

Prayers for Healing

Five Biblical Ways to Pray for Healing

There are at least five main ways of praying for healing: They are outlined here. Please keep in mind that there is no such thing as a "formula" for prayer, guaranteed to work every time. Prayer is above all else your own faith-based conversation with God. Therefore, what matters most is your honesty and openness to God, as well as your trust in Him--just as it would with any earthly doctor you might visit.

And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him. Hebrews 11:6 ESV



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Prayers

Father forgive us whenever we have looked first to other means of healing, rather than coming to You. Forgive us for not fully believing in either Your desire or Your power to bring healing. Cleans all of that out of our hearts and minds and renew in us a right heart of faith in You and the goodness of Your will.

Jesus, as the disciples asked so many years ago, we too ask that You teach us to pray. Teach us all of the many ways to pray for the healing of our loved ones and the people You bring to us for ministry.

Holy Spirit help us overcome our own unbelief. Strengthen us to pray with active faith in the great desire of our God to bring healing. Alert us to the times when we need to stand against the enemy. Enable us to cast every care fully upon our Lord with a confident expectancy that He will answer us.

True Life Illustration

Does God heal through prayer? Yes! Even prayers for cats..



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For over a decade Steve Evans and [Healing Streams](#) have been helping people recover inner peace and freedom through the free eCourse for healing, [Matters of the Heart](#). Through Forerunners4Him he has been showing how we can be saved for heaven and teaching the way to live a Spirit-filled life on earth. Go now to receive a completely free primer, [Getting to Heaven](#) and/or an introduction to [Living in the Spirit](#) at our website.



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Petitioning Prayer

Asking God for healing is always right. It is natural, heart-felt and direct. It hardly needs to be taught, though building up one's faith is a helpful element for adding confidence to any request. Sometimes God brings swift and profound answers! However, since the healing may not come by means of petition only, it is wise to learn the other ways of praying for healing. There is an art, too, to learning how to release prayers of petition with expectant, believing faith.

The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:5-6 ESV

The What and Why of It

Keep in mind that there is no "formula" for praying that always works. Our relationship with God is the key element of effective prayer. The Lord desires us to get to know Him personally through conversation (talking all kinds of things over with Him), fellowship (spending time with Him), and intimacy (getting to know Him through His Word and life experience). Think of it this way: If you want to ask a lot of favors from someone, it helps if you know them well and have built a good relationship, right? The Lord starts us off with tons of grace—He will answer desperate, honest prayers from anyone, even if they have zero relationship with Him. But it really helps to grow "favor" (for an enhanced effectiveness in prayer, for instance) by growing the relationship.

Jesus gave His disciples a model prayer, which we call "The Lord's Prayer," though it really could be more accurately termed "The Disciples' Prayer." This is a truly wonderful model, or pattern for how to form our own prayers. By it He shows us to approach God as you would a loving father whom you know to be good, whose power is supreme and whose will can be trusted in all things. Place your requests before Him in a simple, straightforward way describing your need ("give us this day..."). Be sure that you let Him search your heart while you are there, especially in terms of forgiving others (you are asking for God's merciful help for yourself—remember?). Then pray that He free you from any attempt of the enemy to overtake you.



Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us



our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. Matthew 6:9-13 ESV

This prayer can of course be prayed to God in Jesus own words—it is a great prayer. However, is often repeated word for word, over and over again, by some believers despite the statement by the Lord that we should not engage in "vain repetitions" as people do who have no knowledge of God ("heathens" in the King James). Simply repeating words without our head or heart being actively engaged is not what God is looking for—a parrot could do that! God wants us to have a genuine, personal relationship with Him. Fortunately for all of us, our God is so gracious and kind that He looks past our errors to answer our need. Even so, we should seek to follow the steps He shows us and avoid those He cautions us against.

But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Matthew 6:7 KJV

According to the teaching of Jesus, we are to carry our prayers of petition to the Father (as He showed in the disciples' prayer) or to Jesus in His own Name (as He shows in John 14). Everything else can come freely out of our heart, our need and our understanding.

"Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father. Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it." John 14:12-14 ESV

"I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures of speech but will tell you plainly about the Father. In that day you will ask in my name, and I do not say to you that I will ask the Father on your behalf; for the Father himself loves you, because you have loved me and have believed that I came from God. I came from the Father and have come into the world, and now I am leaving the world and going to the Father." John 16:25-28 ESV

In your reading of scripture pay attention to how people prayed to God for the Bible is full of prayers of petition and we can learn from them all. Some of the greatest prayers are in the Book of Psalms—it is both a hymnal and a prayer book. Reading one psalm daily will inspire you and guide you in your own praying.

Scriptures with Prayers of Petition

May we shout for joy over your salvation, and in the name of our God set up our banners! May the Lord fulfill all your petitions! Psalm 20:5 ESV

O Lord my God, I cried to you for help, and you have healed me. O Lord, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit. Psalm 30:2-3 ESV

The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:5-6 ESV



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Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. James 5:14-16 ESV

And when he had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each holding a harp, and golden bowls full of incense, which are the prayers of the saints. Revelation 5:8-9 ESV

True Life Illustration

Does God answer prayers for healing? Yes! Even for pets...



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Prevailing Prayer

Prevailing prayer is more than persevering with petitions for healing, though it certainly includes that. The idea here is of the widow Jesus recommended as an example of "importunity" in prayer (Luke 18:1-8). She couldn't get the judge to pay any attention to her requests, but she refused to give up. She prevailed upon him--not by seeking compassion (he had none) but by making a general nuisance of herself!

And he told them a parable to the effect that they ought always to pray and not lose heart. Luke 18:1 ESV

The What and Why of It

A thing sometimes missed in reading scripture, but which often appears in regular life, is the phenomenon of the Lord's seeming reluctance to act. You have to press past the apparent indifference or resistance that seems to be in God. Don't take "No" for an answer: God's stated desire is for us to be healed in every facet of our being. However, in some sense He actually wants us to "call Him out"!

Beloved, I pray that you may prosper in all things and be healthy, even as your soul prospers. 3 John 2 WEB

We see this strange way of the Lord amply portrayed through Jesus' conversation with the Canaanite mother who was pleading with Him for her child's healing. Jesus seemed to be dismissive of her request, but when she persisted (using good humor to boot!), He happily gave way and declared that she was a woman of "great faith." How's that for turning a delay into an advance!



But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not right to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly. Matthew 15:25-28 ESV

Prevailing prayer is persisting in prayer until the answer comes. Our model for this aspect of prayer is not how the prayer is shaped, but how persistently prayer is made. Frequently this means taking [prayers of petition](#) and rather than offering them once, continuing to offer them until either an answer comes or a word from the Lord arrives concerning the request. Other



kinds of prayer may require persistent application as well, but the two examples of prevailing prayer given by Jesus describe petitions being offered (see Matthew 15 and Luke 18 below).

The Book of Daniel provides us with a very illuminating example of why prevailing prayer is necessary at times. Held in captivity in Babylon along with the rest of the Jews after the destruction of Jerusalem and their forced deportation, Daniel began praying for the restoration of his people. What he is told by the angel who visits him is that from "the first day" Daniel began to pray, the angel had been sent, but there was opposition delaying his arrival for three weeks! The "prince of the kingdom of Persia" withstood him.

Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words. The prince of the kingdom of Persia withstood me twenty-one days, but Michael, one of the chief princes, came to help me, for I was left there with the kings of Persia, and came to make you understand what is to happen to your people in the latter days. For the vision is for days yet to come." Daniel 10:12-14 ESV

Spiritual opposition is real. Since it is hard to imagine that an ordinary human king could delay an angel, the only reasonable conclusion is that a "prince" (a demonic ruler) of the kingdom of darkness over Persia was resisting God's messenger from bringing the answer to Daniel's prayer. We call this "second heaven" resistance--the physical heavens being the first heaven and God's heaven being the third (see 2 Corinthians 12:2). In our own lives there may well be "second heaven" resistance coming from the enemy's encampment over our particular region or due to our own entanglement with sin. While this does not stop God, it apparently creates problems that He has to work through in order for His help to reach us.

No matter what the hidden reasons may be, we need to follow Jesus' advice to "always pray and not lose heart" (Luke 18:1). The Lord placed a wonderful promise in scripture that all of us can be inheritors of any of the promises through being determined to practice "faith and patience (perseverance)."

