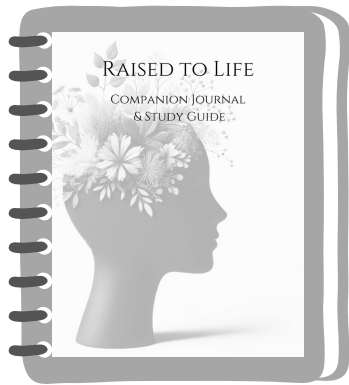


# Suggestions for Printing and Binding



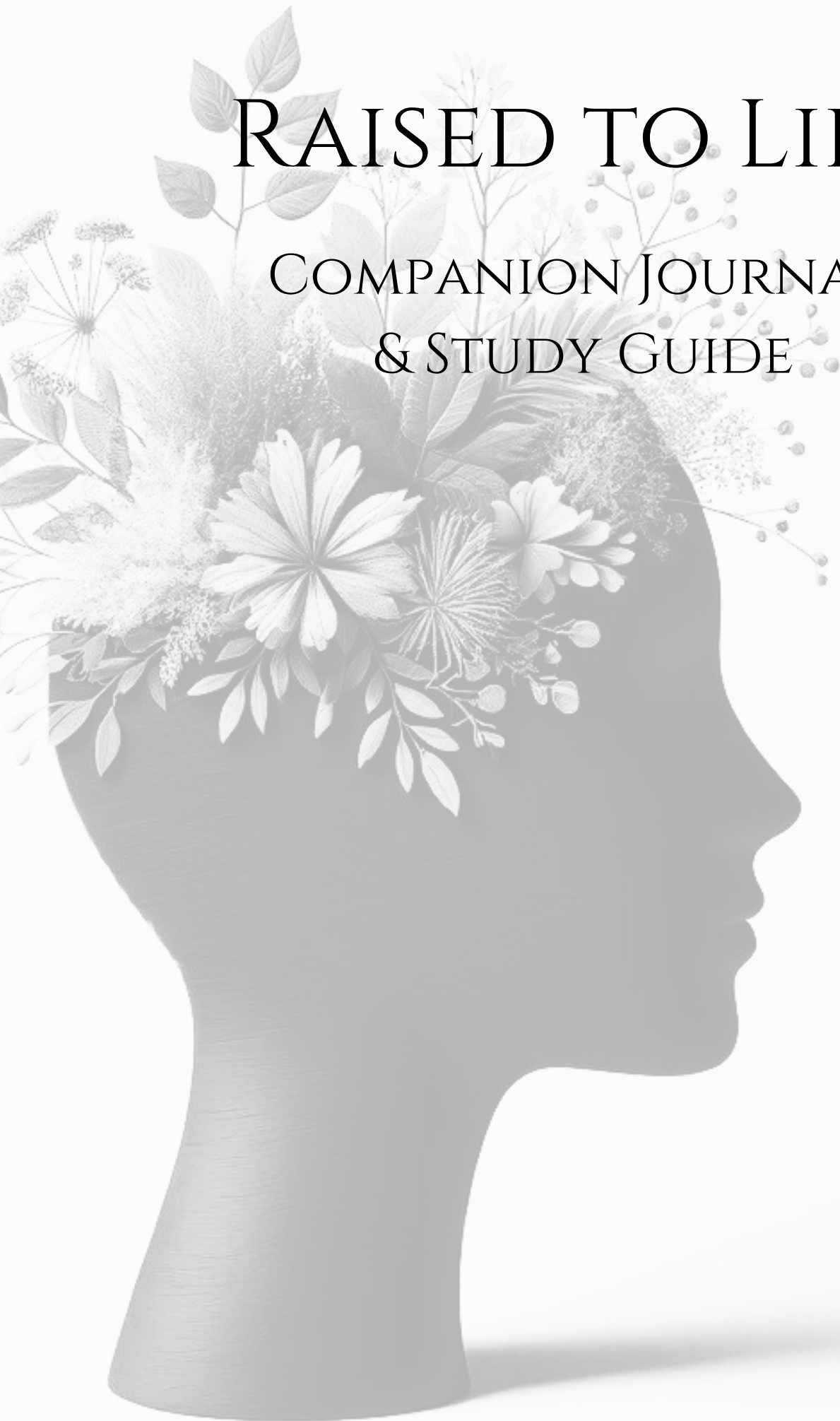
**Printing:** My suggestion is to print the entire document single sided either at home or send to a professional printer. The journal has been formatted in black and white to save printing costs.

**Binding:** I encourage you to have this Journal & Study Guide spiral bound at an office store for ease of use. If you aren't able to do so, a three-ring binder will do the job, it just may be a bit harder to write in.

**Note:** Remove this page before binding.

# RAISED TO LIFE

COMPANION JOURNAL  
& STUDY GUIDE



Raised to Life Companion Journal & Study Guide

Copyright © 2024 Andrea Brown  
All rights reserved.

Scripture quotations marked TPT are from The Passion Translation®. Copyright © 2017, 2018, 2020 by Passion & Fire Ministries, Inc. Used by permission. All rights reserved. ThePassionTranslation.com.

Scripture quotations taken from the (NASB®) New American Standard Bible®, Copyright © 1995 by The Lockman Foundation. Used by permission. All rights reserved. lockman.org

Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked (NIV) are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Scripture quotations marked MSG are taken from The Message, copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers.

Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked (AMPCE) are taken from the Amplified Bible, Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation. Used by permission.

Cover art by Nathanael Blevins

Version 1.0 (February 2024)

raisedtolifebook.com

# Welcome!



Welcome to the Companion Journal and Study Guide for the **Raised to Life** book. I am thrilled that you are putting the effort into working through this journal as you read our book because we believe that this will help you make the most of your time exploring the goodness of God and his precious gift of healing. I am incredibly excited for you to journey through this material and experience Jesus' healing in your own life!

This guide will:

- Provide thought provoking questions to aid you in relating your situation to everything that we share with you in **Raised to Life**.
- Assist you in reflecting upon your current understanding of God and healing and compare that to what is expressed in the New Testament.
- Help you apply Scripture and the message of Jesus in your circumstances so that you experience healing in your own life.

We have also included some extra gems that you will not find in the book! This study guide is excellent for both individual and group study.

## The Importance of Evaluation



In **Raised to Life**, my husband and I detail how God miraculously healed our daughter and what a journey that was for us. One of the things that I have learned during our adventures with the Lord is to consistently evaluate and reevaluate what I believe about God and compare that with what I am learning to be true about the message of Jesus as taught in Scripture.

Evaluating what you believe about God, his will, and why you believe what you believe will be a major part of this journal experience because what we believe plays a crucial role in receiving his heavenly healing.

I pray that as you explore the pages of **Raised to Life** and work through this journal that you feel the Lord tugging on the strings of your heart, tenderly calling you into a greater understanding of his character and experience his perfect plan of health for your life.

## Directions:



Each chapter in **Raised to Life** is broken up into smaller sections. After you read each section, you can come to this journal and complete the corresponding portions for that section that apply to you and your situation. You will be going through this journal alongside the book as you read, so keep it close.

Not every question will apply to every person, so don't feel like you have to journal about something that honestly doesn't apply to you. Some people are avid writers and some are not, so don't feel pressure to fill out all the lines. I left lots of room for those that love journaling, but if you're like me, I am a one-word answer kind of person and that's ok.

The sole purpose of this journal is for your personal growth so please don't feel pressure to give answers to the questions and journal prompts that you think I may be looking for. This is simply a tool that I created for you to make the most out of your journey through our book. So, please write from your heart and be true to where you are in your understanding of the Lord and the Scriptures. Being honest with yourself will help you immensely as you learn to experience Jesus' healing.

## Suggestions For Group Study

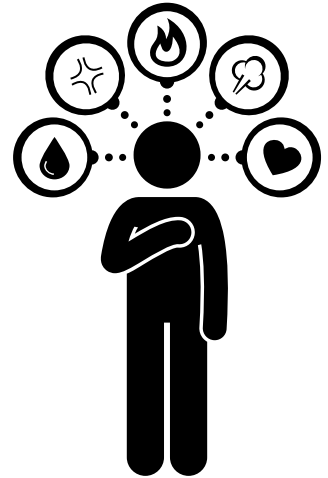


If you choose to go through this book and Journal/Study Guide as a group I think that is a great idea! I believe that this book and journal lend themselves well to group study and discussion.

- As a group you can decide the pace at which you would like to journey through the book together.
- When you gather for discussion, have the journal portions complete for each section of the book that you have read.
- The questions and journal prompts make excellent discussion points, so I encourage you to talk through them together as a group.

