

How to Pray for Yourself and Others

Class #6 Prayers for Healing

A few foundational Scripture passages about healing-

“All things are possible with God” –**Matt. 19:26**

“God anointed **Jesus of Nazareth** with the **Holy Spirit and with power**; how he went about doing good and *healing all* who were oppressed by the devil, for God was with him.” - **Acts 10:38**

“Truly, truly, I say to you, he who believes in me *will also do the works that I do; and greater works than these will he do*, because I go to the Father.” - **John 14:12**

Great crowds came to him, bringing with them the lame, the maimed, the blind, the mute, and many others.

They put them at his feet, and he cured them,

so that the crowd was amazed **when they saw the mute speaking, the maimed whole, the lame walking, and the blind seeing**. And they praised the God of Israel. - **Matt. 15:30-31**

Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and **to cure every disease and every sickness**. - **Matt 10:1**

In Christ Jesus, then, I have reason to boast of my work for God. ¹⁸ For I will not venture to speak of anything except what Christ has accomplished through me **to win obedience from the Gentiles, by word and deed**, ¹⁹ **by the power of signs and wonders, by the power of the Spirit of God**, so that from Jerusalem and as far around as Illyricum I have fully proclaimed the good news of Christ. - **Romans 15: 17-19**

How to Overcome Fear and Self-Doubt:

Yes, there is Redemptive Suffering, yet we pray and hope for healing!

Sometimes there is a longer healing process; it is not always all at once. A partial healing is great!! 10-20% improvement shows that God is working, keep going! A healing, even if it is slow is great!! Keep praying. Many people get healed after they leave your prayer session (later that night or the next morning).

Here is one Biblical examples of a multi-step process and an interview before healing:

And they came to Beth-sa'ida. And some people brought to him a blind man, and begged him to touch him. ²³ And he took the blind man by the hand, and led him out of the village; and when he had spit on his eyes and laid his hands upon him, he asked him, “Do you see anything?” ²⁴ And he looked up and said, “I see men; but they look like trees, walking.” ²⁵ Then again he laid his hands upon his eyes; and he looked intently and was restored, and saw everything clearly. – **Mark 8:22-25**

The Thrill of Victory and the Agony of defeat. Some people that we pray for do not get healed. We don't know why. Do not let this discourage you or stop you from praying for the sick. Some people who have powerful healing gifts prayed for lots of people before they saw any healings. Keep praying. The thrill of victory is worth it!!!

Always give thanks to God, even for “small” healings!!! Praise Him for everything!!

You don't have to be in perfect health to heal the sick. You don't have to have perfect faith to heal the sick.

You don't have to do or say all the “right things” to heal the sick. Just pray for them.

You don't have to be a Priest or Saint to heal the sick. God wants to use you, so be humble and “do the stuff”!

Principles for Effective Healing Prayers

1. **Faith.** Try to have as much faith as possible. Try to stir up the faith of the one receiving prayer. Sharing testimonies is the best way to increase faith. Testimony means “do again.”
2. **Pray for Effect and be Specific.** Expect God to do something, right here, right now.
3. **Petitionary Prayers** in “Jesus’ Name” (for anyone you are praying for, even yourself). Ask Jesus or the Holy Spirit to heal the ailment. “Jesus, remove the pain” “Jesus, shrink the tumor” “Holy Spirit reduce the swelling in Jesus’ Name...”
4. **Command Prayers** in “Jesus’ Name.” [if you have natural authority over that person, place, or object: self, spouse, kids, parents...] Speak “TO” the ailment. “I command all pain to leave” “tumor shrink and go away” “eyesight, I command you to be restored” “tightness loosen up” “stenosis be healed.” You can also “renounce” sickness. “In Jesus’ Name I renounce sickness, disease, infirmity, cancer, pain, inflammation, insomnia, trauma, arthritis, mental illness, gout, anxiety, fear, dizziness, genetic disorders, colds, viruses, Covid, digestion issues, death...”
5. **Ask the Holy Spirit to help.** Our job is to pray, His job is to heal.
6. **The 3 Causes: Natural, Psychological/Emotional, or demonic**
Natural: hammer falls on a toe, cut with a knife, a cold from a virus
Psychological/Emotional: A person’s thoughts, feelings, or experiences have some effect on this condition. The most helpful factor is to make sure they have *forgiven* anyone and everyone who has hurt them.
Demonic: afflicting spirits are causing or worsening the condition. See class #5 notes on spiritual warfare.

The 5-Step Relational Prayer Model

1. **Interview:** How long have had this condition? How did it start? What else was happening in your life when it began? What’s the pain level right now 1-10?
2. **Diagnosis and Prayer Selection:** Diagnose the cause, (Natural, Emotional, or demonic) and pray accordingly.
3. **Praying for Effect:** Pray for God to heal right then and there (Command or Petition).
4. **Stop Praying and Re-Interview:** Ask if anything is different. Keep praying or modify if nothing is happening. If something is happening, praise God, and keep praying. Encourage the person to be honest. Ask, “Is there any difference or is it about the same?”

(repeat steps 2, 3, & 4 as many times as you need)
5. **Post prayer suggestions:** Encourage them. Trust in God. Keep believing. Go to a healing service. Come back for more prayer. Do more forgiveness work. Check with your doctor.

A 5-step prayer process Scripture (as well as Mark 8:22-25 above)

And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. ²¹ And Jesus^[d] asked his father, “How long has he had this?” And he said, “From childhood. ²² And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us.” ²³ And Jesus said to him, “If you can! All things are possible to him who believes.” ²⁴ Immediately the father of the child cried out^[s] and said, “I believe; help my unbelief!” ²⁵ When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You spirit that keeps this boy from speaking and hearing, I command you, come out of him, and never enter him again!” ²⁶ After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, “He is dead.” ²⁷ But Jesus took him by the hand and lifted him up, and he was able to stand. - **Mark 9:20-24**