



HEALING & HOW TO MAINTAIN IT

**By
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Part 1 Healing belongs to you

When it comes to the subject of divine healing many Christians are still confused about it. Some are confused whether healing is for today or not, others are confused whether it is the will of God to heal them or not. While they accept that God does heal, they question whether He will heal them or whether it is His will to do so, and some even wonder whether it is God's time for them to be healed. The only place that we can find the answers to all of the questions that some Christians have is in the Word itself. The Bible has all of the answers to all of the questions that the Church will ever ask, but we must study the Word to find them. Let us look in the Word to find out what it has to say on this subject of divine healing.

God provided healing in the old covenant for the people of Israel; in fact God has always provided healing for mankind. Healing belonged to Israel under the old covenant; it was one of their covenants rights and privileges.

Exodus 15:26.

If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put (Hebrew, Allow) none of these diseases upon thee, which I have brought upon (Hebrew, Allowed) the Egyptians: for I am the Lord that healeth thee.

God told Israel that if they would keep His Word and His commandments that He would not allow the diseases that came upon Egypt to come upon them, then He made this covenant statement, “For I am the Lord that healeth thee.” Healing was a covenant right for Israel, it belonged to them, and all that was required of them was for them to keep covenant with God. In this verse God reveals Himself to the Israelites by one of His covenant names “Jehovah-Repheka” The Lord that heals! This was positive proof to Israel that healing belonged to them, and that Jehovah God was their Healer. To further substantiate this let us look at another very important verse in the book of Exodus.

Exodus 23:25,26b.

And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee....the number of thy days I will fulfill.

God told the Israelites that He would take sickness away from them and that they would fulfil their days on earth without sickness or disease! Now remember this was under the old covenant, but we have a better covenant built upon better promises (Hebrew 8:6 & 12:24). The New Covenant contains all the blessings of the old and *more* besides.

Healing in Redemption

God has provided healing for believers in the new and better covenant, healing is our covenant right, it belongs to us because of what Jesus did for us on Calvary as our substitute. ***Jesus is our healer today!***

What Jesus bore for us at Calvary we don't have to bear as well. He bore our sin so that we can be free from the consequences of sin; He bore our shame and our guilt so that we will not have to bear the scar of them all of our lives. And in just the same way, Jesus bore all our sicknesses and diseases, so that we will not have to bear them anymore.

Isaiah 53:4-5.

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

Matthew 8:17.

*That it might be fulfilled which was spoken by Esaias (Isaiah) the prophet, saying,
Himself took our infirmities, and bare our sicknesses.*

These two verses show to us that healing is in redemption, just as much as Jesus bore all our sins, He also bore all our sicknesses and diseases!

Healing belongs to you it is your covenant right. God has not promised to heal you, healing is not a promise but a provision. God has provided healing for you and it is yours right now! This is where so many people miss the point altogether, if healing was a promise then the onus would be on God to keep His promise to you, but healing is now a provision and that means that the onus is on us to receive healing by faith. If we are not healed then the fault is not with God, because He has already provided for our healing, the fault lies with us, we failed to make a faith connection with the healing power of God. Faith is what activates the healing anointing; faith is what makes the anointing flow from God or an anointed man of God into our bodies to effect a healing or a cure. Doubt and unbelief will stop the flow of the anointing and a healing will not take place. Then someone will say, "I was not God's will to heal me because I did not receive it," No, it was God's will for them to be healed, but they just did not have enough Bible sense to know it and they were not in faith, but they came just in case that might get something. They did not really believe that they would receive anything, they were just in hope and hope is not faith. Hope is always looking to the future, it says one day I "Hope" to be healed, and faith is always in the now, faith says, I am healed now! Can you see the difference? According to God's Word you are healed now, as far as God is concerned you were healed two thousand years ago when Jesus took your infirmities and bare your sicknesses. All that you have to do is believe it and confess it.

