

Scriptures & Confessions



To Walk In Health

BY: DONNA O'BRIEN

I WAS BORN IN TORONTO IN 1951 THE ELDEST OF 6 CHILDREN. I RECEIVED JESUS AS MY LORD AND SAVIOUR IN 1975 AND FOR THE NEXT SEVERAL YEARS WAS A STAY AT HOME MOM TAKING CARE OF OUR 3 CHILDREN AS WELL AS HELPING MIKE OUT IN MINISTRY. MIKE AND I STARTED PASTORING FULLTIME IN THE EARLY 90'S AFTER OUR CHILDREN WERE GROWN UP. OVER THE LAST 20 YEARS OF BEING IN MINISTRY I HAVE LEARNED FIRST HAND FROM GOD THE INFORMATION IN THIS BOOKLET. HE LOVES ME AND HIS WORD IS TRUE.

PROVERBS 4: 20-22

“MY SON, GIVE ATTENTION TO MY WORDS; 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.” 1 PETER 2:24 “WHO HIMSELF BORE OUR SINS IN HIS OWN BODY ON THE TREE, THAT WE, HAVING DIED TO SINS, MIGHT LIVE FOR RIGHTEOUSNESS – BY WHOSE STRIPES YOU WERE HEALED.”

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Scriptures & Confessions to Walk in Health

I want to start off with building a strong biblical foundation so that you know beyond a shadow of doubt that it is God's will to heal you and that it is for the here and now. Do you believe the full truth of what God's Word tells us or have you bought into some half truths? Half truths contain half lies that God cannot back because God cannot lie. (Titus 1:2) Or have you gone along with the traditions of man which Mark 7:13 says, 'the traditions of man make the Word of God of no effect.' Let's start off with some of the pitfalls people believe that cause them to not be able to receive their healing.

God gets glory when we accept sickness with a good attitude.

We cannot find anywhere in the Bible where God got praise because someone with sickness or disease was suffering for Jesus. He got praise when someone got healed.

Matthew 15:30-31

³⁰ **Then great multitudes came to Him, having with them *the* lame, blind, mute, maimed, and many others; and they laid them down at Jesus' feet, and He healed them.**

³¹ **So the multitude marvelled when they saw *the* mute speaking, *the* maimed made whole, *the* lame walking, and *the* blind seeing; and they glorified the God of Israel.**

God puts sickness on you to teach you something.

If this was the truth then why didn't God put sickness on Adam and Eve.

Genesis 1 :31

Then God saw everything that He had made, and indeed it was very good.

It's because God teaches us through His Word.

2 Timothy 3:16-17

¹⁶ All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, ¹⁷ that the man of God may be complete, thoroughly equipped for every good work.

Sometimes sickness is a blessing in disguise.

If sickness is a blessing then why is anyone sick trying to get rid of it. Sickness is never a blessing it is always a curse.

Deuteronomy 28:15 & 61*(This was under the old covenant)*

But it shall come to pass, if you do not obey the voice of the LORD your God, to observe carefully all His commandments and His statutes which I command you today, that all these curses will come upon you and overtake you.

⁶¹ Also every sickness and every plague, which is not written in this Book of the Law, will the LORD bring upon you until you are destroyed.

(But under the new covenant). We have Galatians 3 :13
'Christ has redeemed us from the curse of the law.'

Healing has passed away.

Why would Jesus takes stripes on His back so we could be healed if it wasn't for today? We won't need healing in heaven. We need it now.

1 Peter 2:24

Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

If it's Gods will, I'll be healed.

Of course it's Gods will to heal us or why would He have given us authority over every demon including the demon of sickness.

Mark 16:17-18

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.

It's sometimes Gods will for people to die young.

This one really makes me angry! We see in many places in the Bible where God wants us to live a long strong life.

Psalm 91:16

With long life I will satisfy him, and show him My salvation.

Jesus took a stripe on His back for every sickness, disease, pain, poverty, lack, plague and anything that wasn't mentioned in the 28th chapter of Deuteronomy. He did that so we wouldn't have to. He did it to redeem us from the curse of the law. (Galations 3:13)

Jesus has done His part and there is nothing else He can do for us to be healed. We have to do our part to appropriate our healing. We need to examine ourselves to see if we are doing all that we need to do to appropriate our healing. We need to ask ourselves a few questions. Am I spending time reading the Word everyday? Am I saying with my mouth what God says about my healing or am I saying negative things that negate the truth? Am I walking in love and keeping His commands, or have I been disobedient? Am I building myself up on my most holy faith? Am I praying in my heavenly language for extended periods of time? Am I taking time for private worship to God? Am I declaring the scriptures that pertain to my sickness over myself?

