



DIVINE
**HEALTH
& HEALING**

Discipleship Series



A Word from the Senior Pastor....

We are building a culture of faith in New Life. Faith brings into reality our hopes and dreams and releases the supernatural into our lives. The word of God exhorts us to ‘fight the good fight of faith’, and the gospel which is the power of God for salvation, is ‘a gospel of righteousness by faith from first to last’.

The culture of faith in New Life, Petaling Jaya is characterized by the following, using the acronym of the first six letters of the Roman alphabet A,B,C,D,E,F:

- A – Acts of the Holy Spirit
- B – Blessing one another
- C – Confessions of God’s Word
- D – Divine Health and Healing**
- E – Evangelism as a way of life
- F – Financial blessing

It is my hope that we will join our hearts together to build this culture of faith in New Life so that our church will be a place where God is powerfully at work in every life.

As you go through these lessons, remember that the Lord promised divine health and we believe we have it!

The Best is yet to come!

*Love,
Pastor Ron*

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Introduction

A well known Chinese writer tells us that there are two classes of authors. One class seeks to accumulate external data, sort and interpret them and draw conclusions whereas the other draws data from the writers' own life experiences forming the fabric of their writings. As a result there are then two classes of books. The first category of books has passed only through the writer's intellect while the other category is drawn from the costly fruit of the writer's pains, struggles and joys of one's innermost being, often revealing wisdom borne out of life's trials and tribulations, tested in life's crucible.

This devotional booklet belongs to the second category of writings. It documents the writers' personal experiences of healing miracles. Their writing grows out of living experience rather than being pure academic discourse.

Biblical truths have to be lived before they can truly be understood. That is not to say that what is presented is merely the writers' personal subjective experiences—far from it. It accurately reflects their biblical emphasis to healing as well. Through their pain and joy of living out that emphasis, their confidence in God's healing power increased, their appreciation of it deepened. They share with us, then, the fruit of their having put Scriptural faith to the test.

In view of that we should take up the challenge to start believing for Divine Health and exercise our authority to pray for those who are sick so that they can be healed. The gospel of salvation is about healing of the whole person – body, soul and spirit. Jesus came to give life and life abundantly so that we will

be saved from eternal damnation, our bodily sicknesses healed and our character changed to be like Christ.

Hence, this book does not neglect the foundational theological consideration that God is still in the business of performing miracles today.

Divine health is about our living life free from sicknesses whilst our authority to heal is about us being empowered by God to evict sicknesses from others. May this book release you to the freedom to live in divine health and exercise God's authority to heal the sick.



Day 1

POWER OF THE KINGDOM OF GOD

Today's Manna

(1 Corinthians 4:20) "For the kingdom of God is not a matter of talk but of power."

There are **five principles** that, when we abide by these, will bring us into the favour and fruitfulness of God. Successful healings and deliverance will flow.

1. Anointing

(Luke 4:18-19) "The Spirit of the Lord is on Me; because of this He has anointed Me to proclaim the Gospel to the poor. He has sent me to heal the brokenhearted, to proclaim deliverance to the captives, and new sight to the blind, to set at liberty those having been crushed, to proclaim the acceptable year of the Lord."

Christ applied Isaiah 61:1 to Himself at the start of His mission for His Father on earth. It is important for us to note that Jesus moved in this anointing promised in Isaiah's prophecy. So will we when we serve the Father like Jesus did. The greater a church moves in the mission of proclaiming the Gospel of the Kingdom, the greater the flow of this anointing for healing and deliverance with the favour of God all year round.

Jesus unceasingly proclaimed the Gospel of the Kingdom with the anointing he mentioned in Luke 4:18.

(Matthew 4:17) “From that time Jesus began to preach and to say, Repent! For the Kingdom of Heaven is at hand.”

Jesus taught his disciples the same thing. Consider these scriptures and note the consistency of Jesus in his call to his disciples. If the church today takes on this mission (purpose) God has for us as it was for Jesus and His disciples, we will walk in the same anointing of power of God’s Kingdom.

(Matthew 10:7-8) “And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.”

(Luke 9:2) “And He sent them to proclaim the kingdom of God and to heal the sick.”

(Mark 16:15, 17) “And He said to them, Go into all the world, proclaim the gospel to all the creation.... And miraculous signs will follow to those believing these things: in My name they will cast out demons; they will speak new tongues”

(John 14:12) “Truly, truly, I say to you, He who believes on Me, the works that I do he shall do also, and greater works than these he shall do, because I go to My Father.”