1 Peter 2:24.

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

Let me ask you a question; is "Were" past, present or future tense? It is past tense right? Then according to this verse we are healed now! We are not trying to get healed we are already healed by the stripes on that were laid on Jesus' back. When you understand that Jesus has already healed you, it will help your faith grow immeasurably. ***Healing belongs to you; it is your redemptive right!***

Part 2

Christ has redeemed us from the curse of the law

Many Christians don't know what they have been redeemed from or what they have inherited in Christ. If you were to ask them what they have been redeemed from, most of them would say, sin. And if you ask them what is their inheritance, most of them would say, heaven. But that is just a small part of what we have in Christ Jesus. The Bible says that we have been redeemed from the curse of the law, and that the blessings of Abraham might be ours.

Galatians 3:13-14.

Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree: That the blessing of Abraham might come on the gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith.

According to the book of Deuteronomy sickness was a part of the curse. When the Bible refers to the "Law" it is referring to the first five books of the Bible, so whatever curses we see in these books we have been redeemed from them Notice I said we have been redeemed from them and not going to be, but right now we are redeemed! Let us have a look at some of the curses of the law.

Deuteronomy 28:15 & 58-61.

But it shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee. If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD. Then the Lord will make thy plagues wonderful, and the plagues of thy seed, even great plagues, and of long continuance. Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. Also every sickness, and plague, which is not written in the book of this law, them will the Lord bring upon thee, until thou be destroyed.

Here in the book of Deuteronomy we see that all sickness and disease is a curse of the law. In the twenty eighth chapter it specifically names eleven diseases as being a curse of the law, then verse sixty one, encompasses **ALL SICKNESSES AND DISEASES** as a curse of the law.

We conclude then that **WE ARE REDEEMED FROM ALL SICKNESS AND DISEASE!** Remember, we have been redeemed from the curse of the law, so it stands to reason that if sickness and disease was a curse of the law, then we must be redeemed from it. If we say that we have not been redeemed from sickness then how can we say that we have been redeemed from any part of the curse of the law? You do not pick and choose what part of the law you have been redeemed from, Christ has redeemed you from all the curse of the law. How? By being made a curse for us, Jesus was cursed with all of our sins and with all of our sicknesses and diseases, in the book of Isaiah the fifty third chapter and verse ten, in the Amplified Bible it says, **"Yet it was the WILL of the Lord to bruise Him, He has put Him to grief and MADE HIM SICK. When he made Him an offering."**

God made Jesus to be sick with our sicknesses, in order that He might redeem us from the curse of sickness and disease, He did this in the same way that He made Him who knew no sin to be made sin for us, so that we who never did any righteous thing could be made the righteousness of God in Christ. Jesus was our substitute, He took our sins and He took our sicknesses and diseases when He was made a curse for us.

You have been redeemed from sickness and disease just as much as you have been redeemed from sin and spiritual death.

Healing belongs to you just as much as salvation belongs to you! Just as much as you have been redeemed from sin, you have been redeemed from sickness and disease.

Faith is the key to receiving your healing. Many who want healing are just hoping and wishing that one day God might decide to heal them, "After all it's in His time, don't, you know?" is what they say to you. Well thank God the woman with the issue of blood in Mark's gospel did not believe like they do, otherwise she would have died without ever being healed of that plague. Let's read about her in Mark chapter five.

Mark 5:25-34.

And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse. When she had heard of Jesus, came in the press behind, and touched his garment. For she said, If I may touch but his clothes, I shall be whole. And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague.

Notice that she did not wait until she felt that she was healed before she believed it, she already had said, that when she touched Jesus' garment she would be healed. ***And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes? And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, Who touched me? And he looked round about to see her that had done this thing. But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth. And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.***

Jesus said unto her, "Daughter, thy FAITH hath made thee whole." I want you to know that your faith will make you whole too, if you would exercise it like this woman did. How did she exercise her faith? First she spoke her faith, then she acted on her faith and then finally she received healing by her faith. Here is a very important point that I want you to see, this woman initiated her own healing. Jesus was not holding a healing rally, He was on his way to Jairus' house to heal his sick daughter, this woman came to Jesus of her own accord, it was she who initiated her own healing, she even chose the timing of her healing.

