

MAINTAIN your healing

JUDITH MACNUTT

Healing can come as a miraculous event, and it is always appropriate to rejoice if God heals you spontaneously of a physical ailment, or immediately sets you free from the effects of addiction or abuse. More often, healing is a process, and the Lord walks you through healing step by step like the layers of an onion peeling away.

Many of you have experienced great healing of wounded memories, or of sadness, grief and loss, and then you feel that healing slipping away. What can we do to not fall back into discouragement or pain?

After a person experiences freedom through healing prayer, the enemy is very unhappy at losing ground with that person. He may whisper in your ear that this healing is not real. He will

try in various ways to tempt you or reclaim his territory.

I encourage you to be in community and stay in relationship with others. Satan strives to isolate people. Satan may not be very active until he realizes he is losing someone, then he will come and start pestering them, causing them to withdraw from people. You may experience new shame or embarrassment rise up in you because of your new vulnerability to God and others.

It is also entirely appropriate to continue to receive prayer over a series of weeks or months. Read books appropriate to your situation, listen to talks, or go to a recovery group such as GriefShare, AA or Alanon. Stay or become active in a local church.

All of us need to be encouraged not to become passive. We need to



PURSUE our healing: Learn, read and go to everything you can. Be actively involved in your own spiritual care!

Let me suggest some positive actions that all of us can practice to maintain a healthy spiritual life:

KEEP YOUR LIFE BALANCED

Some of us can't do as much as we did when we were 25 years old. And some of us have "Caregiver" stamped on our foreheads! We are so busy caring for others that we don't keep our own needs in balance. Listen to the Holy Spirit.

Every morning I wake up and say, "I have no goal but to serve you today. I am going to do what you tell me to do today."

Once I asked the Lord in my mind, "What do you want me to do today?"

He said, "Go to the beach."

I said, "No, I have way too much to do."

He said, "Go to the beach."

"Ok, I'll take the dogs and go to the beach."

I heard Him say, "NO, don't even take the dogs, because then you are caring for something."

So I went to the beach and I tuned into the sound of the ocean and the seagulls and children laughing. And when I returned it took only an hour to do all the things I thought would take me all day to do.

FIND OUT WHAT YOUR PASSION IS AND FIT THAT INTO YOUR LIFE

What brings you life? Is it art? Music? Gardening? Animals?

EXERCISE AND PRACTICE GOOD NUTRITION

If you are surviving on too little sleep, eating a lot of sugar and drinking a lot of caffeine, your adrenal system will shut down. Exercise relieves tension and releases endorphins.

LOVING COMMUNITY AND FRIENDS ARE ABSOLUTELY NECESSARY

We were created for relationships, so get together with your friends and celebrate together, worship together, serve together and do fun things.

Be under the authority of someone who is watching out for you – someone you trust and is concerned for your welfare. Satan seeks to isolate you, pulling you away from people and what brings you life.

Take a silent retreat, not to learn, but just to be with God. Soak in His presence.

Don't let yourself go to that critical place in your mind where you focus on what is wrong; focus on what is beautiful. Speak blessing over yourself and others.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there

is anything worthy of praise, think about these things.
(Philippians 4:8)

TAKE A DAILY INVENTORY

Before you go to bed, I recommend confession of sin and spiritual cleansing. Give God thanks for the blessings of the day and cut yourself free from any hurts or burdens. Pray for your dreams, read scripture, and pray for your spouse or family.

NOURISH YOURSELF

Good books nourish your soul. Hand pick your movies; your mind is precious and the imagery of sex and violence can capture a place there.

The joy of the Lord is your strength. God wants us to have great joy in this journey, so laughter is healing! Stay away from people who are critical or legalistic.

GOD WANTS TO REVEAL TO YOU YOUR TRUE VALUE

You are priceless to Him. Your whole life and efforts are meaningful for the kingdom of God. You are an original, so take care of yourself. Be good to yourself. Make time for yourself. Make time for Him. Make time in your life for the people that love you. Don't be too busy for your friends or family; God will send someone else to take care of that person you are overly concerned about. Leave them in God's capable hands.

A PRAYER TO AFFIRM YOUR HEALING

Lord, we seal up all healing work the Holy Spirit has done in this child of God that the evil one cannot come and snatch away. I place the protection of the blood of Jesus over and around them; protect their thoughts, mind, body, soul and spirit. Surround them with people who will help and affirm them. Help them to walk into their new identity. We consecrate these precious ones to you in the name of the Father, Son and Holy Spirit. Amen. ✠



JUDITH MACNUTT is a licensed psychotherapist, author, teacher, conference speaker, co-founder and president of CHM.

CHM Calendar of Events

SHP® Level 2 Online

Sep 7-18

Renew and Review Online

Oct 19-22

SHP® Level 3 Online

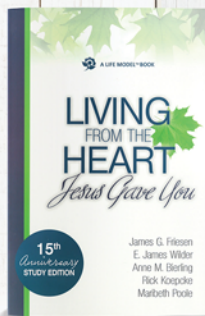
Oct 25-Nov 6

**Schedule is subject to change. See website for more information.*

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Q & A with Judith

Question: The Lord healed my knee pain, but sometimes it comes back. Why do we have to keep claiming healing? Is there a way to pray better?

Healing is often a process. We know the mind holds memories, but the body also holds traumatic memories at the cellular level. This is called body memory. Pray for your body to be under the Lordship of Jesus Christ. It may be that you need additional inner healing.

I have seen healings completely reversed. On one occasion, we took a young woman who was completely blind to a Kathryn Kuhlman healing meeting. This girl's sight was totally restored!

The girl that was healed lived in Bethany outside Jerusalem. When she told her parents that Jesus healed her, they rejected her, cast her out of their home, and started planning her funeral as if she was dead to them. Five days later she was completely blind again. She was then allowed to go back to her home. Why was it reversed? Did she unconsciously choose to be blind so she could go home and back to her family?

I can't say for sure, but there is something in us that wants to go back to the familiar. I have seen people set free and then choose to go back to the situation. We are uncomfortable with newness and change. Some people like the attention and love they receive when they are sickly.

Could it be demonic? Yes, the enemy can try to bring something back upon us to reverse emotional or physical healing. But it is not always demonic.

As in all things, this calls for discernment and more prayer. Ask the Holy Spirit, "Why is the pain coming back? Is there something else that is blocking permanent healing from happening?" ➡

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438 West 67th Street
Jacksonville, FL 32208
ph 904.765.3332 fx 904.765.4224
www.christianhealingmin.org

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