2. Authority

(Matthew 28:18-19) “And Jesus came and spoke to them, saying, All authority is given to Me in Heaven and in earth. Therefore go and teach all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”

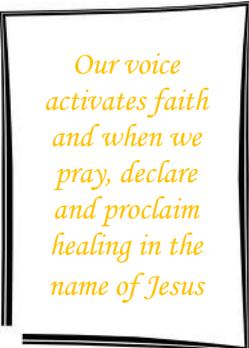
Jesus the head of the church has all authority, therefore we can go in that same authority. When we move in this authority, the Lord is pleased. He commended the centurion for just that.

(Matthew 8:9-10) “For I am a man under authority, having soldiers under me. And I say to this one, Go! And he goes; and to another, Come! And he comes; and to my servant, Do this! And he does it. When Jesus heard, He marveled and said to those who followed, Truly I say to you, I have not found such great faith, no, not in Israel.”

3. Name of Jesus

The wonderful Name of Jesus is in essence the proclamation of the presence of Jesus into the situation. It is the power of attorney given to the Body of Christ from the Head of the church. This is in accordance with the flow of authority that Christ has given to the church.

Power is released by words of faith. Our voice activates faith and when we pray, declare and proclaim healing in the name of Jesus that demonstrates our faith in His Name, there is released power of the Holy Spirit that replaces sicknesses with healing.



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4. Blood of the Lamb

We are redeemed by the Blood of the Lamb. There is no forgiveness of sin without the shedding of blood. This blood was shed by Christ in different ways. One of the ways in which blood was shed was for the 39 lashes suffered by Jesus. And by his stripes we were healed.

(1 Peter 2:24) “He Himself bore our sins in His own body on the tree, that dying to sins, we might live to righteousness; by whose stripes you were healed.”

This refers to the covenantal aspect of the Blood of Christ as the sacrifice for the New Covenant. The covenant is permanent and the power of the blood that purchased our healing is ever fresh in its effect. Where the Blood has redeemed, the devil has no more claim. Where a person has been redeemed by the Blood of Christ, demons have no more ground to stand. Evil spirits must leave at the name of Jesus.

After Jesus shed his Blood he died; he was buried; rose again and ascended to heaven. He then sent the Holy Spirit. This coincides with the OT picture where the priests would cleanse a leper from his leprosy. He would put blood on the right ear lobe, thumb and big toe of the leper. Upon where the blood was, he anoints him with oil. When the blood and oil (that is also a picture of the Holy Spirit) has touched, the leper was healed.

The power of the Holy Spirit attends to where the Blood of Christ has redeemed!

5. Faith

(Matthew 15:27-28) “And she said, True, O Lord; but even the little dogs eat of the crumbs which fall from their masters' tables. Then Jesus answered and said to her, O woman, great is your faith! So be it to you even as you wish. And her daughter was healed from that very hour.”

When we proclaim the Gospel of the kingdom, we have the anointing to heal and to cast out devils. If we are already children of God, we have faith. It is not anointing that we

depend on but a trust in the Lord that we can appropriate all that God has provided by his grace through Christ and receive the healing as the children's bread.

This is the difference between receiving healing by a believer and a pre-believer. One is by the anointing and the other by faith in what Christ has done for us.

For the children of God, our portion is not healing but divine health. When it is stolen from us for any reason, we use our faith to take it back from the one who steals from us. We are covenant people of God and what was given us is given us. Our faith stands firm in our inheritance.

Conclusion

The above five principles are known but seldom intentionally applied by believers. But we are entering the season of faith for the Kingdom of heaven upon earth. This is the season for the church to demonstrate miracles, signs and wonders. This is not just a fantasy. This is a reality. The time is coming that more consistently even the dead will be raised. I believe.

- Contributed by Pastor Jeremiah Yap -

My Reflections

1. Of the five Kingdom principles, which have you personally practised, especially in maintaining your personal health?

2. Share an incident where you have prayed for another person who is sick, commanding the sickness to leave, and proclaimed Jesus' healing power over the sick.

3. Indicate one action you plan to take to see more of God's kingdom power released in your life:

(a) in your personal health, and

(b) in praying for others who are unwell.