"If I may touch but his clothes, I shall be whole." She said, When I touch his clothes at that moment I shall be healed, this was not a matter of "God's timing." Had not this woman made her own way to Jesus, and had she not gone to him in faith, Jesus would not have known that she was in that great crowd. Another thing that I want you to see, is that there were many people touching Jesus that day, but only this woman touched Him in faith, many touched Him out of curiosity, others touched Him just to say, "I touched that man Jesus." But Jesus only responded to the touch of faith. So let us analyse what this woman did to get her healing, first she initiated her own healing by going to Jesus, second she confessed her faith, third she acted on her faith, and fourth she chose the time that she would be healed.

Now if you would take those same four steps you too can be healed right now! Healing does not just happen; you have to exercise some faith to be able to receive the healing that you

need. Now remember healing already belongs to you as part of your redemption in Christ, but you must lay claim to it by faith. Let us see in Mark chapter ten what blind Bartimaeus did to get Jesus to heal him.

Mark 10:46-52.

And they came to Jericho: and as he went out of Jericho with his disciples and a great number of people, blind Bartimaeus, the son of Timaeus, sat by the highway side begging. And when he heard that it was Jesus of Nazareth, he began to cry out, and say, Jesus, thou son of David, have mercy on me. And many charged him that he should hold his peace: but he cried the more a great deal, Thou son of David, have mercy on me. And Jesus stood still, and commanded him to be called. And they call the blind man, saying unto him, Be of good comfort, rise: he calleth thee. And he, casting away his garment, rose, and came to Jesus. And Jesus answered and said unto him, What wilt thou that I should do unto thee? The blind man said unto him, Lord, that I might receive my sight. And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way.

Once again I want you to notice that Jesus was not the one who initiated this healing, it was Bartimaeus. When Bartimaeus heard that it was Jesus who was coming down the road, he took his first step towards his healing. How? He began to call out in faith to Jesus for his healing mercy. Jesus heals through your faith, so let me give you some steps that you can take in faith to get the anointing of God into your body to heal you.

Step 1. Don't consider your body (Sickness).

Romans 4:19 says, "Abraham considered not his own body." Abraham considered the Word of God, he was fully persuaded that what God had promised He was able also to perform.

Step 2. Call those things that be not as though they were.

Romans 4:17 says that Abraham became like unto God "Who quickeneth the dead and calleth those things that be not as though they were." Faith speaks like God speaks, it always speaks the end result, it calls those things that be not as though they were. Doubt and unbelief call those things that are like they are. There is no faith in calling things that are like they are, doing that will only establish what already is, but Bible faith calls it the way that it wants it to be. Faith calls your body well even before it is manifested in you, if you can see it then you don't need faith to believe for it. It is because you do not yet see it that you have to call yourself healed, faith agrees with the Word.

Which says, "***By whose stripes ye were healed.***" So if you have sickness in your body, confess, "By whose stripes I was healed, if I was then I am, thank you Jesus for my healing. I call my body well."

Step 3. Walk by faith and not by sight.

Second, Corinthians 5:7 says, "***For we walk by faith and not by sight.***" You must walk in faith to receive all of the provisions of God. So many Christians are governed by sense knowledge rather than by heart faith, they say things like "I will believe it when I see it," but that is not faith, faith sees the answer, speaks the answer and acts like it has already received

the answer. Jesus said in John chapter eleven, ***“Said I not unto thee, that, if thou wouldst believe, thou shouldst see.”*** The world (and most Christians) says, seeing is believing, but faith does not walk by sight, faith believes then it sees. Faith is our sixth sense, it is not controlled by our five physical senses and it works independent of them, faith is controlled by the Word of God, it believes in the heart and speaks with the mouth whatever the Word has to say about your present circumstance or sickness. Faith sees the answer long before it is ever manifested in your body or comes to pass.

Step 4. Let faith be your evidence until the manifestation comes.

Evidence proves the existence of something, it substantiates the reality of it, your faith is the evidence that substantiates the reality of your healing or your deliverance or even your answer to prayer. Remember you are to walk by faith and not by sight, faith must be your evidence and it is based upon the integrity of God’s Word.