# The Emotional Element

It is possible that you may experience a lot of emotions as you are reading *Raised to Life* and journeying through this study guide and that's ok. Experiencing emotion is part of how we wrestle with God. If you have grown up in the church like I did, some of what you read may be difficult to take in as it was for me. Please know that this is a totally normal and healthy part of our spiritual growth process. If this happens to you, I encourage you to allow yourself to have those emotions but to also continue moving forward as you dig into the Scriptures and allow the picture of Jesus that is demonstrated for us in the Bible to show you who exactly our good Father truly is and what his desire is for your physical, mental and emotional health.



## Labor of Love



This Journal & Study Guide has not been professionally edited because it is a free gift, a labor of love from my heart to yours. So, if you see any typos, grammatical errors, or have suggestions, please don't hesitate to contact me and let me know. I would be grateful for your assistance!

You can connect with me at:  
[raisedtolife.com](http://raisedtolife.com)



*I am excited for our journey through *Raised to Life* together and for you to experience Jesus' healing in your own life!*

*May health and healing be yours my friend!*

*Many Blessings,  
~Andrea*

# Introduction

## Perception of God

Understanding our heart and intention.

# The Lens of Experience



What are some major experiences that you have had over the course of your life that may have shaped your view of God and the world? Write down all the good and bad that is popping into your mind at the moment. Some people may only have one or two things to write here, and yet others have really been through the ringer with life and will have this sheet filled with broken situations. Just whatever you do, please honestly evaluate your circumstances and history. Include things like:

- births
- deaths
- finding the one you love young and marrying them
- struggling with being single
- divorce
- heartache
- sickness
- premature death of friends and loved ones
- major health crisis
- disabilities
- abuse
- anything else that comes to mind.



---



---



---



---



---



---



---



---



---



- If you reflect on these experiences and what they have taught you, do you feel like it is possible that they may have in some way shaped the lens through which you understand the world around you and how it works?
- Do you feel like there is a possibility that these experiences have shaped your understanding of God's character and nature?
- If you said yes to either question, expand on what exactly these experiences have taught you about God, especially as it pertains to healing and miracles.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Recognizing that our experiences may have shaped our view of God and letting go of that lens of perception is going to be the very beginning of your journey to freedom in your health. The way that we view God has a lot to do with how we experience him.

# A Growing Love for Others



- Have you or anyone that you know prayed or believed for God's miraculous healing and it didn't happen?
- Did this experience change the way you understand the Lord and how he works?
- If you said yes, how so?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# From Running to Writing



- Has the Lord ever asked you to do something that you really didn't want to do?
- Did you do it?
- How did things work out for you?

---

---

---

---

---

---

---

---

---

---

---

---

What if he suggested that you do something that you don't want to do in order to receive healing-like give up an unhealthy habit, stop eating something that is hurting you, remove yourself from a toxic situation, etc. How would you handle that?

---

---

---

---

---

---

---

---

---

---

---

---

# We Had You In Mind

As you pour over the pages of *Raised to Life*, please keep in mind that the book is a conversation between you and me. I encourage you to hear what I am sharing with you through the lens of two friends sitting across the table from each other, enjoying some coffee and exploring the beauty of King Jesus together. I sure hope you are as excited as I am to go on this adventure into the depths of God's love!

*"I pray that the light of God will illuminate the eyes of your imagination, flooding you with light, until you experience the full revelation of the hope of his calling..."*

*Ephesians 1:18a TPT*



Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# **Chapter 1**

## **A Different Way**

Envisioning life differently than what has always been.

# Contemplating the Miraculous

???



How would you define the term “miracle”?

---

---

---

---

---

---

---

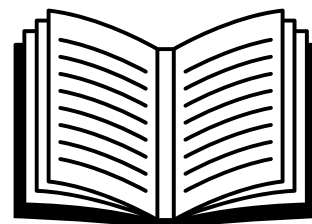
---

---

---

Miriam-Webster’s dictionary online defines a miracle as:  
“an extraordinary event manifesting divine intervention in human affairs.”

- How does this compare to your definition?
- Do you believe that miracles can happen according to Miriam-Webster’s definition?



---

---

---

---

---

---

---

---

---

---



# Current Culture



The word “disease” can be broken down into the prefix “dis” meaning “lack of” or “opposite of,” and the root word “ease” meaning “at rest, at peace, in comfort.” Disease simply means lack of ease or the opposite of peace and comfort.

- How does it make you feel to hear that maybe disease doesn't always have to be the name of some major illness like, Parkinson's disease or Celiac disease, but can be something as simple as a lack of peace and comfort?
- In what areas of your life do you lack peace and comfort, specifically in your physical body?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# Imagine



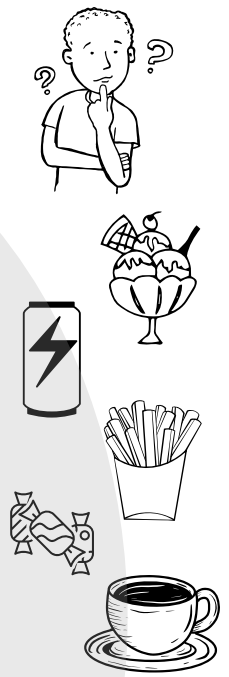
Take a moment and daydream about how your life would be different if you had the kind of freedom that we discussed in this section of the book. Journal about your life as if you were in perfect health today.

Lined writing area with horizontal lines for journaling.

Let's take a minute and examine some of our personal habits. In the book, I mentioned envisioning yourself making healthy food choices and eating in moderation. This tends to be an issue in our culture as many of us are often addicted to certain foods or have some detrimental habits and we don't necessarily realize it. I used to hide in my pantry every day and eat chocolate chips by the handful. I also struggled with a mild addiction to an energy drink for a while. How about you?

- Do you make a daily trip to a certain coffee joint or restaurant and feel that you can't stop?
- What are some unhealthy secret addictions that you might want to break but maybe you don't know how to let go of them?

Maybe these things help you navigate stress, or maybe you do it because you are bored. I am confident that some things are coming to mind for you right now, so why don't you jot them down here.

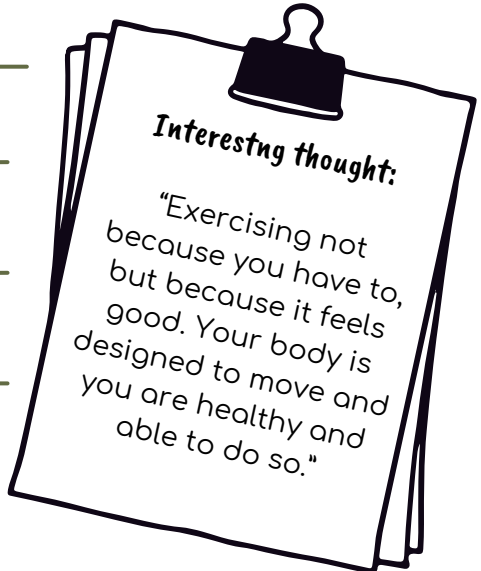


A series of ten horizontal lines for writing, each preceded by a small grey circle with a white outline.



In the book I mention falling asleep easily and sleeping well every night. What keeps you up at night? What are some things that need to change in order for you to be able to sleep well every night?

A series of 15 horizontal lines for writing, each preceded by a small grey circle.



# That Darn Adam

Considering your circumstances, do you feel that you are currently dwelling within the "broken world" legacy that Adam and Eve left for us? If so, how?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

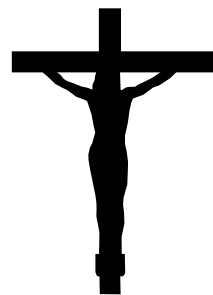
---

Mull over these verses and then write about what the Lord is whispering to your heart as you dwell on them:

*"Now, there is no comparison between Adam's transgression and the gracious gift that we experience. For the magnitude of the gift far outweighs the crime.*

*It's true that many died because of one man's transgression, but how much greater will God's grace and his gracious gift of acceptance overflow to many because of what one man, Jesus, the Messiah did for us!"*