DOES GOD STILL HEAL TODAY?

Today's Manna

(Psalm 91:5-10)

"You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you. Only with your eyes shall you look, and see the reward of the wicked. Because you have made the LORD, who is my refuge, even the Most High, your dwelling place, no evil shall befall you, nor shall any plague come near your dwelling"

It is possible for the child of God to walk in divine health. When God delivered the Israelites from Egypt where they were enslaved for 400 years, the Bible tells us that none of them fell ill even though they were travelling in tough desert conditions. The deliverance of the Israelites was the Old Testament illustration of our salvation experience. We too should believe God to sustain us with divine health as we live in this world despite the presence of many unseen diseases.

(Psalm 105:37) "He also brought them out with silver and gold, and there was none feeble among His tribes."

Inspired by the Holy Spirit, the Apostle John wrote to tell us that God desires us to be healthy in body just as we are well in our spirit: *“Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.”* (3 John 2)

1. This is possible because through the cross, Jesus broke the curse of sicknesses and diseases that came as a result of our sins.

Jesus took the full punishment of our sin and every evil consequence so that the curse from breaking God’s law is fully exhausted upon him. In exchange, we receive every blessing due to His obedience.

(Matthew 8:16-17) “That evening many demon-possessed people were brought to Jesus. He cast out the evil spirits with a simple command, and He healed all the sick. This fulfilled the word of the Lord through the prophet Isaiah, who said, ‘He took our sicknesses and removed our diseases.’”

The book of Galatians 3:13-14 tells us that 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”), that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.

2. Besides believing in the finished work of the cross, the believer who desires to walk in divine health should be fully connected to the church which is the body of Christ.

Any organ connected to a physical body will experience the life and healing power of the blood from the body to the organ. Similarly, God’s powerful spirit that flows in His body (the church) and this same spirit who raised Christ from the dead will also quicken or gives life to our physical bodies.

3. We can build a disease-free environment around us by speaking life and health with our lips.

For medicine to be effective, it must be ingested. On the other hand, for the word of God to be effective, we must confess it with faith. This is the formula that God used to create the universe. We too can create a healthy environment around us by refusing to allow any negative, unhealthy words to come out of our mouths. Jesus told us in Matthew 15:11, what defiles us is not the food that we put in our mouths but the words that come out of our lips. This is the amazing power of the words that are released through our lips.

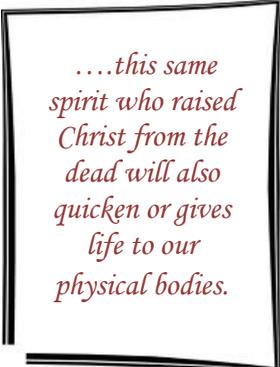
(Proverbs 18:21) “Death and life are in the power of the tongue, and those who love it will eat its fruit.”

(Matthew 15:11) “It’s not what goes into your mouth that defiles you; you are defiled by the words that come out of your mouth.”

4. Finally, we can walk in divine health if we stay in God’s presence continuously.

After Moses spent 40 days in God’s presence on Mount Sinai, his face was radiant with the glory of God. God’s presence is our refuge and our protection. Let us be filled with the Spirit of God everyday by singing psalms, hymns and spiritual songs. In this way, we keep diseases at bay as God’s presence melts any mountain like fire melts wax.

(Psalm 95:7) “The mountains melted like wax at the presence of the LORD...”



....this same spirit who raised Christ from the dead will also quicken or gives life to our physical bodies.

Church, it is possible to walk in divine health. Let us declare that our bodies and our church to be a ‘disease-free’ zone. Because

God is our refuge, like the land of Goshen, the calamities that befall the land of Egypt cannot enter those who are covered by the blood of Jesus that is over our lives.

- *Contributed by Pastor Ron Hee* -

My Reflections

1. Search the Bible and proclaim some scriptures that sustain us with divine health. Each member to contribute at least one.

2. Thank God for His gift of Divine Health. He also gave us wisdom to maintain a healthy lifestyle and freedom to choose what's good for us. Discuss how you personally can maintain a healthy lifestyle.

3. If anyone of you need healing, whether physically, or in your thought life – emotion, mind or will, or in your spiritual condition, share and pray for one another. Ask and believe! *(Matthew 21:22) If you believe, you will receive whatever you ask for in prayer.*



OUR AUTHORITY TO HEAL

Today's Manna

(Matthew 10:1) "Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and sickness."