Hebrews 11:1.

Now faith is the substance of things hoped for, the evidence of things not seen.

This verse is so clear in it’s teaching to us “Faith is the EVIDENCE of things not seen.” How clear can you get? Faith is the evidence, but it is also the substance of things, faith is the substance of your healing, you don’t have to wait until you know in your body that you are healed, faith *is* the ***substance*** of your ***healing***, and it is the evidence of your healing that you may not yet see. Let us look at this verse in the Amplified Translation, it will give you a little more insight into what we are discussing, and it will help your faith to grow and develop greatly, the Word of God is faith food, it feeds your faith and causes it to grow strong.

Hebrews 11:1 Amplified.

Now faith is the assurance (the confirmation, the title-deed) of the things (we) hope for, being the proof of thing (we) do not see and them conviction of their reality-faith perceiving as real fact what is not revealed to the senses.

Faith is the title deed, now if you have got the title deed you do not have to see the property to know that it is yours, faith is your title deed to healing or to any of the provisions that God had made for you. Faith is the proof of things that you do not see, so faith is the proof of your healing and faith is also the heart conviction of the reality of your healing. You have already seen that faith is the substance and the evidence of your healing, it is also the title deed, the proof and the conviction of its reality, however, here is the real clincher, ***faith perceives as real fact what is not revealed to your senses.*** Faith perceives that you are healed by the stripes of Jesus as real fact even though it is not revealed to your senses, faith by-passes your five physical senses. The true Bible faith, which is heart faith, needs no other evidence than the Word of God to believe that you are healed, head faith is governed by the senses, heart faith is governed by the Word and the Word alone.

Step 5. Let your actions correspond with your faith.

You remember that the woman with the issue of blood back in Mark chapter five acted on his faith before she received her healing, she not only confessed her faith but she acted on it as well, your actions must correspond with what you are confessing and believing.

James 2:14 & 22. Weymouth Bible.

What good is it my brethren if a man professes to have faith and yet his actions do not correspond?.....You notice that his faith was co-operating with his actions, and by his actions his faith was perfected.

Abraham's faith was perfected or made complete when he acted on what he believed; your actions must correspond with your faith, and for instances if someone in a wheelchair believes that they are healed then the corresponding action would be to get up out of that wheelchair. If you believe that you are healed then you are going to start to act like you are well, because healed people do all the same things that other people do, they do not say that they are healed but then act like they are sick. ***Let your actions correspond with your faith!***

Step 6. Give God glory, praise and thanksgiving.

Someone once said that praise is the highest form of faith and I am inclined to agree with that. If you can praise the Lord for something that you do not see yet then you really are in faith. Suppose I was to say to one of my Church members, after the meeting I will take you out for a meal, and they turned round and said to me, "I will believe it when it happens, so I won't thank you now I will thank you after I have eat my dinner." How do you think that would make me feel? Do you think I will be pleased with that person or do you think that I would be upset with them? I would be upset with them and so would you be right! If I said that I would do it then I will do it. Well, this is how most Christians have treated God, they will not believe that they are healed until they can see it and feel it, but God has already said that, "Jesus took our infirmities and bare our sicknesses and that by his stripes we were healed." Now all that you have to do is give God the glory for it and thank and praise for your healing. As Christians we should always have an attitude of gratitude, we should be rejoicing and praising God for all of His goodness to us and for all that He has provided for us, including our healing.

Romans 4:20.

He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God.

Faith does not stagger at the promises of God; faith believes that what God has promised He will also perform it. Abraham was not weak in faith, neither did he stagger at the promises of God through unbelief, but he was strong in faith giving glory to God How do you know when you are strong in faith? The answer is easy, when you can give glory to God before you ever see the manifestation of your healing or the answer to your prayer. Notice that it is unbelief that causes you to stagger at the promises of God! Are you staggering at the promises of God? Do you find it hard to believe the Word of God without first seeing the evidence? Yes? Then you are in doubt and unbelief, so what is the answer? The answer is good teaching from the Word like you are reading in this book, you need to take the time to feed your spirit with the Word of God the Word is faith food for your spirit-man it will build you up and it will strengthen your faith and cause it to grow.