*Romans 5:15 TPT*

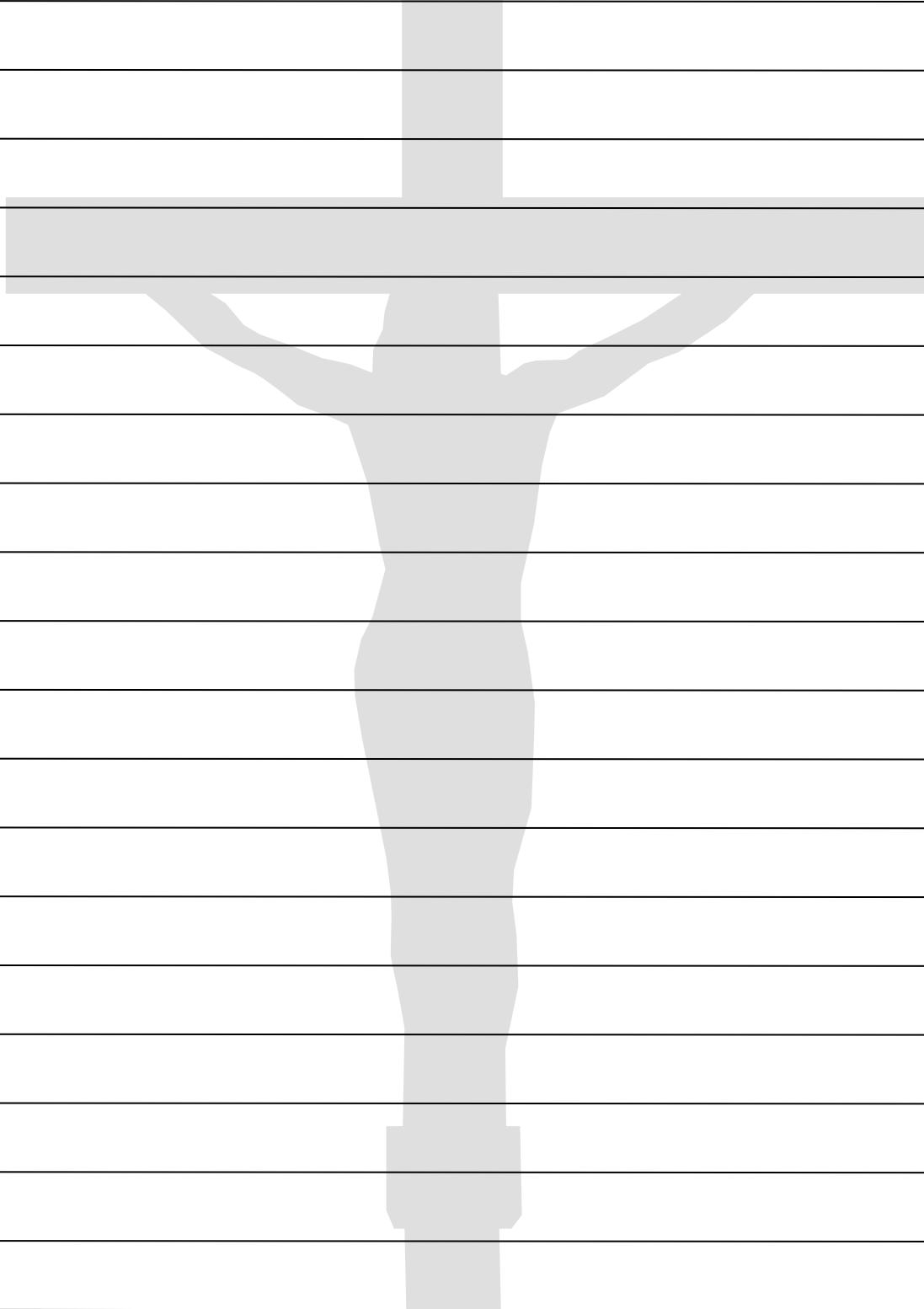


*"Death once held us in its grip, and by the blunder of one man, death reigned as king over humanity. But now, how much more are we held in the grip of grace and continue reigning as kings in life, enjoying our regal freedom through the gift of perfect righteousness in the one and only, Jesus, the Messiah!"*

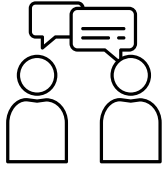
*Romans 5:17 TPT*



*"In other words, just as condemnation came upon all people through one transgression, so through one righteous act of Jesus' sacrifice, the perfect righteousness that makes us right with God and leads us to a victorious life is now available to all."  
Romans 15:18 TPT*



# Church Talk

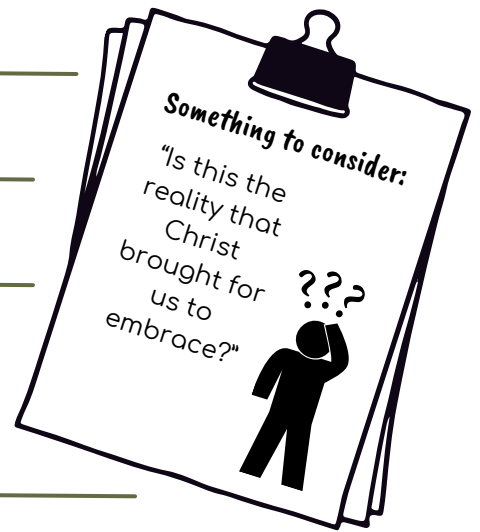


What are some things that you have heard other people say about why healing doesn't happen or why people get sick?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some things that you have said or considered as an explanation as to why we experience so much brokenness and sickness in our world?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





# **Chapter 2**

## ***In the Beginning***

The chronicle of how things went terribly wrong for our family.



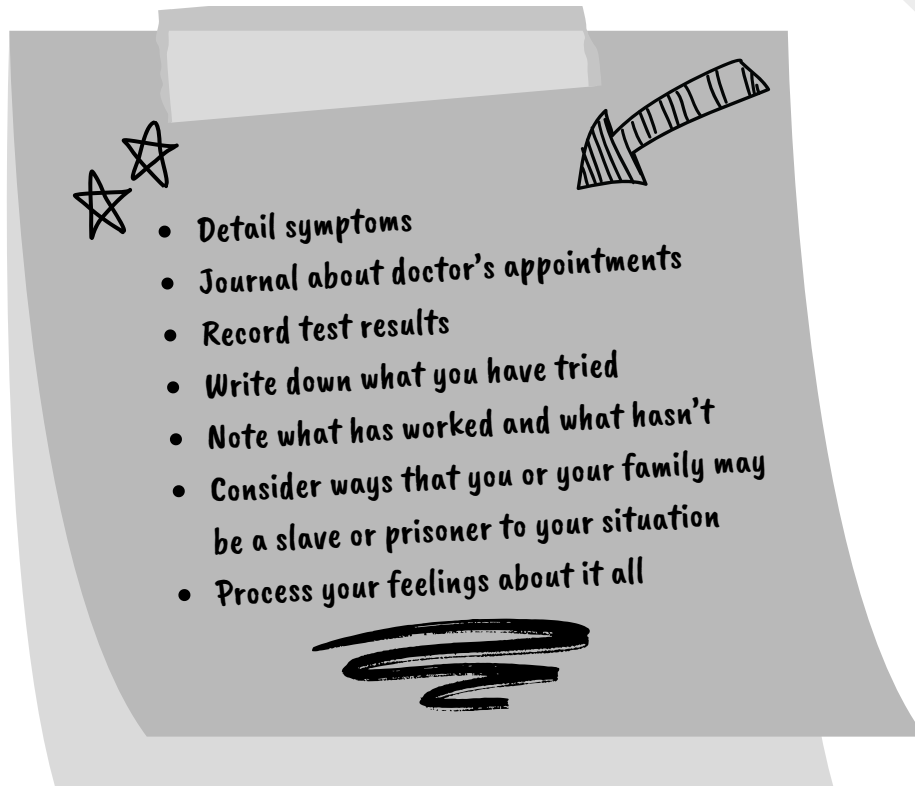
# Time to Start Writing Your Story



This chapter of the journal will not be broken up by sections. This is simply a place for you to write while you read chapter 2.

My family's saga may be featured in this chapter and periodically discussed throughout the book, but here in the journal, you are the star of the show. This story is all about you, so as you are reading through the chronicle of how things went terribly wrong for our family, this would be a good time for you to begin jotting down notes of things that have not gone well for the health of you or your family and how some circumstances in your health may have spiraled out of control. This is a place for you to write about why you are here on this journey and make notes about what parts of our story resonate with you.