We all know that God has already given us the call to heal the sick yet most believers do not experience such healing miracles working through their lives.

"Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases. And he sent them to preach the kingdom of God, and to heal the sick."
(Luke 9:1-2)

One of the things we often see is that we often pray for the sick as opposed to heal the sick. The above scripture says the disciples were given power and authority to cure diseases. It is clear that God has already provided His healing power and placed it on every born-again believer. Hence the word "authority" is important in our understanding of healing the sick and for us to exercise it. In short, it is the key to seeing miracles take place.

One way to understand this is to see ourselves as someone who switches on an electrical switch and God is the TNB power station, the source that supplies the electrical power. Note that

until and unless we turn on the switch there will be no electricity supply. Similarly God's power is released into healing the sick when we switch on the power.

"And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease." (Matthew 10:1)

"And as ye go, preach, saying, the kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give." (Matthew 10:7-8)

In the above, Jesus told his disciples to **heal** the sick, not to merely pray for the sick. Similarly, we ought to turn our usual prayers into a commanding mode such as " In Jesus Name , I command sickness to flee .. , I rebuke cancer and be gone..., I command every tumour cells to leave now .., I command demons to cease operations now and never to come back again..." It is important to realize that Jesus has deposited His resurrection power inside every believer (Ephesians 1:19-20). He has done His part, and now it is up to us to do ours. We need to exercise that authority of God (to turn on the switch and to release the power) to deliver those who are sick.

On the other hand, the ability to handle authority must be accompanied by **obedience**. We need to maintain personal intimacy with God in order for us to be connected to the power source. We need to be constantly looking to the Father and doing His will.

The hallmark of Jesus' earthly ministry was obedience: "My food is to do the will of him who sent me and to finish his work." (John 4:34)

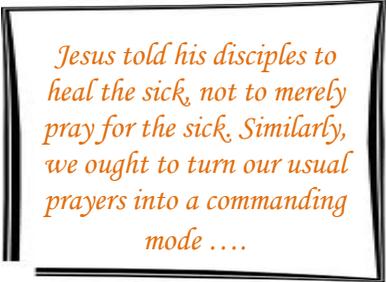
Because of Jesus' perfect obedience, as a man fully under God's authority, Jesus is the last Adam who re-established the reign

and rule of God which Adam lost (Romans 5:19). Because of Jesus' obedience, the work of the cross was accomplished and mankind is now reconciled to God for eternity. We now enjoy all the blessing of God, including healing, which flows from the obedience of Jesus (Hebrews 5:8).

The Roman centurion who asked Jesus to heal his servant in Luke 7:1-10 understood the concept of authority because he was a man who learned obedience under Caesar's authority.

One further example is to look at Jesus' disciples performing miracles in Acts 3:1-8:

"Now Peter and John went up together into the temple at the hour of prayer, being the ninth hour. And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple; Who seeing Peter and John about to go into the temple asked an alms. And Peter, fastening his eyes upon him with John, said, Look on us. And he gave heed unto them, expecting to receive something of them. Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk. And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength. And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God."



Jesus told his disciples to heal the sick, not to merely pray for the sick. Similarly, we ought to turn our usual prayers into a commanding mode

As opposed to praying for the sick the disciple commanded with such authority over the lame man: "In the name of Jesus Christ of Nazareth rise up and walk". Notice that Peter acknowledged

that it is in the name of Jesus that the Power comes from and it is not human power but it is the power that comes from above. It was God's power that healed this man, but that power was released through Peter as he is fully aware that he is a man submitted under God's authority, hence he can exercise with full confidence that delegated authority to heal.

In closing, from this study, I hope we will progress from "**praying** for the sick to "**healing** the sick".

- *Contributed by Brother Gary Goh* -

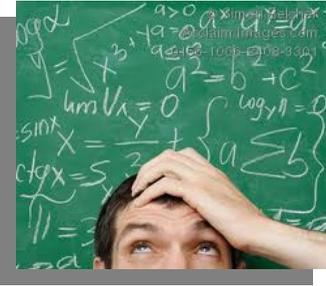
My Reflections

1. Do you personally believe that sicknesses will obey the authority in you given by Christ Jesus our Lord?

2. Share a testimony where you have seen someone healed in the Name of Jesus.

3. The next time you see someone sick or when you are asked to pray for someone, will you be bold enough to exercise your authority?

