gone. In its place, you have a divine nature. God is calling us to participate in the divine nature through His promises. Remember however, you have a flesh. As we saw in the previous lessons, the flesh is crucified with Christ. Therefore we are not trying to crucify our flesh. We simply accept the death of flesh in the death of Jesus. When we take communion, we proclaim our death in His death so that we arrive at the resurrection life. Entering into His rest is an invitation for every one of us. Only in rest we will experience and enjoy health as it should be (righteousness). Therefore let us be diligent to enter into His rest.

Being filled in the spirit

To experience the promise of God as real in our hearts, we need to understand how to be filled in the spirit. Many have misunderstood being filled in the spirit to be some sort of a mystic and have deviated from the Apostles' doctrine. Some church groups are totally avoiding the spirit because of the picture that's being portrayed in the name of being filled in the spirit. Being filled in the spirit has become elusive to many and some equate speaking in tongues as being filled in the spirit. Rather, praying in unknown tongues is the overflow of being filled in the spirit. On the day of Pentecost, they were all filled in the Spirit first and then they began to speak in another tongue.

The Apostle Paul gave us insight as to how to be filled in the spirit in his writing to the Ephesian church. Writing about it, he said, "Do not be drunk with wine but you be filled in the spirit by speaking to yourself in psalms, hymns, and spiritual songs, making melody unto the Lord and be thankful ⁴." This is the only way to be filled in the spirit. When we constantly remind ourselves of who we are and connect to that reality through singing and worshipping and making melody in our hearts unto Jesus (who lives inside us), we put on the spirit-reality in our mind. Then the life of God begins to flood our emotions and thoughts and we are filled

in the spirit. Then as we yield our tongue to this overwhelming flow of the spirit, we begin to speak words from the spirit. This is what Jesus precisely meant in the following verse.

But whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.
John 4:14 NKJV

Note: It's springing up, meaning, it is bubbling from the inside.

David wrote Psalms from being filled in the spirit. After he was anointed, the Bible says that the spirit of God came upon him mightily from that day onwards⁵. He had great insight into the life of the Messiah and in no way he could have received those insights except by the Holy Spirit. When we read psalms and begin to speak to ourselves we connect with the Holy Spirit who lives inside us. This is a transformation process which one can experience readily once they establish their hearts in faith righteousness. There is power in the book of Psalms.

The Power of Praying In Tongues.

Scientific research has shown that when one speaks in tongues, he bypasses the part of the brain which is involved in active thinking. In other words, tongues get us into a state of deep relaxation. This is what God promised in the book of Isaiah.

Very well then, with foreign lips and strange tongues
God will speak to this people, to whom he said,
“This is the resting place, let the weary rest”; and, “This is the place of repose”—
But they would not listen. Isaiah 28:11-12 NKJV

Praying in tongues is a way of experiencing rest because we pray and sing from the spirit, especially when it is coupled with a mind focused on the promises of God. This is the new covenant way of praying! Therefore, let us labour to enter into His rest.

Fasting

When you understand the benefits of fasting, you will thoroughly enjoy fasting. Fasting is an incredible tool to aid in the labouring process. Remember, in labouring, you are trying to persuade your hearts and establish it in the promises of God. You are focused and dedicated so that the promises of God become more real than the pain or any other symptoms of our disease. When asked about fasting, Jesus replied this...

But the days will come when the bridegroom will be taken away from them, and then they will fast in those days. No one sews a piece of unshrunk cloth on an old garment; or else the new piece pulls away from the old, and the tear is made worse. And no one puts new wine into old wineskins; or else the new wine bursts the wineskins, the wine is spilled, and the wineskins are ruined. But new wine must be put into new wineskins.” Mark 2: 20–22 NKJV

The new piece of cloth and the new wine represent the dynamic nature of a spirit-filled life. This is the spirit we have received in the new birth. However, the old mind-set is rigid like old cloth and old wineskin. An old mind-set will not flow with the dynamism of the new spirit. Jesus is giving incredible wisdom as to how to change the old mind-set. Fasting!

Your mind has developed, all these years, from the information gained through the five senses: sight, smell, hearing, taste and touch. When you fast, you should aim to fast for all these senses. Sanctifying your-self from watching television, social media or reading anything other than the word of God, coupled with fasting of food is a powerful way to break the power of the carnal mind. Also, you are now equipping your mind with new information from the word of God. This breaks the mind which has been working in the world system. Doing this regularly brings the mind alive to the spirit inside you. You begin to flow in the spirit more fluently. This is the way of a disciple.

