

God's Way of Healing

God's healing is not a technique or formula that we can control. It is a gift of God's grace given through Jesus Christ. The Bible teaches important principles concerning healing, but following a particular formula does not guarantee that healing will occur. Faith is important, yet delayed or absent healing does not necessarily mean that a person lacks faith or is hiding sin.

Important Elements in Receiving Healing from Jesus

1. Come to Jesus, the Healer

Biblical healing begins not with a method, but with a relationship with Jesus Himself.

“When evening came, many who were demon-possessed were brought to Him, and He drove out the spirits with a word and healed all the sick.” — Matthew 8:16

“Jesus Christ is the same yesterday and today and forever.” — Hebrews 13:8

The most important question is not merely, “Do I believe in healing?” but rather, “Do I trust Jesus, the Healer?”

2. Ask Clearly and Persistently

In the Gospels, many people cried out directly to Jesus. We should not cling primarily to ministers, but to Jesus Himself.

“Jesus, Son of David, have mercy on me!” — Mark 10:47

“Lord, if You are willing, You can make me clean.” — Matthew 8:2

Prayer should be specific, honest, and persistent. Jesus taught His disciples always to pray and not to lose heart (Luke 18:1). Gifted ministers may help us, but the most important thing is to continue seeking God in prayer.

3. Exercise Faith, but Do Not Turn Faith into a Burden

Jesus often acknowledged people's faith. He especially praised the faith of Gentiles and rebuked the hypocritical religion of the Pharisees.

“Daughter, your faith has healed you.” — Mark 5:34

“According to your faith let it be done to you.” — Matthew 9:29

Faith means trusting the person and authority of Jesus. It does not mean denying pain, pretending symptoms do not exist, or forcing ourselves to feel certain. Faith rests in our relationship with God and depends upon Him.

“I do believe; help me overcome my unbelief!” — Mark 9:24

Even imperfect faith can cry out to the perfect Savior and come boldly to Jesus.

4. Receive Prayer from Mature Believers

The Bible teaches believers to pray for one another. God may work powerfully when ministers who have received spiritual gifts pray. Yet we must not depend on personalities or experiences; we must depend on the Holy Spirit, who performs signs and wonders through His people.

“Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.” — James 5:14

Healing ministry may include the laying on of hands, anointing with oil, united prayer, gifts of healing, compassionate pastoral care, and prayer in the name of Jesus.

“To another gifts of healing by that one Spirit.” — 1 Corinthians 12:9

The power does not belong to the minister; it belongs to the Holy Spirit.

5. Forgive and Release Spiritual Burdens

Unforgiveness, bitter roots, shame, and fear can deeply affect a person's spirit, mind, and body. Forgiveness is not a payment that earns healing, but it opens our hearts to God's grace. When we hold on to injuries and unresolved anger, bitterness may harm our health and give the enemy an opportunity to work. Ask God to help you learn and practice forgiveness as soon as possible.

“And when you stand praying, if you hold anything against anyone, forgive them.” — Mark 11:25

This does not mean that every illness is caused by unforgiveness or personal sin (John 9:1–3).

6. Confess Sin When Genuine Repentance Is Needed

Scripture sometimes connects spiritual restoration with physical healing, and restoration often begins with repentance. When we acknowledge that we are sinners and repent of sins committed against God and our neighbors, we invite God's grace into our bodies, minds, and spirits.

“Confess your sins to each other and pray for each other so that you may be healed.” — James 5:16

However, we must never condemn a sick person by assuming that hidden sin is always the cause. Job was righteous and still suffered, and Paul carried out powerful ministry while continuing to experience physical weakness.

7. Recognize That God Heals in Different Ways

God may heal in many ways. Healing does not depend only on the laying on of hands, long prayers, or fasting. God's healing work takes place as we trust the words and promises of Jesus. Healing may be immediate or gradual; it may come through personal prayer, group prayer, medicine, medication, surgery, counseling, rehabilitation, emotional and inner healing, spiritual restoration, or God's supernatural intervention.

Luke, Paul's coworker, was a physician (Colossians 4:14). Receiving medical treatment is not evidence of weak faith. Prayer and medical care can work together.

8. Obey God's Clear Direction

Through personal fellowship with God, we can seek His will in ways that are biblical and practical. Jesus sometimes required sick people to take a particular action. Perhaps He was helping them express obedient faith or revealing their willingness to respond.

“Get up! Pick up your mat and walk.” — John 5:8

“Go, wash in the Pool of Siloam.” — John 9:7

Obedience may include forgiving someone, receiving prayer, changing harmful habits, getting sufficient rest, seeking treatment, or following a physician's advice. However, no one should stop medication or

treatment merely because another person claims, “God told me.” Until healing is complete, medical treatment and prayer for God's healing should continue together. God may also speak to us during personal devotion, Bible meditation, private prayer, and even through the ordinary circumstances of life and culture. Keep your spiritual attention awake and seek the guidance of the Holy Spirit.

9. Continue Praying Even When Healing Is Not Immediate

Some healing occurs gradually. In healing meetings we naturally hope for immediate recovery, but Scripture also records people being healed while returning home or later in the day. We desire everyone to be healed, yet many people are not healed during a meeting. I do not fully understand why. At times I have sensed God's power going forth, yet the miracles described in Scripture have not always appeared as expected.

“Then his eyes were opened, his sight was restored, and he saw everything clearly.” — Mark 8:25

Prayer may be repeated. In Mark 8, Jesus laid His hands on a blind man twice. Praying again is not necessarily unbelief; it may express perseverance and continuing faith.

10. Entrust the Outcome to God without Abandoning Hope

Jesus prayed:

“Yet not My will, but Yours be done.” — Luke 22:42

Biblical faith holds two truths together: God is able to heal, and God remains faithful even when the healing we expect is delayed or does not appear.

Paul prayed three times for the thorn in his flesh to be removed, but instead of removing it, God gave him sufficient grace to endure it (2 Corinthians 12:7–10). This does not mean that we should stop praying. It means that our relationship with God must not depend solely on receiving the outcome we desire.

What We Can Learn from Other People's Healing Experiences

Testimonies can strengthen our faith, but they must be discerned carefully. A trustworthy healing testimony has the following characteristics:

- It gives glory to Jesus rather than to the minister.
- It agrees with Scripture.
- It does not condemn those who have not been healed.
- It distinguishes emotional improvement from medically verified healing.
- It encourages appropriate medical examination when necessary.
- It does not exaggerate or manipulate people.
- It produces the fruit of humility, gratitude, repentance, and love.

Revelation 19:10 says that “the testimony of Jesus is the spirit of prophecy.” A healing testimony can awaken hope that Jesus may work again. Nevertheless, another person's experience must never be turned into a formula that is applied identically to everyone.

A Biblical Prayer for Healing

Lord Jesus Christ, I believe that You are full of compassion and power. I believe that You bore our weaknesses and carried our diseases. I ask You to touch my body, mind, and spirit. Forgive my sins and remove fear, bitter roots, and every heavy burden. Holy Spirit, bring healing,

restoration, and peace. Give wisdom to my doctors, my family, my pastors, and all who pray for me. I trust Your power, Your goodness, and Your timing. Whether healing comes immediately or gradually, help me continue to believe, obey, and follow You. I pray in the name of Jesus. Amen.

The most important key is not a perfect level of faith or a special healing minister. It is coming honestly to Jesus, trusting His compassion, receiving prayer, persevering in faith, and entrusting every outcome to the Lord without condemnation.