And we desire each one of you to show the same earnestness to have the full assurance of hope until the end, so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises. Hebrews 6:11-12 ESV

Jesus is our greatest exemplar of persevering, prevailing prayer. He prayed for our salvation, our sanctification and our unity in the Garden of Gethsemane the night before the cross (see John 17). No one could hope to have a better understanding of prayer or a better faith relationship with the Father from which to do their praying. So, His long prayer in the garden settled these issues once and for all, right? Apparently not. According to the writer of Hebrews, Jesus is persevering in prayer to this day on our behalf.

Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them. Hebrews 7:25
ESV



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Scriptures with Prevailing Prayer

Simon Peter replied, "You are the Christ, the Son of the living God." And Jesus answered him, "Blessed are you, Simon Bar-Jonah! For flesh and blood has not revealed this to you, but my Father who is in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." Matthew 16:16-19 ESV

And he told them a parable to the effect that they ought always to pray and not lose heart. He said, "In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, 'Give me justice against my adversary.' For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.'" And the Lord said, "Hear what the unrighteous judge says. And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?" Luke 18:1-8 ESV

And we desire each one of you to show the same earnestness to have the full assurance of hope until the end, so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises. Hebrews 6:11-12 ESV



Rebuking Prayer

Many physical sicknesses and emotional disorders were healed in the New Testament by either Jesus or his followers rebuking the spirits that were causing the illness (Luke 4:33-36). It is a fact of scripture that we have been given awesome power to command the evil one and his kingdom, to curb their power and to overturn their works. This is not meant to make us arrogant or proud--not even against the evil spirits, but it is intended for our relief and protection from oppression by the enemy (Luke 10:17-20). Commands can be issued of either a defensive or offensive nature.

But Jesus rebuked him, saying, "Be silent and come out of him!" And when the demon had thrown him down in their midst, he came out of him, having done him no harm. Luke 4:35 ESV

The What and Why of It

Jesus and the first disciple rebuked demons regularly. Why don't we? The problem is not in any lack of power on our part. We have been given the same Holy Spirit as an indwelling presence - you can't have more power inside you than that! We have the same authority as believers which the first disciple possessed. If we want further empowerment we can seek the [baptism of the Holy Spirit](#) and God will surely send it to us or lead us to it, however that is meant to work out. Have the demons "thrown in the towel" and slunk away? Highly unlikely!

Demons are difficult to discern, but fairly easy to deal with once exposed. Some are definitely stubbornly entrenched. In situations of individual ministry I have been involved in a few knockdown, drag out fights that went on much longer than I would have liked. I have also been unable to dislodge some even after repeated attempts. But most frequently, once the demon has been identified and the person has repented of what it represents (hate, lust, jealousy, etc.), then the rebuking or casting out of the spirit is simple.

Nevertheless, the demons are absolutely subject to the Name of Jesus and they know it; they have been utterly defeated by the Blood of Jesus and they know it. If you are a believer and you also know and have confidence in the power of that Name and of the Blood He shed, then they know that as well. They know it the way a dog knows when your command "means business"



and when you're just mouthing words you heard other people use, hoping for the response they got.

The one thing that the demons have going for them (other than being invisible, intelligent and very crafty), is that the person who needs to be free of them, somehow (usually) gave them either unwitting, tacit permission to "come in" or outright agreement to what they represent. That is why deliverance works so much better if the person seeking it is led through steps of cleansing by repentance first. This also helps them hold onto their freedom once they have been delivered.

As in all areas of healing, however, we are dealing with great mysteries here, as well as invisible realities that are complex beyond our imagining. There is no place here for presumption or complacency, as the seven sons of Sveca found out.

Then some of the itinerant Jewish exorcists undertook to invoke the name of the Lord Jesus over those who had evil spirits, saying, "I adjure you by the Jesus, whom Paul proclaims." Seven sons of a Jewish high priest named Sceva were doing this. But the evil spirit answered them, "Jesus I know, and Paul I recognize, but who are you?" And the man in whom was the evil spirit leaped on them, mastered all of them and overpowered them, so that they fled out of that house naked and wounded. Acts 19:13-16 ESV

Rebuking prayer is similar to [commanding prayer](#). The difference is that prayers of command are directed at things of the created order (nature, animals, human physiology), while rebuking prayer is directed at the infernal kingdom - the demonic henchmen who serve the enemy. Since the created order only turns against the purposes of its Creator when it is under the influence of the evil ones, this can become a fine distinction. One example of the "blurring of the lines" took place when Jesus "rebuked" the winds that were threatening to capsize the little craft He and the disciples were in on the Sea of Galilee.