4. When asked to pray for someone, how do we overcome "fear" or "intimidation"?



HEALING FORMULA?

Today's Manna

(1 Peter 2:24) "He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed."

"Rheumatoid arthritis. There is no cure. Only God can heal you." These were words out of the doctor's mouth. Can the impossible become possible?

The wonderful thing about being a Christian is that we believe in this God who heals. "*I am the Lord who heals you*" (Exodus 15:26).

Jesus' primary ministry on earth was teaching, preaching and healing all who were oppressed by the devil and setting them free from all forms of sicknesses. (Matthew 4:23; Acts 10:38)

Knowing is one thing. Believing and receiving is another. People seek for their healing in a number of permutations:

- Go see a doctor and pray for healing
- Call pastor to pray for you
- Start a prayer chain
- Google the disease and research for the right doctor
- Ask someone you trust to check out their experience and follow their advice
- Call Mom or Dad
- Believe God for a miracle and self-treat

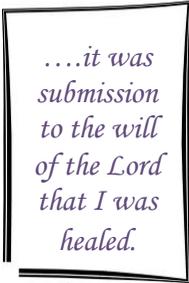
- Attend a healing service
- Pray that it goes away

Is there really one way to receiving our healing? In the Bible, Jesus demonstrated to us how he healed the blind in at least four ways:

- touched and healed (Matthew 9:28)
- delivered a man from demon possession (Matthew 12:22)
- spit on eyes (Mark 8:22)
- spoke and healed (Mark 10:52)

Jesus came to defeat the devil and set us free from sin and diseases. Our God is a physician. In my one year's search for a formula for healing, I did all of the above permutations but was no better for it. In the end, it was submission to the will of the Lord that I was healed. My prayer was, "Lord, if being a R.A. cripple will bring glory to you, I am willing." With that, the Lord spoke, "Because you are willing, you are healed."

Our God is a personal Lord. We are not clones made in a factory somewhere in Malaysia. Just like we attend to each child differently, the Lord attends to us specially. For me, it was this way, for you, it could be another way.



*...it was
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Maybe, at the end of the day, when we are so broken and out of shape from sojourning on this earth, we must go back to our Maker and Father, and pray, "Lord, mend me, lead me and heal me afresh. I am yours." That might be the ultimate formula of divine health and healing we are all looking for.

- Contributed by Sister Grace Hee -

My Reflections

1. Share a healing experience you have. What was the key to your healing? (It does not have to be dramatic. It can range from drink lots of water or just resting, to instantaneous miracle)

2. Share your health and healing “formula” to keep healthy. Where does the Lord Your Maker factor into that routine?

3. We are spirit-soul-body beings. Discuss your thoughts on which part of you drives your health and well-being the most. (spirit refers to our God-like part; soul refers to our mind, will & emotions; body refers to the physical flesh and blood part of us)

PRAYER AND FASTING



Today's Manna

(Ezra 8:23) "So we fasted and petitioned our God about this, and he answered our prayer."

(2 Chronicles 7:14) "If my people, which are called by my name, shall humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sins and will heal their land."

(Isaiah 58:6-9) "Is not this the fast that I have chosen? To loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Then your light will break forth like the dawn and your healing will quickly appear; then your righteousness will go before you. And the glory of the LORD will be your rear guard. Then you will call and the LORD will answer; you will cry for help and he will say: Here am I."

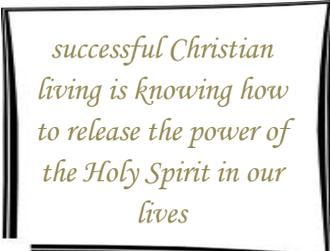
Prayer is not twisting God's arm to do what you want, prayer is a way for you to become an instrument for God to do what He wants through you.

When prayer is coupled with fasting, it adds a different dimension to our prayer. I liken it to the petrol additives. The more powerful the additive, the more power (oomph) in the petrol. **Fasting does not change God, it changes you!**

When God's people fast and pray with the motive to seek God's face and not his hand and come to Him with a broken, repentant and contrite heart, God will hear from heaven and heal our lives, church, communities and nation.

I remember as a 'young' (new) believer I put into practice the little I knew then, in prayer and fasting as I fervently sought God for healing and direction for my son who was born with congenital heart defects. Although my son was not healed instantly, God brought me and my wife through a journey of faith and trust where we experienced many miracles.