I encourage you to use this portion of the journal to:



- Detail symptoms
- Journal about doctor's appointments
- Record test results
- Write down what you have tried
- Note what has worked and what hasn't
- Consider ways that you or your family may be a slave or prisoner to your situation
- Process your feelings about it all



# Notes on my situation

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

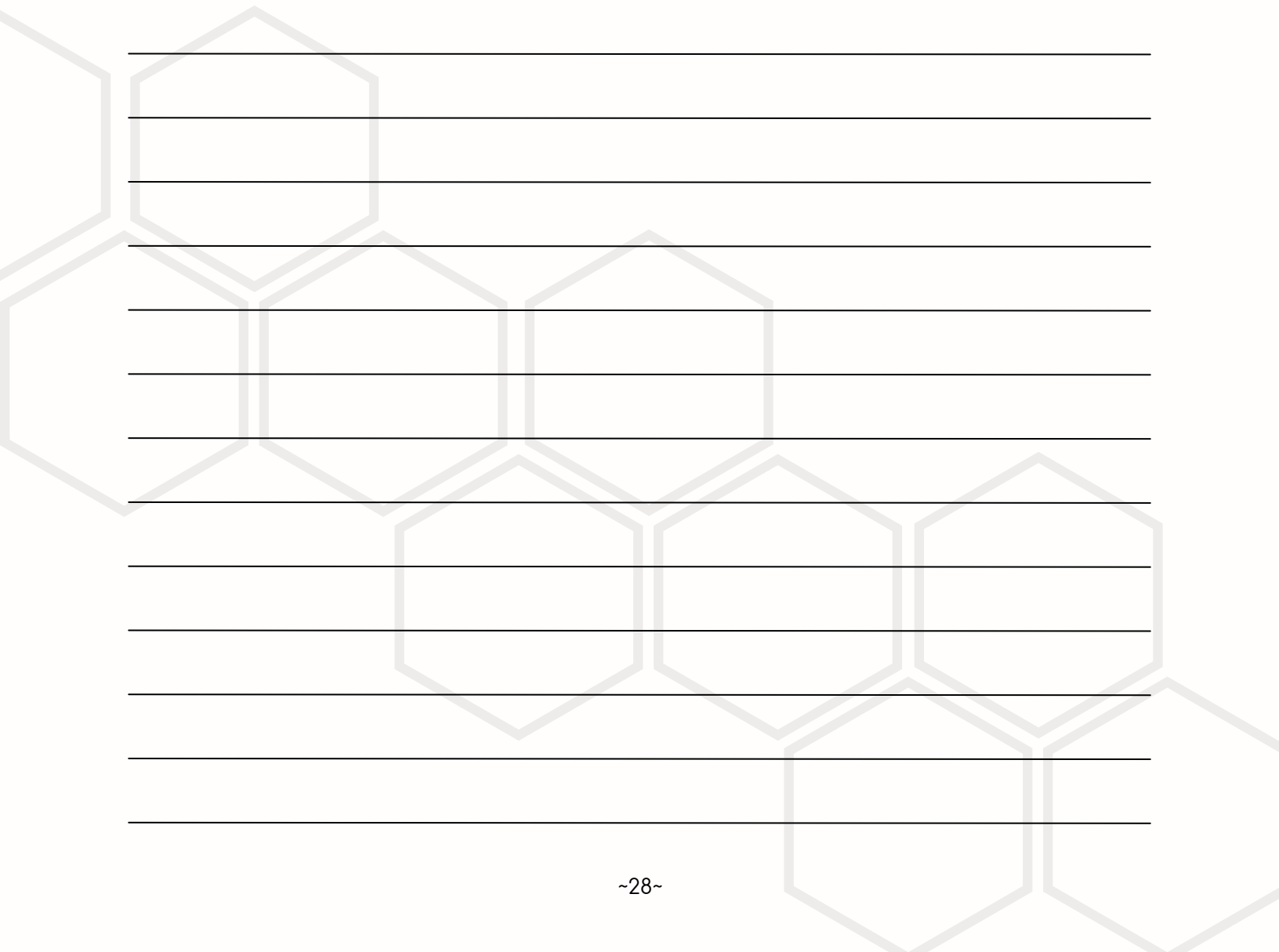
---

---

---



A series of 20 horizontal lines for writing, spanning the width of the page.



20 horizontal lines for writing.

# Chapter 3

## *Is God a Deadbeat Dad?*

Exploring the question of God's willingness to heal.

# Angry Enough to be Honest



Have you ever come to a place in your life where you were so hurt and angry with God about your circumstances that you were willing to be raw and honest with him?

- If so, what did you tell him?
- If you didn't feel as though you could be honest with the Lord about your anger or frustration, why did you feel that way?
- If you are still harboring those feelings of hurt and anger against God, you are welcome to vent them here.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# The Winds of Change

Before we dive any further into this chapter, I invite you to take a moment and reflect on what you currently believe about God's willingness to heal.

**1** Do you believe God is willing to heal anyone and everyone or only some people? →

**2** What basis do you have for that belief? →

**3** Do you think that he is willing to heal in your situation? →

**4** Why or why not? →



# He Speaks for Himself

We all have different backgrounds. You may have grown up deeply rooted in the faith, steeped in the teachings of a certain denomination of Christianity, or you may not have gone to church, and that's all ok. I grew up as a spiritual mutt, with a main church that my family attended, but I participated in various activities with my friends at several different denominations of churches in my small hometown. Over the years, I have heard many things about God that may not have necessarily pertained to healing, but they sure did shape my understanding of healing.

I was always close with Jesus because the Jesus that I saw in Scripture was amazing, but I never really knew what to do with God the Father. I didn't ever feel a connection to him because of the way that he was portrayed in the spiritual environments that I frequented. I viewed him as a holy judge that couldn't look on sin and thought he was disconnected from the brokenness of our human experience and yet keeping track of all our wrong doings.

Jesus, on the other hand, was amazing, loved the unlovable, healed the sick, stopped for the widow and orphan, and hung out with sinners. He was the guy I liked. He was the one I wanted to worship. In my mind, they had to be two different entities of some sort. I guess that I unconsciously thought God had multiple personalities because of the stark differences that I understood between the Father and the Son. The Father was mysterious and possibly angry and a harsh judge. The Son, lovable and compassionate.

In church I grew up singing "Jesus loves the Little children, all the children of the world," but I never heard anything about how God the Father loves the little children.

How about you? What are your thoughts?

Do you think that God the Father and Jesus Christ are on the same page?

Why or why not?

---

---

---

---

---

---

---

---

---

---

Consider the verses below. Look them up in some other translations and journal below them and on the next page about how they speak to the unity between God the Father and God the Son.

*"...Any kingdom that fights against itself is reduced to ruins. And any family or community splintered by strife will fall apart."  
Matthew 12:25 TPT*

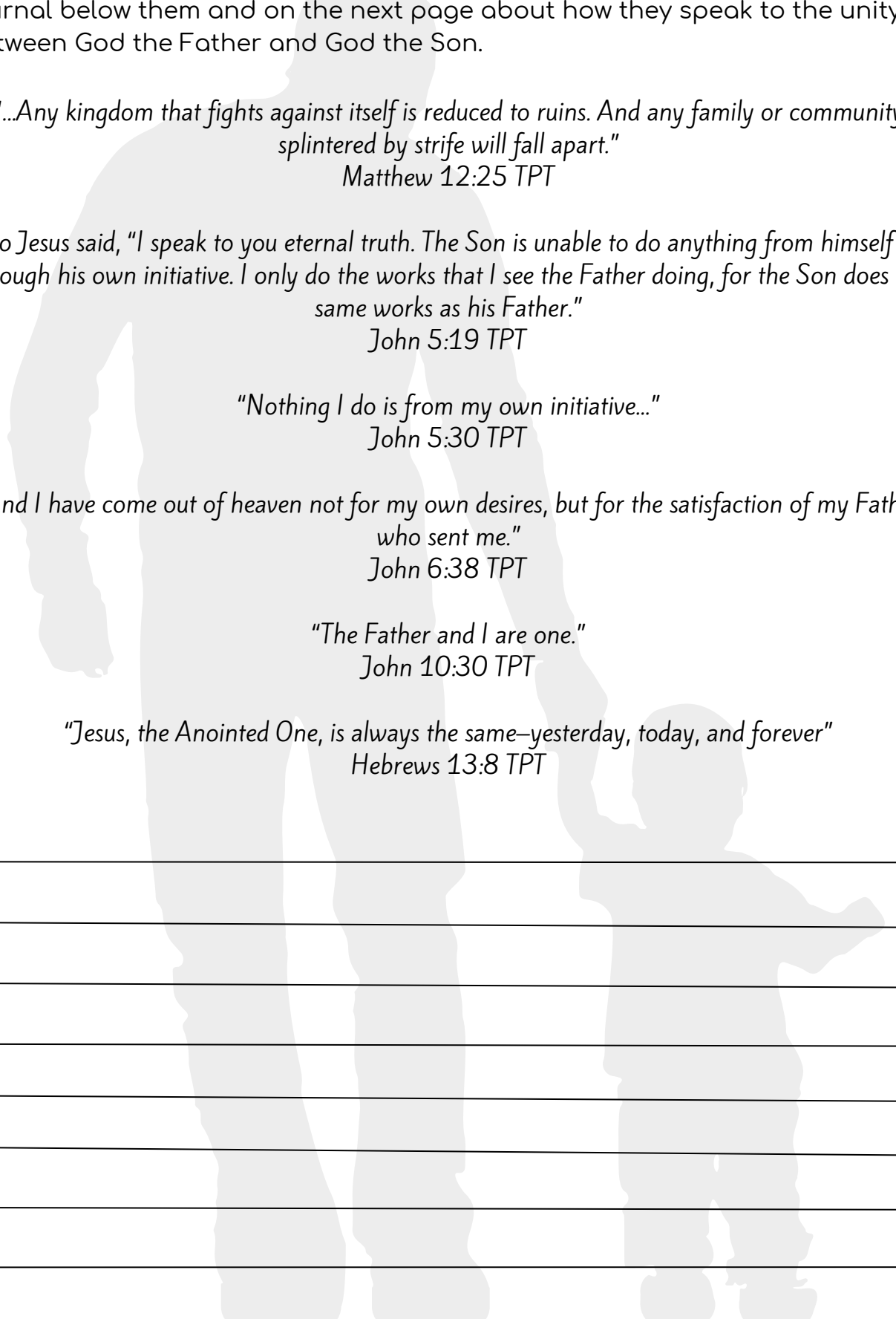
*"So Jesus said, "I speak to you eternal truth. The Son is unable to do anything from himself or through his own initiative. I only do the works that I see the Father doing, for the Son does the same works as his Father."  
John 5:19 TPT*