And when he got into the boat, his disciples followed him. And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. And they went and woke him, saying, "Save us, Lord; we are perishing." And he said to them, "Why are you afraid, O you of little faith?" Then he rose and rebuked the winds and the sea, and there was a great calm. And the men marveled, saying, "What sort of man is this, that even winds and sea obey him?" Matthew 8:23-27 ESV

To rebuke means to reprimand or reproach, censure or admonish - one living, thinking being to another. Jesus "rebuked the winds and seas." Why? Do winds and seas have a mind or will of their own with which they can rebel against the created order? It would be very hard to establish that from scripture! Yes, I am aware that all of creation is groaning, awaiting our full restoration and that the very stones will praise Him if we don't. All of creation is far more alive than probably any of us can imagine, but nothing in all of creation needs to repent of "rebellion" but us. Therefore, rebuking creation as a castigation of blame makes little sense - it has been made a



slave to the enemy (placed under the curse) through our disobedience. We and the enemy's dark kingdom (who will never repent) are the ones who deserved to be rebuked!

More likely, Jesus was rebuking the enemy's influence upon both wind and seas and in so doing, restoring them to operating under the Creator's command. This is akin to freeing someone from the grip of a nightmare by shaking them, then saying, "Wake up and come back into your right mind!" In actual practice it may not matter whether you rebuke the wind or the demon and, in a crisis, there may be no time to draw fine lines. However, all things being equal, I would rather direct my ire and indignation against the slave master in the form of rebukes and issue commands of restoration to the created order once it is released from the enemy's black hand.

Scriptures with Rebuking Prayer

That evening at sundown they brought to him all who were sick or oppressed by demons. And the whole city was gathered together at the door. And he healed many who were sick with various diseases and cast out many demons. And he would not permit the demons to speak, because they knew him. Mark 1:32-34 ESV

And he said to them, "Go into all the world and proclaim the gospel to the whole creation. Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents with their hands; and if they drink any deadly poison, it will not hurt them; they will lay their hands on the sick, and they will recover." Mark 16:15-18 ESV

And in the synagogue, there was a man who had the spirit of an unclean demon, and he cried out with a loud voice, "Ha! What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are - the Holy One of God." But Jesus rebuked him, saying, "Be silent and come out of him!" And when the demon had thrown him down in their midst, he came out of him, having done him no harm. And they were all amazed and said to one another, "What is this word? For with authority and power he commands the unclean spirits, and they come out!" Luke 4:33-36 ESV

And demons also came out of many, crying, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew that he was the Christ. Luke 4:41 ESV

While he was coming, the demon threw him to the ground and convulsed him. But Jesus rebuked the unclean spirit and healed the boy, and gave him back to his father Luke 9:42 ESV

The seventy-two returned with joy, saying, "Lord, even the demons are subject to us in your name!" And he said to them, "I saw Satan fall like lightning from heaven. Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven." Luke 10:17-20 ESV

And God was doing extraordinary miracles by the hands of Paul, so that even handkerchiefs or aprons that had touched his skin were carried away to the sick, and their diseases left them and the evil spirits came out of them. Acts 19:11-13 ESV

True Life Illustration

What's it like to rebuke a demon? Were we ever surprised...



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Pattern 4

Commanding Prayer

Not only are we invited to command the invisible spirits, we are also invited to command the natural realm. Disease can be commanded to leave. Creative miracles can be commanded to come. Even the kingdom of God can be commanded to come. We all know that Jesus taught us to pray, "Thy Kingdom, come!" (Luke 11:1-4). Less well understood is that in the Aramaic the language is quite emphatic: "Kingdom come!" Of course, we leave it up to the Lord to determine in what way and at what time His Kingdom should best arrive. Even so, He leaves it up to us to issues commands under His authority and leadership as needed.

Pray, therefore, like this: Our Father Who is in heaven, hallowed (kept holy) be Your name. Your kingdom come, Your will be done on earth as it is in heaven.