I would highly suggest that you would do the following everyday. Take three equal amounts of time, (e.g. 10 minutes, 10 minutes & 10 minutes), all in one sitting. Start off with 10 minutes of praying in your heavenly language to build yourself up on your most holy faith. Then start worshipping God for 10 minutes, just for who He is which will bring God into your presence because He inhabits the

praises of His people. (Psalm 22 :3) Lastly, for 10 minutes start declaring the scriptures over your body that pertain to your sickness. Tell your mountain (sickness) about God instead of always telling God about your sickness. (Mark 11 :23) So, you have built your faith up and God is now in your presence by worshipping Him and then when you speak scriptural words of faith it allows God to perform it. (Isaiah 55 :11) As you continue to do this you will find that you want to grow the time to perhaps 30 – 30 – 30 or 60 – 60 – 60 etc.

In the following pages you will find many scriptures pertaining to all kinds of body parts. There are many personalized prayers declaring the word of God over yourself. Remember, Gods word is life to those who find them, and health (Medicine) to all their flesh.
(Proverbs 4:22)

Jesus is the Lord of my life. Sickness and disease have no power over me. I am forgiven and free from SIN AND GUILT. I am dead to sin and alive unto righteousness.
(Colossians 1:21, 22) “And you, that were sometimes alienated and enemies in your mind by wicked works, yet now hath he reconciled in the body of his flesh through death, to present you holy and unblamable and unreprouable in his sight.”

I am FREE from unforgiveness and strife. I forgive others as Christ has forgiven me, for the love of God is shed abroad in my heart by the Holy Ghost. (Romans 5:5)

Jesus bore my sins in His Body on the tree; therefore I am dead to sin and alive unto God and by His stripes I am healed and made whole. (1 Peter 2:24)

Jesus bore my sickness and carried my pain. Therefore I give no place to sickness or pain. For God sent His Word and healed me. (Psalm 107:20)

Father, because of Your Word I am an overcomer. I overcome the world, the flesh and the devil, by the Blood of the Lamb and the word of my testimony. (Revelation 12:11)

You have given me abundant life. I receive that life through Your Word and it flows to every organ of my body bringing healing and health. (John 10:10)

Heavenly Father, I attend to Your Word. I incline my ears to Your sayings. I will not let them depart from my eyes. I keep them in the midst of my heart, for they are life and healing to all my flesh. (Proverbs 4:20-22)

As God was with Moses, so is He with me. My eyes are not dim; neither are my natural forces abated. Blessed are my eyes for they see and my ears, for they hear.
(Deuteronomy 34:7)

No evil will befall me, neither shall any plague come near my dwelling. For You have given your angels charge over me. They keep me in all my ways. In my pathway is life, healing and health. (Psalm 91:10, 11)

Jesus took my infirmities and bore my sicknesses. Therefore I refuse to allow sickness to dominate my body. The Life of God flows within me bringing healing to every fiber of my being. (Matthew 8:17)

I am redeemed from the curse. Galatians 3:13 is flowing in my blood stream. It flows to every cell of my body, restoring life and health.

The life of First Peter 2:24 is a reality in my flesh, **restoring** every cell of my body.

I present my body to God for it is the temple of the LIVING GOD. God dwells in me and HIS LIFE permeates my SPIRIT, SOUL and BODY so that I am filled with the fullness of God daily. (John 14:20)

My body is the temple of the HOLY GHOST. I make a demand on my body to release the right chemicals. My body is in perfect chemical balance. My pancreas secretes the proper amount of insulin for life and health.

(1 Corinthians 6:19)

Heavenly Father, through Your Word, You have imparted Your life to me. That life restores my body with every breath I breathe and every word I SPEAK.

That which God has not planted is dissolved and rooted out of my body in Jesus' name. First Peter 2:24 is engrafted into every fiber of my being and I am alive with the life of God. (John 6:63)

Abdomen

In Jesus' Name I call every part of my abdomen healed and whole. All intestines will work as they were created to work. Every organ in my abdomen will produce and eliminate as they should. I forbid any infection to remain in my abdomen. (Acts 28:8)

Arteries and Cells

In Jesus' Name, my arteries, will not shrink or become clogged. Arteries, you are clean, elastic and function as God created you to function. (Isaiah 55:11)

The law of the Spirit of Life in Christ Jesus has made me free from the law of sin and death; therefore, I will not allow sin, sickness or death to lord it over me. (Romans 8:2)

The same Spirit that raised Jesus from the dead dwells in me, permeating His life through my veins, sending healing throughout my body. (Romans 8:11)

In Jesus' Name I forbid my body to be deceived in any manner. Body, you will not be deceived by any virus or disease germ. Neither will you work against life or health in any way. Every cell of my body supports life and health. (Matthew 12:25; 35a)

Arthritis, Growths and Tumors

Jesus bore the curse for me; therefore, I forbid growths and tumors to inhabit my body. The life of God within me dissolves growths and tumors, and my strength and health is restored. (Matthew 16:19)

Growths and tumors have no right to my body. They are a thing of the past for I am delivered from the authority of darkness. (Colossians 1:13, 14)

Every organ and tissue of my body functions in the perfection that God created it to function. I forbid any malfunction in my body in Jesus' name. (Genesis 1:28, 31)