The benefits of entering and staying in God’s rest are a life of peace and joy. This is the paradox of living the resurrected life, we labour and yet we rest. It sounds like we are giving up so much, but the truth is we are gaining the ways of God. This is true freedom. The

ways of God is life and peace for His children. This is the way you were destined to live all these years and now you are finding it out. Your heart is already leaping with joy unspeakable and full of Glory.

And so we have the prophetic word confirmed, which you do well to heed as a light that shines in a dark place, until the day dawns and the morning star rises in your hearts; 1 Peter 1:19 NKJV

As you engage in the process of renewing your mind, you will experience the light getting bright in increasing proportions like the dawning of the day, and at some point the morning star (Jesus) will rise in your heart. Meaning, Christ in you becomes the dominant reality in your heart. You will see the life of Jesus so clearly in your heart, that there is no separation of Him from you. His victory becomes yours. His health becomes yours. Now you have arrived into His rest. This is the place where you lose yourself completely in Him. The demarcation line between where you stop and He begins will be erased.

LESSON 10—SUMMARY POINTS

Sabbath rest was a picture of true rest in Jesus Christ.

The kingdom of God is established in us.

The Promised Land for a new covenant believer is the promises of God.

Those who are in Christ do not have a sin nature.

The flesh is crucified with Christ.

The way to be filled in the spirit is through meditation on Psalms, singing spiritual songs and making melody with thanksgiving unto the Lord.

Praying in tongues is a way of experiencing rest.

Fasting of the five senses helps in labouring to enter into the rest.

The benefits of entering and staying in God's rest are a life of peace and joy.

LESSON 10—DISCIPLESHIP QUESTIONS

- 1 What is the purpose of the 4th commandment?
2. How can one enter into the rest of God?
3. Where is the kingdom of God established now?
4. Explain sin nature vs divine nature.
5. Give a Bible reference for being filled in the spirit.
6. Why is praying in tongues useful?

7. What is the purpose of fasting in the new covenant?
8. In the scripture 1 Peter 1:19, what does the term 'morning star' refer to?
9. According to Jesus, why should we fast?
10. Why is reading Psalms useful to us?

LESSON 10–ANSWER KEYS

1. Sabbath rest is pointing to the Messiah.
2. By being filled with the spirit, through the word of God.
3. Heart
4. Sin nature is the old man, dead spirit. Divine nature is the new man in Christ.
5. Ephesians 4:
6. Praying in the spirit helps us to calm the mind.
7. To renew the mind.
8. Jesus
9. To renew our mind.
10. It helps us to be filled in the spirit.

LESSON 10—REFLECTIVE WRITING

LESSON 10—SOAKING EXERCISE

LESSON 10-SCRIPTURE REFERENCE

1. Remember the Sabbath day, to keep it holy. Exodus 20:8 NKJV
2. He is the image of the invisible God, the firstborn over all creation. For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him. And He is before all things, and in Him all things consist. Colossians 1:17–18 NKJV
3. He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins. Colossians 1:13-14 NKJV
4. And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, giving thanks always for all things to God the Father in the name of our Lord Jesus Christ. Ephesians 5:18-20 NKJV
5. Then Samuel took the horn of oil and anointed David in the presence of his brothers; and the Spirit of the Lord came mightily upon David from that day forward. And Samuel arose and went to Ramah. 1 Samuel 16:13 AMP

Conclusion

You have been through all the lessons and have done all the exercises and completed the study. But you have just begun the life of transformation! When you started this study guide, your sole intention was to get healed in your body and mind, but now the goal has changed. Now you desire to walk in divine health. Your heart is leaping with joy, the joy of having found your true identity in Christ.