When the disciples asked Jesus why they were unable to heal a boy with an evil spirit, Jesus replied: This kind can come out only by prayer (and fasting). (Mark 9:29)



successful Christian living is knowing how to release the power of the Holy Spirit in our lives

Prayer with fasting helps in releasing the power of the Holy Spirit and destroys the works of darkness.

Why should you fast?

There are many examples of God's people in the Old and New Testaments who fasted for variety of reasons. (Note: Fasting is always for the purpose of seeking God in prayer)

Old Testament examples:

- David fasted to humble himself
- Ezra and the exiles fasted for God's protection

- Jehoshaphat and his people fasted for God's deliverance
- The Jews fasted annually for God's forgiveness and cleansing

New Testament examples:

- Jesus fasted 40 days before he entered public ministry (Matthew 4:2)
- Paul and Barnabas appointed elders with prayer and fasting (Acts 14:23)

Different Types of Fast

1. Normal fast - No food, only water
2. Absolute fast – No food or water for three days
3. Partial fast – Abstinence from certain kind of food or activity (no meat or sweets)
4. Juice or vegetable fast
5. Corporate fast – A church or group of people who felt God has called them to fast together for a certain period of time for a specific purpose
6. Chain fast – A Church or a group or an individual who commits to fast for a period of time each taking a slot so that the entire period will be covered
7. Fasting with abstinence – to practise abstinence from otherwise perfectly acceptable pleasures e.g. TV, entertainment, hobbies, marital sex (1 Corinthians 7:1-5)

How fasting changes us

Jesus and the apostles were all filled with the supernatural power of the Holy Spirit. Fasting *releases* the power of the Holy Spirit to flow without any hindrance through their lives and ministry.

1. The source of power of the Christian life is the Holy Spirit. Therefore the key to successful Christian living is knowing ***how to release the power of the Holy Spirit in our lives so that we can do the things we could not do in our own strength.***
2. **Problem:** our carnal nature (“the flesh”) opposes the Holy Spirit. If we are going to yield to the Holy Spirit, we must deal with the carnal nature (not only our physical desires but also our carnal mind i.e. thinking)
3. ***Fasting is God’s appointed way to bring our carnal nature into subjection.*** If you are really going to succeed in the Christian life, you must ensure that your body does not dictate you or control you. One of the basic scriptural ways to do is this: **the practice of regular fasting.**

Experience the life-changing power of praying with fasting. Strengthen your faith and draw closer to God, even in the most difficult of times, with the spiritual discipline of fasting.

Prayer and Fasting is so essential to a victorious Christian life and ministry that this cannot be fully covered in this lesson. Read about the examples of lives in bible times and autobiographies of men and women of God. For more serious reading, try the book on “God’s Chosen Fast” by Arthur Wallis.

Even if you don’t know how, JUST DO IT! and experience breakthroughs.

CONCLUSION

Fasting does not change God, it changes us. It helps us draw closer to God in devotion and worship. It empowers us for

ministry and enables us to effectively impart spiritual gifts and empowerment to others so as to be fruitful for God.

- *Contributed by Pastor Raymond Wee* -

My Reflections

1. Fasting was practised not only in OT but by our Lord Himself and by the early church. Why then do we not do it today?

2. Share your personal experiences of answered prayer from prayer with fasting.

3. Do you have any need of healing for yourself or for a loved one? What would you do?



Today's Manna

(Ephesians 6:13 -17)

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Stand firm then, with the belt of truth buckled around your waist, the breastplate of righteousness in place, and with your feet fitted with readiness that comes from a gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.”

The Lord desires each of us to live a wholesome life in body (outer man), soul and spirit (inner man). Maintaining divine health means walking in the truth and resisting the enemy.

(Galatians 5:1) “It was for freedom that Christ set us free, therefore keep standing firm and do not be subject again to a yoke of slavery.”

One of the keys to maintaining divine health is putting on the full armour of God. Something we need to do daily for ourselves. The enemy goes around like a roaring lion seeking whom he may

devour (1 Peter 5:8). The armour of God speaks of God's given authority to us as kings and priests to rule and reign against the forces of darkness. Each piece of the armour is significant.