*"Nothing I do is from my own initiative..."  
John 5:30 TPT*

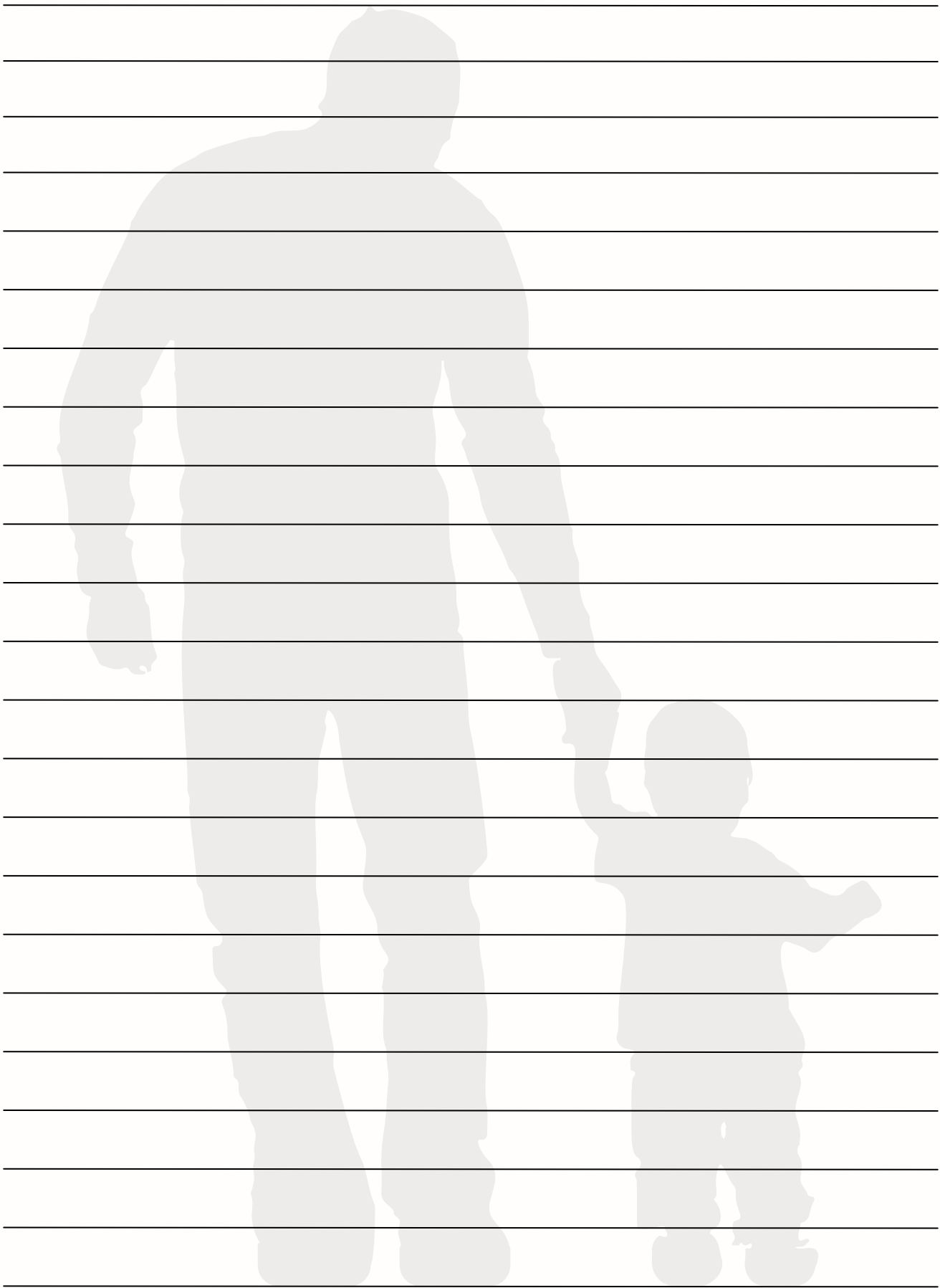
*"And I have come out of heaven not for my own desires, but for the satisfaction of my Father who sent me."  
John 6:38 TPT*

*"The Father and I are one."  
John 10:30 TPT*

*"Jesus, the Anointed One, is always the same—yesterday, today, and forever"  
Hebrews 13:8 TPT*



A large, light gray silhouette of a man and a child holding hands is centered in the background. The man is on the left, and the child is on the right. Below the silhouettes are ten horizontal lines for journaling.



# Heavenly Healing



This is that "rest of the story" moment, where we begin to discuss how Jesus has already redeemed us from Adam's mistake and explore why we don't have to live in a painful puddle of brokenness and sickness any longer.

I hope you are as excited as I am!

As you are pouring over the scriptures that we have presented in the book, what are your feelings?

Circle those feelings that you are experiencing about this notion below. It's ok if those feelings are mixed or in conflict with one another. List any other feelings and expand on why you believe that you may be having these feelings.

Excited

Confused

Angry

Frustrated

Hopeful

Surprised

Relief

Concerned

Joy

Awkward

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

What thoughts do you have about your current health situation knowing that Jesus' work has already been completed?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# The Ball is in Our Court



Have you heard teachings in the past about how God has already healed us, and then struggled with the concept because your infirmity hasn't just magically disappeared? This concept brings up a lot of questions about why so many of us are still dealing with illness and disease. Take a few moments and journal your questions here to see if some of them get answered as we journey through the rest of **Raised to Life** together. Once you are finished with the book, come back to this page and see if some of your questions have been answered.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

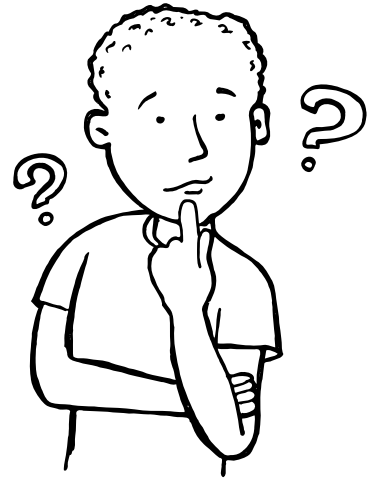


# Active Participation

Why don't you take a moment and examine your situation, considering where there may be some unintentional passivity on your part.

Check all that apply.

- I legitimately didn't know that I have already been healed. (What you don't know can literally kill you)
- Familiarity equals comfort.
- I've been waiting for that lightning bolt of healing to strike, not realizing that I play a role in my own healing.
- I'm struggling to move forward from some things that have happened to me in the past and the trauma from those circumstances is keeping me ill.
- My health situation is genetic and I honestly didn't know that Jesus made a way out of that for me.
- I am struggling to forgive someone or some folks that have caused pain in my life.



If anything else is coming to mind that you might consider as unintentional or intentional passivity, go ahead and write about it here:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





I grew up in church with the understanding that there were two different classes of people in the world: those that are “saved” and those that are not “saved”. It was very much an “us versus them” type of mentality and I was all in. It made me feel like I was in some sort of elite club, or closer to God than those on the outside. So as you might imagine, it was shocking for me to learn that Jesus came to sózó the entire world and that his life meant:

*“good news of a great joy for all the people.”*

I never made the connection that there were no Christians back when the Bible was written and that Jesus connected with and ministered to all people without hesitation.

Where are you at in this? What have you heard? What do you believe?