Matthew 6:9-10 AM

The What and Why of It

In speaking forth prayers of command we certainly are not presuming to issue commands to the Lord. Nevertheless, the powers He gives us include doing what He did. Jesus commanded healing and he commanded even storms to cease. He is in us still seeking by His Spirit to do more now than He did then, more even than "we could ask or imagine" (Ephesians 3:20).

"Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father." John 14:12 ESV



The prayer of command is real; it is also really hard to get right. Let's take these points one at a time. First, we have been given the prayer of command and it is expected that we will use it. Jesus and the disciples almost always commanded healing. We go at it differently and our results don't match up with theirs.

Normally, we rely on [prayers of petition](#) which are also used in the Bible, but which are not nearly as much in evidence under the New Covenant as direct commands. The way Jesus healed the ruler of a synagogue's daughter is typical of the way He healed everyone in the gospels.

Taking her by the hand he said to her, "Talitha cumi," which means, "Little girl, I say to you, arise." And immediately the girl got up and began walking (for she was



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twelve years of age), and they were immediately overcome with amazement. Mark 5:41-42 ESV

How did we miss this? It seems to me that we have been overwhelmed by a religious appreciation (which is thoroughly correct) that Jesus is Lord and can still heal today just as He did then. Therefore, we place ourselves in the position of the people who came to Jesus for healing during His earthly ministry and we bring our petitions to Him. We seem to have missed the point that He has long since ascended to heaven, having committed to us His authority and given to us His Spirit by which to do His works. Jesus is not only our Master; He is also our Example. During His time on earth, Jesus was demonstrating how to live by faith, how to walk in the Spirit and how to pray for healing - among other things.

The disciples may have been slow to understand that Jesus had to die on the cross, but they seem to have quickly grasped that they were now to do what He did in the same way He did it. Shortly after the ascension and the great events of Pentecost, the disciples commanded healing just as they had observed Jesus doing it. When leaving the Temple one day, Peter and John stopped to hear the petition of the man born crippled - just as Jesus would have. Then they took that petition and turned it into a command - just as Jesus would have.

And Peter directed his gaze at him, as did John, and said, "Look at us." And he fixed his attention on them, expecting to receive something from them. But Peter said, "I have no silver and gold, but what I do have I give to you. In the name of Jesus Christ of Nazareth, rise up and walk!" And he took him by the right hand and raised him up, and immediately his feet and ankles were made strong. Acts 3:4-7 ESV

During the three years of their apprenticeship, Jesus trained the disciples in the ways of the prayer of command. At one point Jesus was asked by His disciples why they had been unable to command a demon to leave a person (for the difference between rebuking demons and commanding nature see [rebuking prayer](#)). He used the opportunity to explain that unbelief can block faith, even faith for rebuking spirits. Then He added that we could actually command the natural realm to obey us ("tell the mountain"), if we only had just a little faith! There is plenty here about the interplay of unbelief and faith: Passive (inactive) faith is almost certain to be cancelled by active unbelief, but even passive unbelief can block active faith (the disciples weren't aware of having unbelief, only faith). That's a lot to chew on, but then comes the part about moving mountains!

Then the disciples came to Jesus privately, and said, "Why weren't we able to cast it out?" He said to them, "Because of your unbelief. For most assuredly I tell you, if you have faith as a grain of mustard seed, you will tell this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. Matthew 17:19-20 WEB

We expect that God can command nature, but the reality is that under the New Covenant, God is now inside of us ready, willing and able to act through us in any legitimate way that is in accord with His will and purposes. In a very real sense the New Covenant has created a new

"reality" for those of us who believe. Not only are we "new creations" (2 Corinthians 5:17), we also have access to new ways of praying. What can we command? By the example of Jesus and the disciples, we can command disease to leave ("He rebuked the fever"), healing to come ("little girl, arise"), the kingdom to come, winds and seas to be calmed, even mountains to move.

If this kind of praying feels strange and seems strange that's understandable. But we are called to live by faith under the leadership of our Lord. Just as He trained His first disciples in the prayer of command, He surely desires to pass the blessing on to us. In fact He didn't say "pray for the sick," He commanded us to heal the sick - that's a very different thing. Evidently, the responsibility is on us to learn how to do what He did!

"Heal the sick in it and say to them, 'The kingdom of God has come near to you.'"
Luke 10:9-10 ESV

The second point from above, is that this is hard to get right. Fortunately, there is abundant grace to cover us as we seek to learn, and prayers of petition can always be made when prayers of command don't seem to work. Don't expect people not to be healed (that would be "active" unbelief), but don't be shocked when they aren't (that would be naive).