The Helmet of Salvation

The helmet protects the entire head. The mind is the greatest battlefield of satan. Satan often brings thoughts that cause fear, condemnation, doubts, unbelief, unforgiveness, despair, temptations etc. These thoughts distract us from hearing clearly God's plans for us. Put on the helmet of salvation by infilling your mind with the word of God. This will protect your mind and nullify negative thoughts of the enemy.

(2 Corinthians 10:4-5)

The Belt of Truth

Gird the belt of truth around you.

(John 8:31-32) *"You are truly my disciples if you remain faithful to my teachings and you will know the truth and the truth will set you free"*. Unless we know the truth, we cannot recognize lies. We need to study the word of God, till His truth lives in us. Then we can easily detect satan's lies.

The Breastplate of Righteousness

Embrace a lifestyle that will protect your hearts. Should we slip into sin, sincerely confess that sin. Ask the Lord for forgiveness and He will cleanse us by His blood (1 John 1:9). Constantly walk in forgiveness. Unforgiveness gives satan a legal claim over us, with rights to oppress and to torment freely (Luke 6:37).

The Shoes Fitted with the Gospel of Peace

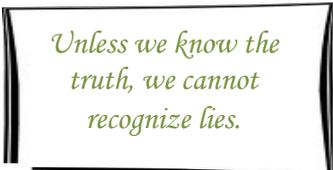
Shoes are for stepping freely without fear, with sure footing. Daily put on the shoes of the gospel of peace and confidently stamp God's footprints everywhere you go.

The Shield of Faith

The shield of faith protects us against the fiery darts of satan. Faith comes by hearing and hearing by the word of God. The more we exercise our faith, and use the Word of God; we protect ourselves better. Our faith must rest in God and not in our own abilities (1 Corinthians 2:5). We have to see God's protection through the eyes of faith (Hebrews 11:1). Faith does not mean ignoring circumstances, it means overcoming them by believing first in the word and then speaking the written word, which when spoken becomes living words of God in our lives.

Sword of the Spirit

This speaks of a personal relationship with Jesus. It is experiencing Jesus as the Living Word of God. His sheep follow Him because they know His voice (John 10:4). God can speak to you as you wait in His presence. He is the Living Word that will guide and lead you even in your daily activities.



Unless we know the truth, we cannot recognize lies.

Essentially, the armour of God centres around the Word of God. Just let the Word of God saturate your whole being to maintain divine health.

- Contributed by Sister May Loke -

My Reflections

1. God says “Move on, take back what the enemy has stolen from you”. Exercise faith in bold aggressive prayers for one another, to take back, to restore divine health, salvation etc. Have you allowed negative thoughts to cause you to think that God is unable to help you? Share some similar situations.

2. Often through my eyes of faith, I see a scepter of God’s authority in my hands. Know that God has also given you a scepter of authority as you speak the word of God into a situation. Share words from the Lord which you received that has brought life and breakthroughs for you.

3. When the “inner man” is well, so is the “outer man”. Divine health is our portion. Share evidences of the power of God in your life over a sickness, job situation or in your relationships with family/friends.

**Our Church's
Culture of Faith**



Acts of the Holy Spirit

We believe that permanent change can only come when a person encounters God and be transformed by the power of the Holy Spirit. It is our desire that the Holy Spirit be given prominence in all our services and gatherings and we pray that He will powerfully touch lives and perform miracles through us.

Blessing one another

Like the lyrics of one of the praise songs, we desire to be a people who are 'so blessed that we cannot contain it'. We start by blessing one another at the end of every Sunday service where we hold hands and bless the persons to our right and our left. Holding hands helps to break down emotional walls and is also a prophetic sign of synergy and unity that commands God's blessings upon the church.

(Genesis 12:2-3) "I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you."

(Psalm 133:1-3) How wonderful and pleasant it is when brothers live together in harmony! For harmony is as precious

as the anointing oil that was poured over Aaron's head, that ran down his beard and onto the border of his robe. Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. And there the Lord has pronounced His blessing, even life everlasting.

onfessions of God's word

Faith is birthed by the Holy Spirit in our hearts and confessions of our lips will release it into being/reality.

“For it is by believing in your heart that you are made right with God, and it is by confessing with your mouth that you are saved.” (Romans 10:10)

God formed the world through proclamations of faith (Read Genesis 1:1-3).