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## God > Religion

*"And He was teaching in one of the synagogues on the Sabbath. And there was a woman who for eighteen years had had a sickness caused by a spirit; and she was bent double, and could not straighten up at all. When Jesus saw her, He called her over and said to her, "Woman, you are freed from your sickness." And He laid His hands on her; and immediately she was made erect again and began glorifying God. But the synagogue official, indignant because Jesus had healed on the Sabbath, began saying to the crowd in response, "There are six days in which work should be done; so come during them and get healed, and not on the Sabbath day." But the Lord answered him and said, "You hypocrites, does not each of you on the Sabbath untie his ox or his donkey from the stall and lead him away to water him? And this woman, a daughter of Abraham as she is, whom Satan has bound for eighteen long years, should she not have been released from this bond on the Sabbath day?""*

Luke 13:10-16 NASB



God is patient towards us, waiting for us to change our minds about him and his desires for us. His will is not destruction, it is health and healing. God did not send Jesus to reap condemnation on the world, but to bring salvation (sózó), or healing, protection, and deliverance, for the entire world, not just for those that profess Christianity. He came to set us free from bondage, not to sell us into the bondage of religion



Do you feel comfortable receiving healing if you don't have the blessing of your pastor or spiritual leader?

Why or why not?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

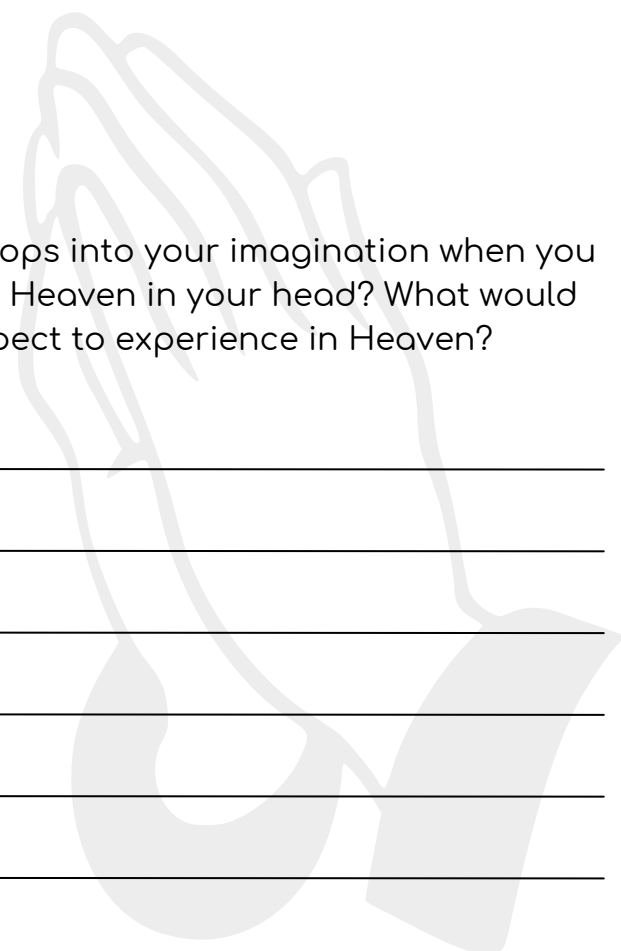
---

---

# Prototype For Prayer

*"In this manner, therefore, pray...  
Your kingdom come.  
Your will be done  
On earth as it is in heaven."  
Matthew 6:9-10 NKJV*

What pops into your imagination when you picture Heaven in your head? What would you expect to experience in Heaven?



---

---

---

---

---

---

---

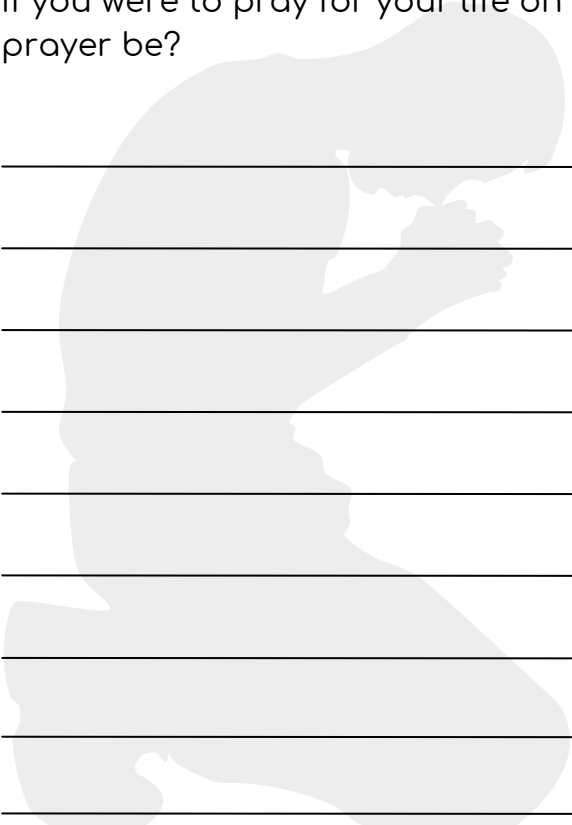
---

---

---

---

If you were to pray for your life on earth as it is in Heaven, what would that prayer be?



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Think of a friend that is struggling with some sort of disease or illness. Based on this prayer model, how could you formulate your words to pray for them?

---

---

---

---

---

---

---

---

---

---

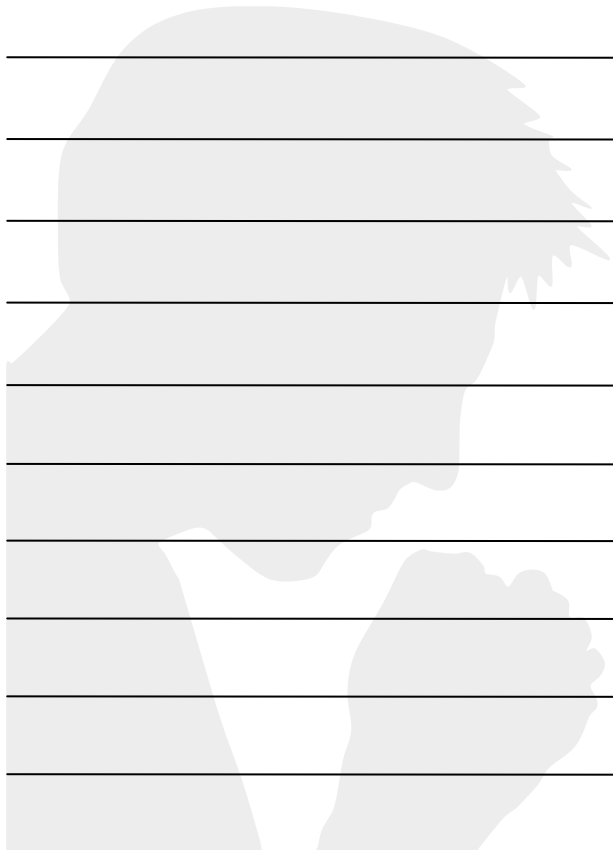
---

---

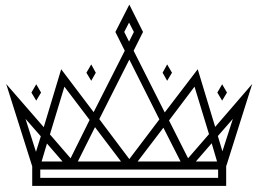
---

---

---



# The Kingdom



I love looking at scripture in several different translations. It paints a more cohesive picture in my head and helps the message come to life in my mind. Let's take a peek at how the Kingdom is described in Romans:

*"for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit."*

*Romans 14:17 NASB*

*"For the kingdom of God is not a matter of rules about food and drink, but is in the realm of the Holy Spirit, filled with righteousness, peace, and joy."*

*Romans 14:17 TPT*

*"For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit."*

*Romans 14:17 NLT*

The Kingdom of God = The Kingdom of Heaven = righteousness, peace and joy in the Holy Spirit

This righteousness, peace and joy in the Holy Spirit is the beautiful and power filled Kingdom that Jesus Christ encouraged us to seek first and constantly!

