



How to  
**RECEIVE**  
your own

**Healing**

**DR THEO WOLMARANS**

# HOW TO RECEIVE YOUR OWN HEALING

**Proverbs 4:20-22 (NKJ)** My son, **give attention** to my words (**meditate**); incline your **ear** to my sayings. Do not let them depart from your **eyes**; keep them in the midst of your **heart**; for they are **life** to those who find them, and **health** (medicine) to all their flesh.

If one is trusting God for health and healing, what kind of scriptures should they be giving their attention to?

**Isaiah 53:4-5, 10-12 (NKJ)** Surely He has **borne** our **griefs** (**disease or sickness** - **Strong's #2483**) and carried our **sorrows** (**pain** - **Strong's #4341**); yet we esteemed 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**. Yet it pleased the **Lord** (**The Father**) - to **bruise** (**to beat to pieces** - **to crush** - **to destroy** - **Strong's #1792**) Him; He has put Him to grief (**disease or sickness**)...for He shall **bear** their **iniquities** (**sins**) ...He **bore** the sins of many.

**Isaiah 53:4** - He has **borne** our sicknesses.

**Isaiah 53:11** - He **bears** our iniquities (sins).

**Isaiah 53:12** - He **bore** the sins of many.

**Borne, bear, and bore** are all **Strong's #5375** and mean, 'to lift in a great variety of ways the suffering of others by bearing them.'

If we say that Jesus **bore** our **sins** and therefore we are forgiven today, then we must acknowledge that He **bore** our **sicknesses** and therefore we are healed today.

Those who say that Jesus **bore our sicknesses then** but we are no longer healed today, **have no right to claim** that we are forgiven today.

Someone once told me **Isaiah 53** was only about spiritual healing and not physical. Let's ask **Matthew** what he thinks about that, seeing he was with **Jesus** for three-and-a-half years.

**Matthew 8:16-17 (NKJ)** When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed "**all**" who were sick, **that it might be fulfilled** which was spoken by Isaiah the prophet, saying: "He Himself took **our** infirmities and **bore our** sicknesses."

Since Isaiah prophesied Jesus would forgive completely, **and** heal completely, Matthew writes in chapter 8:17 that Jesus healed "**all**" to confirm Isaiah's prophecy. **If** the Lord Jesus ever had to stop healing **all** He would not be the fulfillment of Isaiah's prophecy. And God

could no longer be called **Jehovah-Rapha, "I am the Lord that healeth thee."**

So then, if scriptures like these do not depart from our eyes we will begin to see ourselves well.

If folks desiring healing do not look at these scriptures, but look at their sickness instead, they will always see themselves sick.

**Isaiah 53:4-5** ...Surely he bore our sicknesses and carried our pains ...by his stripes we are healed.

**Matthew 8:17 (NKJ)** ...Jesus Christ Himself took our infirmities and bore our sicknesses.

**1 Peter 2:24 (NKJ)** ... by whose (Jesus') stripes you were healed.

**Luke 4:40 (NKJ)** When the sun was setting, **all** those who had **any** that were sick with various diseases brought them to Him; and He laid His hands on **every one of them** and healed them.

Everyone that was sick was brought - and everyone was healed. The Lord **never turned** even **one** away.

The Lord Jesus did this on every occasion.

**Matthew 4:23-24 (NIV)** Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing **every** disease and sickness among the people. News about Jesus spread all over Syria, and people brought to him **all** who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and **he healed them.**

Proverbs 4:20 through 22 explains clearly how we are to take our medicine:

**No. 1** - Give God's word your attention, in other words, meditate on the scripture.

**No. 2** - Listen to it come out of your mouth as you speak it.

**No. 3** - Keep looking at the word, the answer and the solution, not at the problem.

**No. 4** - by doing this, it goes into the heart. At this point it now becomes life and medicine.

They look at the **symptoms**, they look at their **bad condition**, and they stay in the realm of unbelief.

We must constantly say we have it, even when natural evidence contradicts our confession. We must say God's word says it is so, therefore I believe it is so. That is when results come.

We must believe we have it before we'll get it.

We must act like we have it.

We must behave and talk like well people.

Worship the Father because of what He says in His word.

For example, when the army of Israel were outside the walls of Jericho they praised God because He said, "**I have given you the city**" even though the walls were still standing.

We are not praising God to try and get God to heal us, we believe we are already healed, and have been for 2000 years. Therefore, our task is to resist the sickness that is trying to attack our bodies.

Praise and worship the Father God because He said you **are** healed (1 Peter 2:24).

Say to the pain in your body:

"Pain I resist you, sickness I resist you, fever I resist you, because I am the Healed according to the word of God."

If the devil tries to put it back on you, say out loud:

"No you don't devil. Jesus healed me two thousand years ago. I am the body of Christ, and I am staying healed, I resist you in Jesus' name."