As the Holy Spirit hovers over the formless earth in the beginning, we believe in the hovering presence of the Holy Spirit over every gathering. He will put God's will and desire in our hearts and we are to declare it prophetically.

Examples of declaration:

“I believe that we serve a good God and He wants to give us a great life. I believe we are blessed to be a blessing to others.” (Genesis 12:1-3; John 10:10)

“God has a wonderful plan to give us a great future. My future is bright and filled with hope.” (Jeremiah 29:11)

Divine Health and Healing

We believe that being saved does not only refer to ‘going to heaven’ but it encompasses all aspects of life including the power to walk in divine health and the power to receive healing for our sick bodies and souls.

(Romans 8:11) “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.”

The Bible tells us that Jesus focused His ministry on teaching, healing and setting people free from demonic bondages. We believe that healing is one of the primary areas where God’s power can be evidently demonstrated to unbelievers to bring them to salvation and knowledge of God.

When God delivered the Israelites out of Egypt, He kept them in divine health despite the harsh conditions of the wilderness. He also brought them out with silver and gold, and there was none feeble among His tribes. (Psalm 105:37)

Evangeliism as a way of life

The church exists to win the lost. Jesus gave this paramount commission to His church just before He returned to heaven.

(Matthew 28:19-20) "Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

Over the last year or so, our church has encouraged our members to 'win one more for Jesus' and 'Walk across the room'. Cell groups are encouraged to hold Matthew parties where fellowship meals or outings are used to connect with pre-Christians. Every church member has an 'Oikos' which includes friends or relatives that they are in contact with. While cell groups are important to encourage and disciple one another in their walk with God, cell members are exhorted to continue their relationships with their 'Oikos' so that they can be won to the Lord in due time.

Financial blessing

(3 John 2) "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

It is our belief that God desires to bless His children in every aspect of their lives and that includes prosperity in our financial

area. Besides removing the curse of sin and sickness, Jesus also removed the curse of poverty from us.

(Psalm 105:37) "He also brought them out with silver and gold, and there was none feeble among His tribes."

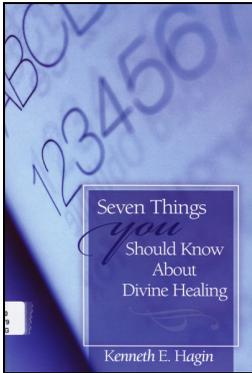
The Bible has many examples of God blessing His people materially and financially when they walk with God and are generous in their giving.

(Luke 6:38) "Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

(Deuteronomy 8:18) "But thou shalt remember the Lord thy God: for it is He that giveth thee power to get wealth, that He may establish His covenant which He sware unto thy fathers, as it is this day."



Develop Your Spiritual Muscles

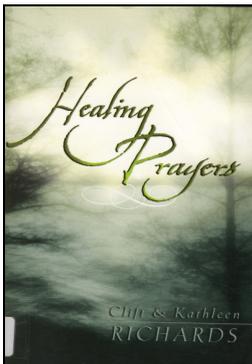


Seven Things You Should Know About Divine Healing

by Kenneth E. Hagin

Rev. Hagin began his study of divine healing as a teenager after five eminent physicians gave him to die. In this book he shares the results of his lifelong study of the Scriptures as well as actual case histories.

(MRC Code 060-0179-HAG)



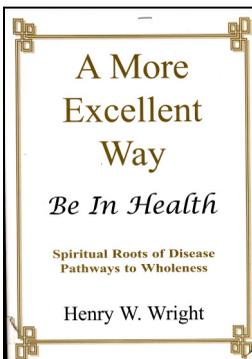
Healing Prayers

by Cliff & Kathleen Richards

"Hope for healing, happiness, health, and wholeness."

This book helps you pray the promises of God in your quest for healing of your body, emotions, and mind. It also contains prayers for you to use in your intercession for the healing of others.

(MRC Code 260-0099-RIC)



A More Excellent Way Be In Health

by Henry W. Wright

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2

Read this book to discover:

- Why mankind has disease
- Spiritual roots of disease
- Blocks of healing
- Disease prevention and more

(MRC Code 060-0159-WRI)

Manna Resource Centre

Opening hours: after service till 12.30pm on Sundays

Our Church Culture of Faith

- A**cts of the Holy Spirit
- B**lessing one another
- C**onfessions of God's Word
- D**ivine Health and Healing
- E**vangelism as a way of life
- F**inancial blessing