Romans 10:17,

So then faith cometh by hearing, and hearing by the Word of God.

Faith can only come one way, and that is by hearing the Word of God, you do not get faith by praying for it and you do not get faith by begging for it or by crying for it, the only way that you get faith is by hearing the Word. Notice also that this verse says “Faith comes by hearing” and not by having heard, it is by hearing and hearing that faith comes, you do not hear the Word about healing just the once and get great faith, you have to keep feeding you inner man with the Word of God until faith comes into your heart or spirit-man. How will you know when faith has come? You know it when you no longer stagger at the promises of God and when you can give God the glory and praise Him and thank Him for His Word and for your healing.

Part 3

How to maintain your healing

Let me ask you a question. Do you think that healing can be lost? Some Christians say, well I believe that if God healed you in the first place then it would be impossible for you to lose it, so if you lost it, then God did not really heal you. Those Christians who believe like that do not fully understand the Word of God. Jesus said in the book of Revelation, “Hold fast that which thou has” well if you can not lose it why would you need to hold fast to it? We have an enemy who wants to take back from us those things that we have received from the Lord and that would include healing. The Bible tells us that Satan is a thief and he wants to steal your healing and health from you. You are going to have to hold fast to your healing otherwise the devil will steal it from you, he will try to bring back all the symptoms of the sickness that you were healed from, and if you begin to doubt your healing you will authorise him to put it right back on you. So stand firm and resist the devil, and if you do so the Bible says that he will flee from you. In discussing how to maintain your healing we will duplicate some of the steps that we looked at in part three, but instead of using these steps to receive healing we will be using them to *maintain healing*. Remember the devil is a thief so you need to stand guard over all that you have received from God, he would like nothing better than to steal your healing and blessings from you.

You are going to have to walk by faith and not by sight, walking by faith means that you are being governed by the Word of God. Most Christians are walking by sight when it comes to maintaining their healing they are operating in the sense realm instead of the faith realm. Faith says, it is mine Satan and you're not having it. Walking by faith means that you have given the Word the first place in your life and it has the final authority. So when symptoms try to come back on you just stand your ground and keep in faith and don't allow your physical sense to rule over you, let the Word of God be the final authority.

One reason why so many people lose their healing is that they fail to hold fast to their confession of faith, one minute they say that they are healed then the next minute they change what they say. The Bible says that a double minded man is unstable in all his ways, a double minded man will confess that he is healed one minute and then the minute next he will say that he is not healed, but the Word says that we must “Hold fast our confession of faith.”

Hebrews 10:23.

Let us hold fast the profession (confession) of our faith without wavering; for he is faithful that promised.

Once you have made a positive confession that is based upon the Word of God, you have to hold fast to it, the Greek word for confession means, "To say the same thing," so once you have said to the devil, "I am healed by the stripes of Jesus, so take your lying symptoms and get out of here, Mr devil," you have got to hold fast to saying the same thing, even if the symptoms continue. Your words of faith will ultimately defeat those lying symptoms. The symptoms are just a shadow of the real thing, but if you accept those symptoms, then the devil will put the real thing back on you, so hold fast to your confession of faith, because what you say and confess is what you will get. Jesus said in Mark's gospel that we can have what we say, and the truth of the matter is that most Christians have been getting the negative things that they have speaking into their lives. Even Christians who say that they believe in healing really don't, you may ask why do I say that? The answer is simple, they say on the one hand that they believe in divine healing but on the other hand they are speaking sickness and disease, Second Corinthians 4:13 says, ***"I believed therefore have I spoken; we also believe, and therefore speak."*** You see whatever you really believe you will speak, so if you really, really believe in healing you will not speak sickness and disease, I don't believe in sickness so I don't speak sickness. Now I believe that sickness exists and that people get sick, but I don't believe in it for my life, I believe that by the stripes of Jesus I am healed! That is what I confess and that is what I receive.

Mark 11:23.