There are perhaps two main errors to guard against. One would be thinking that we can command anything, and everything based on our own sense of what needs to happen. No, this is a thing that requires being sensitive to the Holy Spirit and the leadings of the Lord. God certainly isn't going to stop the sun just because you feel it necessary to sleep late! That is the error of presumption. The other is the error of blaming others for their lack of faith when they aren't healed. That would be the error of shifting blame. It is always better to cover people with mercy, grace and compassion, than reproach or condemnation. At least give people comfort, if you can't give them healing.

The objection could be raised that only God can heal anyone. This is absolutely true, but it is also true that we are the ones He wants to work through.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. Ephesians 3:20-21 ESV

Scriptures with Commanding Prayer

He rebuked the Red Sea, and it became dry, and he led them through the deep as through a desert. Psalms 106:9 ESV

And when he got into the boat, his disciples followed him. And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. And they went and woke him, saying, "Save us, Lord; we are perishing." And he said to them, "Why are you afraid, O you of little faith?" Then he rose and rebuked the winds and the sea, and there was a great calm. And the men marveled, saying, "What sort of man is this, that even winds and sea obey him?" Matthew 8:23-27 ESV



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In the morning, as he was returning to the city, he became hungry. And seeing a fig tree by the wayside, he went to it and found nothing on it but only leaves. And he said to it, "May no fruit ever come from you again!" And the fig tree withered at once. When the disciples saw it, they marveled, saying, "How did the fig tree wither at once?" And Jesus answered them, "Truly, I say to you, if you have faith and do not doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, 'Be taken up and thrown into the sea,' it will happen. And whatever you ask in prayer, you will receive, if you have faith." Matthew 21:18-22 ESV

As they passed by in the morning, they saw the fig tree withered away to its roots. And Peter remembered and said to him, "Rabbi, look! The fig tree that you cursed has withered." And Jesus answered them, "Have faith in God. Truly, I say to you, whoever says to this mountain, 'Be taken up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses." Mark 11:20-25 ESV

And he arose and left the synagogue and entered Simon's house. Now Simon's mother-in-law was ill with a high fever, and they appealed to him on her behalf. 39 And he stood over her and rebuked the fever, and it left her, and immediately she rose and began to serve them. Luke 4:38-39 ESV

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." And he said to them, "When you pray, say: 'Father, hallowed be your name. Your kingdom come. Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation.'" Luke 11:1-4 ESV

"Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father. Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it." John 14:12-13 ESV

Now Peter and John were going up to the temple at the hour of prayer, the ninth hour. And a man lame from birth was being carried, whom they laid daily at the gate of the temple that is called the Beautiful Gate to ask alms of those entering the temple. Seeing Peter and John about to go into the temple, he asked to receive alms. And Peter directed his gaze at him, as did John, and said, "Look at us." And he fixed his attention on them, expecting to receive something from them. But Peter said, "I have no silver and gold, but what I do have I give to you. In the name of Jesus Christ of Nazareth, rise up and walk!" And he took him by the right hand and raised him up, and immediately his feet and ankles were made strong. And leaping up he stood and began to walk, and entered the temple with them, walking and leaping and praising God. And all the people saw him walking and praising God, and recognized him as the one who sat at the Beautiful Gate of the temple, asking for alms. And they were filled with wonder and amazement at what had happened to him. Acts 3:1-10 ESV



Now to Him Who, by (in consequence of) the [action of His] power that is at work within us, is able to [carry out His purpose and] do superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes, or dreams].
Ephesians 3:20 AMP



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Submitting Prayer

Our final place to stand is in the position of entire surrender to His sovereign will. When you have done all, stand (Ephesians 6:13). God is not asking us to accept disease as His desire for us or as His best for us. Never! He is the Giver of every good gift and the sworn Enemy of all that is dark, fallen and evil (James 1:16-17). Nevertheless, there came a time in Jesus life when the only honorable way forward through the suffering He was facing, was to make sure that His heart stayed firmly surrendered to the Father's will. God greatly blessed Jesus for His willingness to prove the trustworthiness of God, even through the hard passage of the cross.