The Holy Spirit is the one who transforms us but He cannot do it without our cooperation. Transformation is what happens when one beholds the Lord. To behold means to look with intent and purpose and just not a casual glance. It's important that we come to fully understand that He lives in us. In 2 Corinthians 3:18, the Apostle Paul said we behold Him as in a mirror. The mirror of God's word reflects the Christ who lives inside us. This is the starting point of true change. We start our journey beholding Him and we arrive when we understand that we are complete in Him. Anything we try to do to become complete is an empty philosophy and doctrine of the world system said the Apostle Paul (Colossians 2: 8)

You are armed with this incredible knowledge of what actually happened at the cross and because of that what has really happened to you. You no longer look at the word of God the same as before. Now you know, the word is your true identity. What the word says about you is the true reality. Now you know how to take those realities found in the word and make it your own by meditation. You have found the key to transformation. Now you desire to spend more time reading His word and renewing your mind. Your fight with the devil, circumstances and other time wasters are over. Now you understand what the Apostle John said,; You have already overcome them because He that is in you is greater than he that is in the world. The word 'them' refers to all the evil spirits. Now you don't want to waste your time in fighting the devil, all you need to do is renew your mind. Now you understand that

strongholds are not demons, but the thoughts that are holding you in captivity, thoughts which are contrary to your true identity.

In this incredible journey, you realize following Jesus as the Lord of your life is no longer a threat but a joy. You are more than happy to let go of your opinions and take His opinion found in His word. This is true surrender! You have become a true disciple and repentance has become a way of life for you.

Listening to the voice of the Holy Spirit has a tremendous advantage in life. You are walking no longer as the rest of the gentile walk. You are no longer alienated from the life of God which is inside you. You have arrived at the place of rest. In Him you are Complete! Now you look to Christ for everything, He has become your life and there is no separation of you from Him.

You have discovered the keys of the kingdom. Unlike the residents of the pool of Bethesda as we read in John chapter 5 who was waiting for the next disturbance of the water by an angel to get healed, you are not waiting for the next move of God to happen. You have discovered that the revival is inside you. You have realised that you are the light of the world and you are ready to let your light shine. Seeking the kingdom has become a top priority and all your worries in life have evaporated. This is the abundant life Jesus promised.

As you are persuading your hearts to establish yourself in the true identity, you may stumble. But you won't stay that way. You have learnt to commune with God in the spirit and He will guide you continually. Remember Jesus is your shepherd and as a good shepherd, He is proactively leading you every step of the way. If you miss Him, you are quick to realize that and reconnect with Him.

You have learnt the importance of having accurate knowledge. You also learnt the importance of guarding your heart. Any sermon and song that is not in line with the truth you will reject it now. This is a healthy way to live. You are not judgmental, but now you are sensitive about guarding your own heart. This is the wisdom of the master.

Influencing your heart with God's word has become your top priority. You don't want to spend any more time on mindless religious activities. All the scripture that you have memorised since childhood days have become very useful to you now. In fact, they are exploding in your heart as you read this. This is the work of the Holy Spirit. You have been destined to travel this road of faith since the foundation of the world, and now you have discovered it. There is no stopping you now!

There are four pillars of life which everyone is constantly building their lives upon. These are Health, Wealth, Career and Relationship. The currency that one uses to build these four domains is Time. God says if you give your time in my presence, all the four domains will take care of themselves. This is what it means to seek His kingdom first. To live a life with a priority to walk in the spirit! Now you have found the value of spending time with your heavenly Father. Your life is projected to a different plane. This is the joy of living from your heart.

Living from the heart is the secret of a successful Christian life. Many take the broad way, but now you have found the narrow way and have taken it. Take communion as often as you can because it's an incredible way to wrap your thoughts around the death, burial and resurrection of the Lord Jesus. Our goal is to experience the resurrection life, one situation at a time!

About the author



Andrew grew up in India and became a Christian at the age of 17. He did his medical degree and post-graduation in Anaesthesia in India and further completed his FRCA from the Royal College of Anaesthesia, London. He enjoyed working as a consultant in Anaesthesia & Intensive care medicine in National Health Services, England. It was at the pinnacle of his career God called him to ministry; to teach and preach the gospel of Jesus Christ. Andrew heeded to the call immediately and resigned from his job to become a minister of the New Covenant. Today, Andrew functions as an Associate Pastor in his local church and also travels the world sharing the love of Jesus Christ to small groups, camp meetings, and churches.

He conducts seminars *on healing* in partnership with local churches around the world.

He is married to his lovely wife Nisha and lives with their two children Samuel and Ruth in England, United Kingdom. He serves at the local church as an Associate Pastor.

For healing school and weekend healing workshops contact Andrew directly.

Contact: releaseyourhealing@gmail.com

Books by Andrew

1. The Secret Place
2. Release Your Healing
3. Release Your Healing—A Study Guide