Father, Your Word has become a part of me. It is flowing in my bloodstream. It flows to every cell of my body, restoring and transforming my body. Your Word has become flesh; for You sent Your Word and healed me. (Exodus 15:26)

Your Word is manifest in my body, causing growths to disappear. Arthritis is a thing of the past. I make a demand on my bones and joints to function properly in Jesus' Name. (Psalm 34: 19-20)

Heavenly Father, as I give voice to Your Word, the law of the Spirit of Life in Christ Jesus makes me free from the law of sin and death. And your Life is energizing every cell of my body. (Romans 8:12)

Arthritis, you must GO! Sickesses MUST FLEE! Tumors can't exist in me, for the Spirit of God is upon me and the Word of God is within me. Sickness, fear and oppression have no power over me for God's Word is in my confession.

Back

In Jesus' Name I command every vertebra in my back to line up and any pinched nerves to be released. I command my hips and joints to work in perfection with each other.
(Luke 13: 11-13)

Blood and Heart

Thank You Father that I have a strong heart. My heart beats with the rhythm of life. My blood flows to every cell of my body restoring life and health abundantly. (Psalm 73:26)

My blood pressure is within the perfect range that You Lord created for me. The life of God flows in my blood and cleanses my arteries of all matter that does not pertain to life.
(Mark 11:23)

My heartbeat is normal. My heart beats with the rhythm of life, carrying the life of God throughout my body restoring LIFE AND HEALTH ABUNDANTLY. (Ephesians 2:22)

I have a strong heart. Every heart beat floods my body with life and cleanses me of disease and pain. (Exodus 23:25)

I command my blood cells to destroy every disease germ and virus that tries to inhabit my body. I command every cell of my body to be normal in Jesus' Name. (Ezekiel 16:6)

Every cell that does not promote life and health in my body is cut off from its life source. My immune system will not allow tumorous growth to live in my body in Jesus' name. I am redeemed from the curse of the law and my heart beats with the rhythm of life. The spirit and life of God's Word flows in me cleansing my blood of every disease and impurity. (Proverbs 4:20-23)

Bones and Marrow

I speak to the *bones and joints* of my body. I call you normal in Jesus' Name. My bones and joints will not respond to any disease; for the Spirit life of First Peter 2:24 permeates every bone and joint of my body with LIFE and HEALTH.

Father, I make a demand on my bones to produce perfect marrow. I make a demand on the marrow to produce pure blood that will ward off sickness and disease. My bones refuse any offense of the curse. (Proverbs 16:24)

I make a demand on my joints to function perfectly. There will be no pain or swelling in my joints. My joints refuse to allow anything that will hurt or destroy their normal function. (Proverbs 17:22)

Breathing

Every breath I take has been given to me by God and therefore I breathe perfectly. My lungs and bronchial tubes breathe every breath with ease and carries oxygen to all the parts of my body. (Isaiah 42:5)

Ears and Eyes

Since God has made them both, my ears hear as they should and all the parts of my inner and outer ears are complete not missing anything. My eyes are able to see with clarity and I refuse to allow any infection live in either of them. (Proverbs 20:12)

Hair

The Lord has counted every hair on my head and they are healthy and strong. The follicles are nourished by the oxygenated blood flowing freely to them. (Matthew 10:30)

Hands, Knees and Feet

I thank you Father that my hands are strong and move freely. Every bone and joint in my hands work to perfection without pain. My knees are NOT feeble but are well aligned and carry my body as they were created to. My feet are wonderfully made. My arches and bones work together in harmony. (Hebrews 12: 12-13)

Immune System

My immune system grows stronger day by day. I **speak** life to my immune system. I forbid confusion in my immune system. The same Spirit that raised Christ from the dead dwells in me and quickens my immune system with the life and wisdom of God, which guards the life and health of my body.

Words of Life

Body, I speak the Word of Faith to you, I demand that every internal organ perform a perfect work, for you are the temple of the Holy Ghost; therefore, I charge you in the name of the Lord Jesus Christ and by the authority of His holy Word to be healed and made whole in Jesus' Name. (Proverbs 12:18)

Father, I resist the enemy in every form that he comes against me. I require my body to be strong and healthy, and I enforce it with Your Word. I reject the curse, and I enforce life in this body. (James 4:7)

I will not die but live and declare the works of God.
(Psalm 118:17)

Confessing scriptures over yourself is for you, it's not for God, because He doesn't need it.

The Bible says to renew your mind and cause it to line up with the Word of God.

Romans 12 :2

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.

God loves you and He wants you healed.

Acts 10 :38

How God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.

So, be healed in Jesus Name.



DONNA & MIKE O'BRIEN

**IN 2002 GOD'S REVELATION HEALING
BECAME SO REAL TO DONNA, SHE FELT IT
PERTINENT TO GET PEN TO PAPER AND
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**647-692-ROTM
(7686)**

E: MIKE@ROTM.CA



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