*"But seek first His kingdom and His righteousness, and all these things will be added to you."*

*Matthew 6:33 NASB*

*"So above all, constantly seek God's kingdom and his righteousness, then all these less important things will be given to you abundantly."*

*Matthew 6:33 TPT*

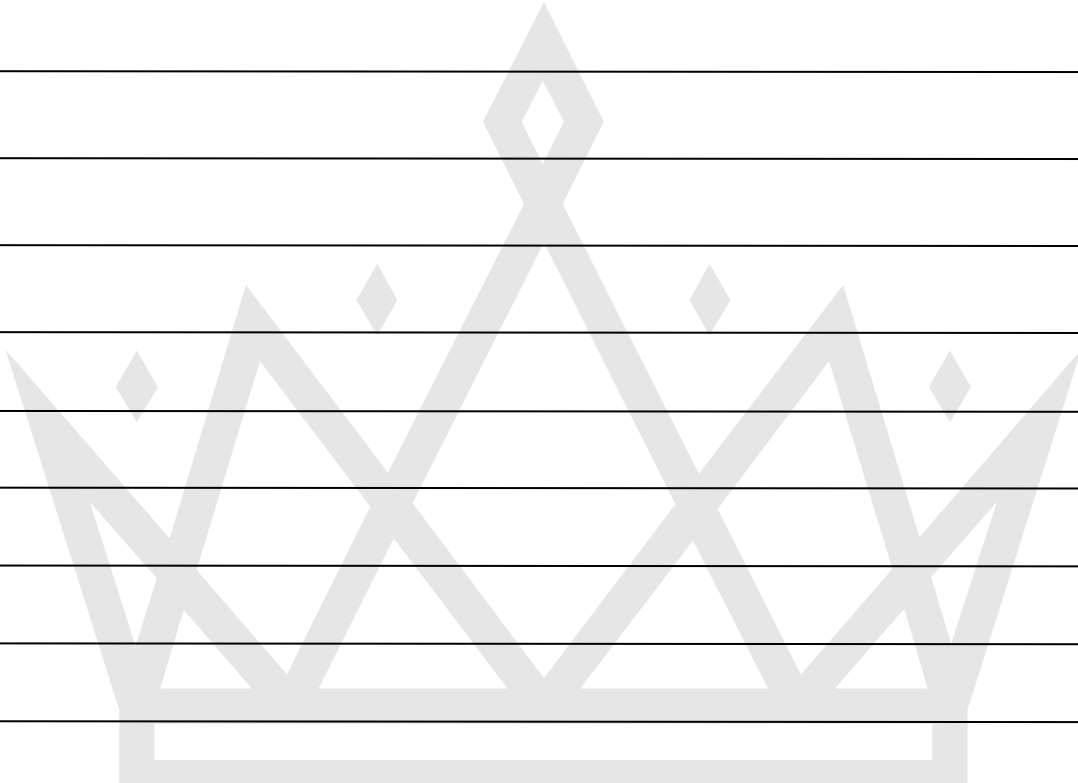
There is a note in The Passion Translation after the word "kingdom" and it says, "The Hebrew Matthew is 'Above all, pray for the kingdom realm of God.'"

In context, this verse is talking about not worrying about what we will eat or drink. It also mentions not to worry about the things of this life, what we will wear, or what tomorrow will bring, because in seeking Jesus' Kingdom of righteousness, peace, and joy in the Holy Spirit, all of those human concerns will be taken care of:

*"Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them.' If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."*

Matthew 6:27-34 MSG

What are your thoughts on this Kingdom of righteousness, peace and joy?