For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

Now I am so glad that it was Jesus who said that we can have what we say and not me. Some Christians do not want to believe Mark 11:23, and they have criticised those of us who do believe it, they have called us the "Name it and claim it bunch" the "Brag it and grab it bunch." Well, while I'm naming it and claiming it, their denying it and doing without it. Jesus said, "That if I believe that the things that I am saying will come to pass, then I can have whatever I say." If you don't believe it, just go back and read Mark 11:23 again. Now be careful what you say about Mark 11:23, because if you don't believe it then you are calling Jesus a liar, some Christians don't like it just because we Word of faith people preach it, and they have heard some lies about what we are supposed to believe and do, but the issue is not whether you believe me or not but do you believe Jesus, don't turn away from this Scripture just because some misguided preacher has said some bad things about the Word of faith, check it out for yourself, ask yourself this question, who do I believe some unbelieving misguided preacher or Jesus? There really is no competition is there? Jesus is the truth His Word is true, Mark 11:23 is true, so why don't you go right ahead and reap the benefits from it.

Once you have confessed the Word in faith you must hold on to that confession until every symptom has left your body, Revelation 3:11 tells us to, ***"Hold fast that which thou has."*** You have got to hold on to your healing do not allow the devil to steal it from you.

The bottom line is ***DOUBT AND DO WITHOUT, OR BELIEVE AND RECEIVE!***

To hold on to your healing you are going to have to resist the devil and the symptoms that he is trying to put back on you. As I said before the symptoms are just a shadow of the real thing, they are lying symptoms sent from Satan to try to get you into fear and doubt, and this is where the battle is won or lost, if you resist the symptoms in the Name of Jesus and with your confession of faith, every pain, ache and symptom will disappear.

James 4:7.

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

You need to understand that resisting the symptoms is resisting the devil, for it is the devil that will try to bring the sickness back on you.

Ephesians 4:27.

Neither give place to the devil.

When it comes to maintaining your healing you can not afford to give the devil any place in your life. In regard to maintaining your healing how can you give place to the devil? By doubting that God healed you in the first place, you can also give place to the devil by allowing sin in your life; do you remember what Jesus said to one individual concerning the connection between sin and sickness? He said, "Go thy way and sin no more lest a worse thing comes upon thee." Sin will obviously give place to the devil in your life, but so will doubt and unbelief. Another way that you can give place to the devil through fear, Job said in the third chapter and verse twenty-five, "I feared a fear and it came upon me." So fear and doubt are two powerful enemies to your faith and if you permit them to go unchecked they will rob you of your healing and any other blessing that you have received from the Lord. By permitting sin, doubt and fear into your life you are giving place to the devil. Resist him and he will flee from you, which is a promise from God, if you will resist the lying symptoms they will flee from you and never return.

So finally, to maintain your healing you need to keep a praise attitude, you need to praise God before your healing is ever manifested and keep right on praising God for your healing after it is manifested. I promise you that Satan will try to steal your healing from you, but if you keep praising God even when lying symptoms return the devil will not be able to put the sickness back on you!

You will remember the we saw that Abraham gave glory to God even though he had not yet seen the manifestation of his miracle, he just kept praising the Lord and grew stronger and stronger in faith, well that is all that you have to do to maintain your healing, just keep praising God and giving Him glory for your healing and deliverance, and every time that a pain or ache returns, just turn up the praise volume and shout for joy because you ***are healed!***

Hebrews 13:15.

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

How long does this verse say that we are to give praise to God for? ***Continually!*** You notice that it says, “The sacrifice of praise” sometimes it may be a sacrifice to praise God, especially when you have been healed and the devil has brought back all of the symptoms of your sickness, but if you will resist those lying symptoms and offer to God your “sacrifice of praise” continually, every symptom will flee from you in stark terror, praise will defeat the devil and his lying symptoms every single time.

So to maintain your healing you are going to have to walk by faith and not by sight, and you are going to have to hold fast to your confession of faith and resist the devil and his lying symptoms and keep a praise attitude even when it seems like the sickness has returned, but if you will do all of these things then you can be sure of maintaining your healing!