And he withdrew from them about a stone's throw, and knelt down and prayed, saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." And there appeared to him an angel from heaven, strengthening him. Luke 22:41-43 ESV

The What and Why of It

The prayer of surrender is no faint-hearted, resignation-weary, fallback position, as if yielding to God's mercy was the last and worst alternative available to us. Sometimes it is the best way from the beginning, but only if you have the faith-confidence to believe that the Lord's desire is to liberate you. Then, the release of your spirit into His may be the very thing He needs to effect your release from the illness. Above all, Jesus desires our inward and spiritual liberation.

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



The reality of our spiritual health is the primary concern of the Lord and it should be of ours. [Spiritual health](#) is the bedrock for emotional and physical health as well. It is easily identified: Spiritual health is the ability to trust God entirely no matter what He is allowing or what He is asking of us. The way we know we are trusting God is through the peace of Christ.

We can easily be tricked out on this by the enemy who is a past master at tempting God's children to trade their inheritance for a bowl of porridge. We may rightly chide Esau who did just that in the natural realm (see Genesis 25:27-34), but our inheritance is the Person and



Presence of Jesus who has come to live with us and in us. Being with Jesus in eternity is the fullness of our inheritance; living in His peace is the enjoyment of our inheritance right now.

To trade the peace of Christ in for emotional stress when things don't go the way we desire or expect, is the great sickness of our age. Nothing should be as important to us as putting our faith connection to Jesus first and foremost: He is our life! He entreats us to abide in Him (John 15: 1-8); He beckons us to return to Him (Isaiah 30:15); He commands us to seek Him first (Matthew 6:33). We even sing songs like "All to Jesus I Surrender." This seems to fly out the window when we get sick!

Not to live in Him and through His peace produces a devastating dis-ease: emotional stress. Emotional stress in turn works to [negatively affect](#) our enjoyment of life and of the Lord, our health, our relationships with others, our witness of faith, and our success at work. The Holy Spirit has been tasked with watching over us where the peace of Christ is concerned. Our Lord won this peace for us at the cross; It is now always available to us through our faith in Him. However, it is only released to us if we meet the conditions for receiving it (that's our faith response and response-ability).

The Holy Spirit is our Helper. He wants us to receive this peace more than we do ourselves. He works to help us get in proper position to receive it. But we are the do-ers; we have to do the things that make for peace. We have to submit and surrender to the Lord's leadership over our lives by trusting Him with what He allows and obeying Him in what He asks.

And let the peace (soul harmony which comes) from Christ rule (act as umpire continually) in your hearts [deciding and settling with finality all questions that arise in your minds, in that peaceful state] to which as [members of Christ's] one body you were also called [to live]. And be thankful (appreciative), [giving praise to God always]. Colossians 3:15 AMP

Just because trouble, suffering or disease have been allowed, doesn't mean God caused it, desired it to happen, or wants it to stay. He wants us healthy in every way! Nevertheless, the fact that it has been allowed is always a test: Will we trust Him for allowing the trial and will we trust Him to show us the way through it that leads to life? Submitting to God in the midst of any trial restores us to peace and allows Him to raise us up.

Therefore humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully. 1 Peter 5:6-7 AMP

There is such a close connection between [dis-ease and disease](#) that had we been living more deeply in the peace of Christ, the illness may not have had a chance to tag us. Even now, the full restoration of peace might be just what is needed to break the grip of the enemy's hand upon the sickness, enabling our body to recover. At the very least, don't let the trial of illness be wasted: Go for a deeper, freer, healthier relationship with Jesus in the midst of it!



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Scriptures with Prayers of Submission

And he withdrew from them about a stone's throw, and knelt down and prayed, saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." And there appeared to him an angel from heaven, strengthening him. Luke 22:41-43 ESV

Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Ephesians 6:13 ESV

And this is why I am suffering as I do. Still I am not ashamed, for I know (perceive, have knowledge of, and am acquainted with) Him Whom I have believed (adhered to and trusted in and relied on), and I am [positively] persuaded that He is able to guard and keep that which has been entrusted to me and which I have committed [to Him] until that day. 2 Timothy 1:12 AMP

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence. Although he was a son, he learned obedience through what he suffered. Hebrews 5:7-9 ESV

Do not be deceived, my beloved brothers. Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. James 1:16-17 ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. 1 Peter 5:6-7 ESV