---

---

---

---

---

---

---

---

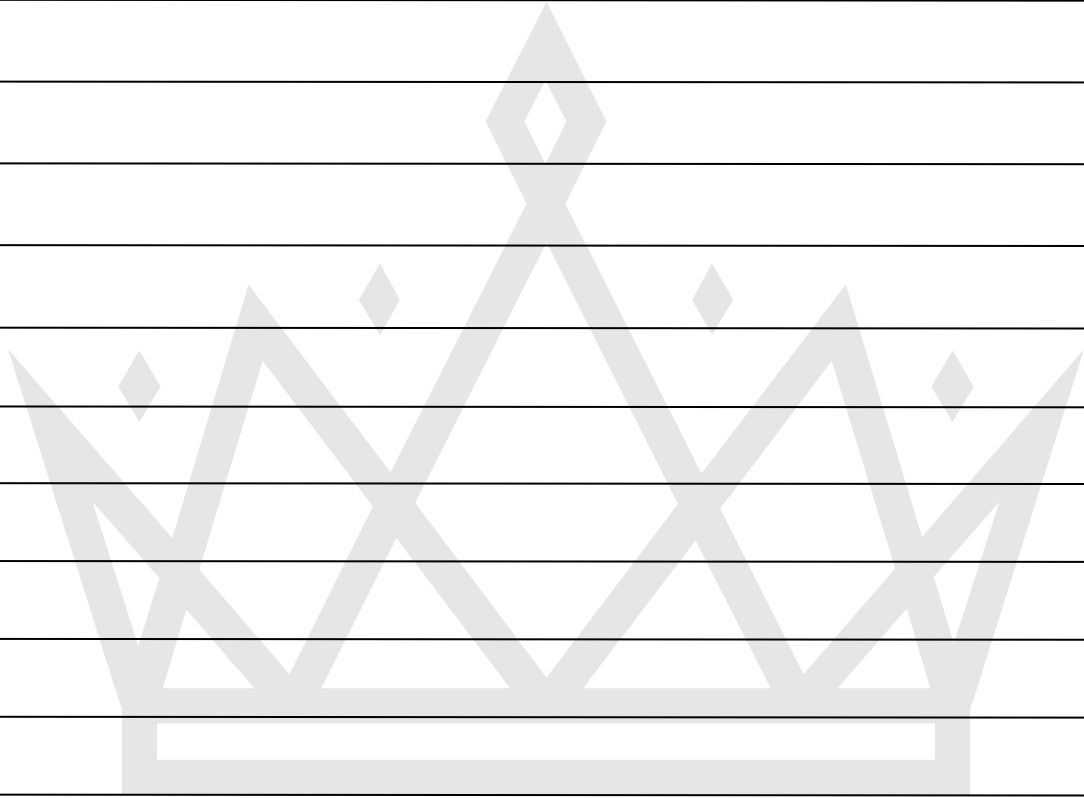
---

---

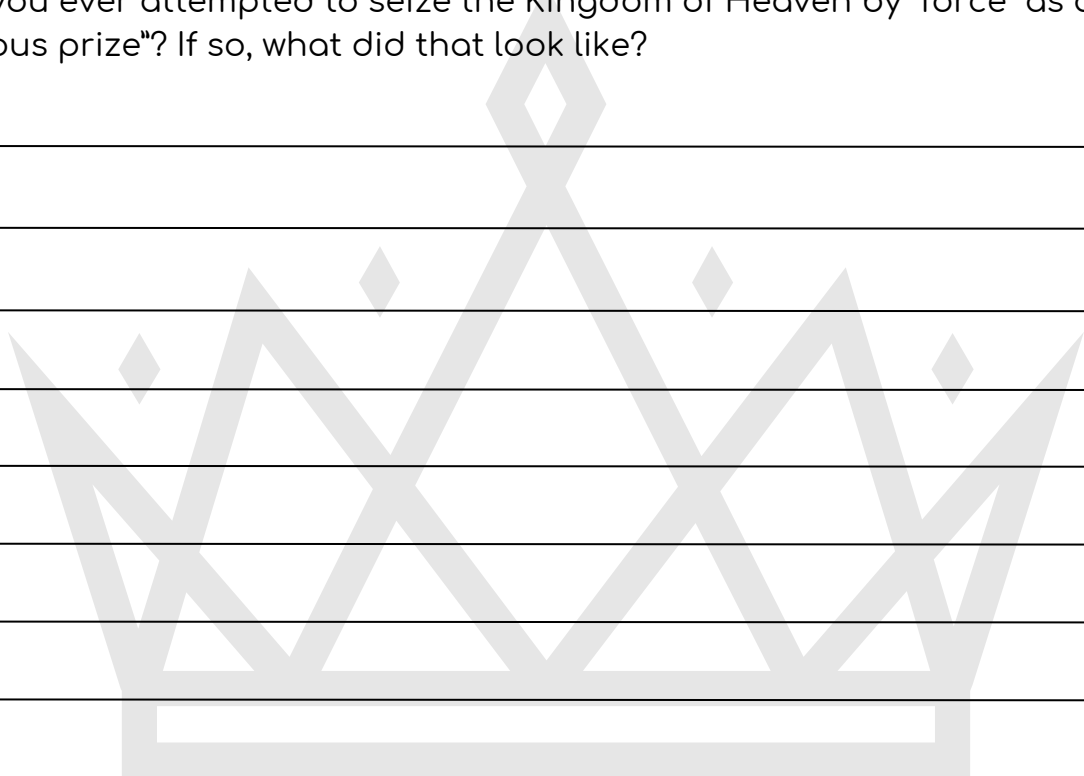
---

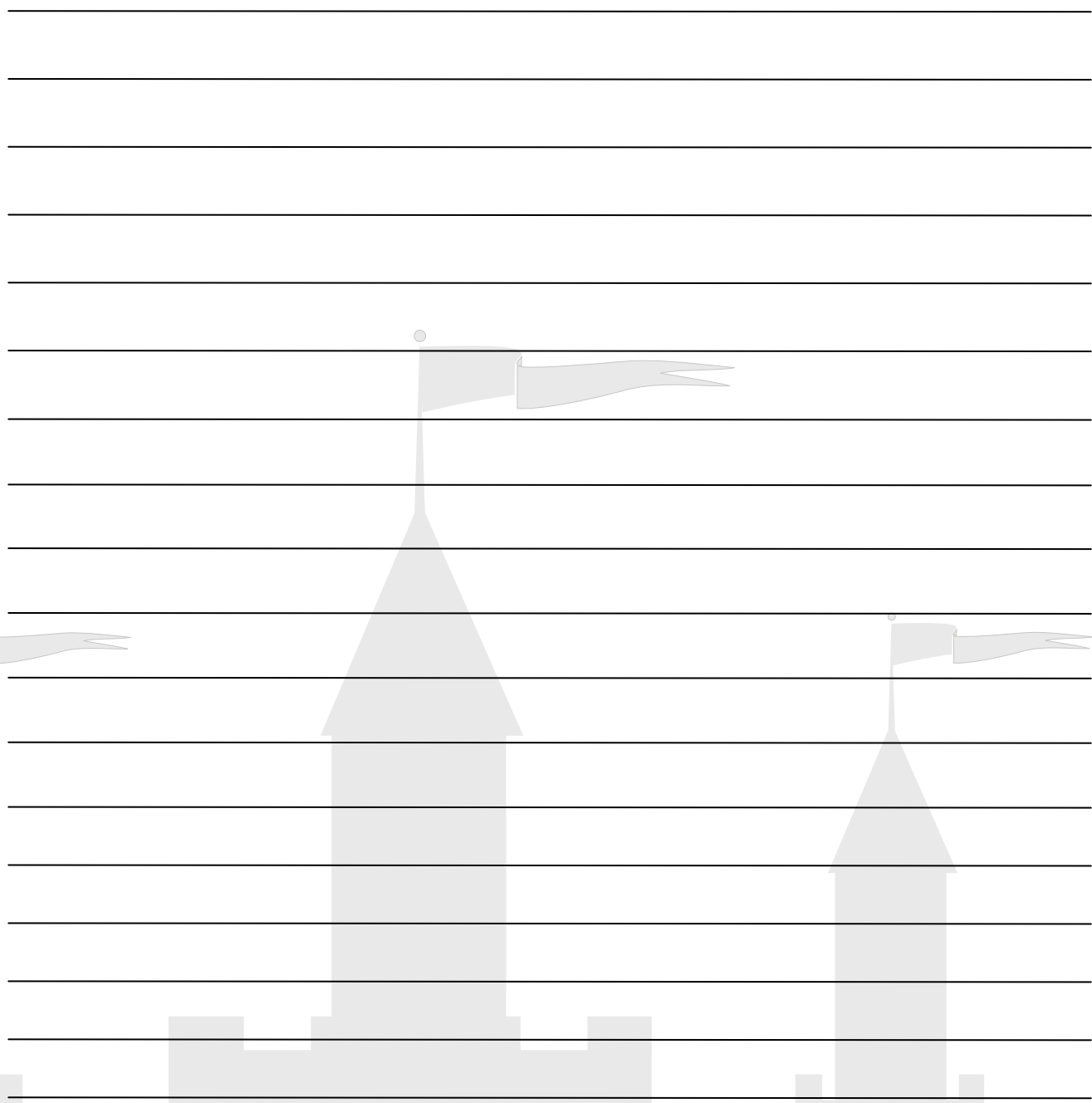
---





Have you ever attempted to seize the Kingdom of Heaven by “force” as a “precious prize”? If so, what did that look like?





Jesus said his Kingdom was available the moment he started his earthly ministry, and that hasn't changed.

*"His message was this: 'At last the fulfillment of the age has come! It is time for God's kingdom to be experienced in its fullness! Turn your lives back to God and put your trust in the hope-filled gospel!'"*

*Mark 1:15 TPT*

I love the words "hope-filled gospel!" It's such a beautiful way to describe the Kingdom life that God desires for each one of us to experience on this earth.

# Ardent Zeal in Real Life

Are you motivated by the powerful gospel or “good-news” message of the Kingdom?

---

Are you ready to believe that God is not only able, but also willing to heal you?!

---

If you said “yes” stating that you are ready to believe in God’s willingness to heal you, then turn that page in the book and let’s dive in together and explore how to make that healing happen in your life!

If you have hesitations, I encourage you to:

- Read and reread the Gospels, specifically studying the instances where Jesus heals people.  
(The passages are listed on the next two pages.)
- Read and reread verses that indicate Jesus and his Father are on the same page and Jesus is the image of his Father. You can find several of them on page 33 of this journal.
- Write about how these passages speak to your hesitations.
- When you feel that your heart is ready, go ahead and turn that page to start learning how you can access Jesus’ beautiful Kingdom of righteousness, peace and joy right here on earth!

What spoke to you the most in this chapter? Why?

---

---

---

---

---

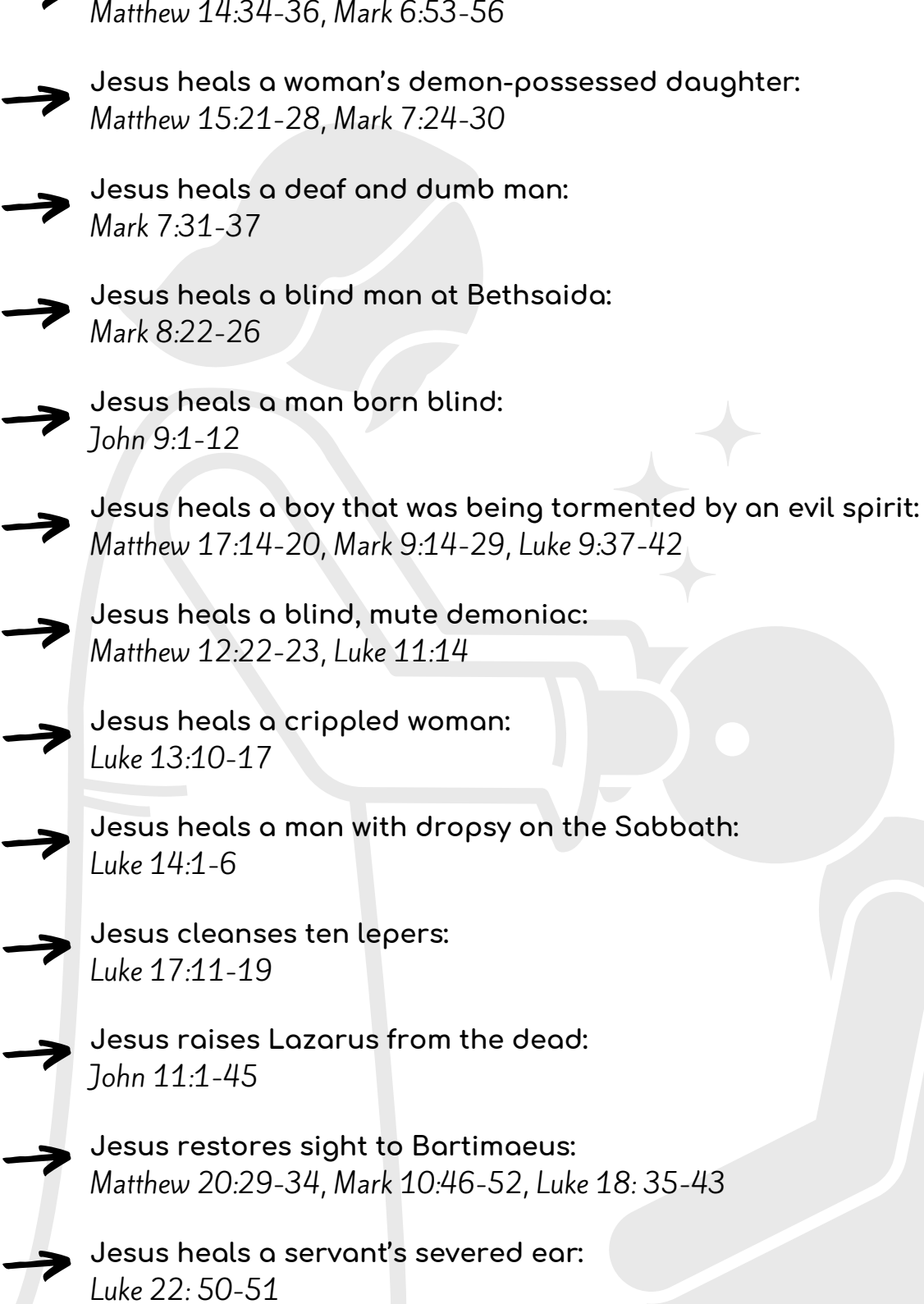
---

---

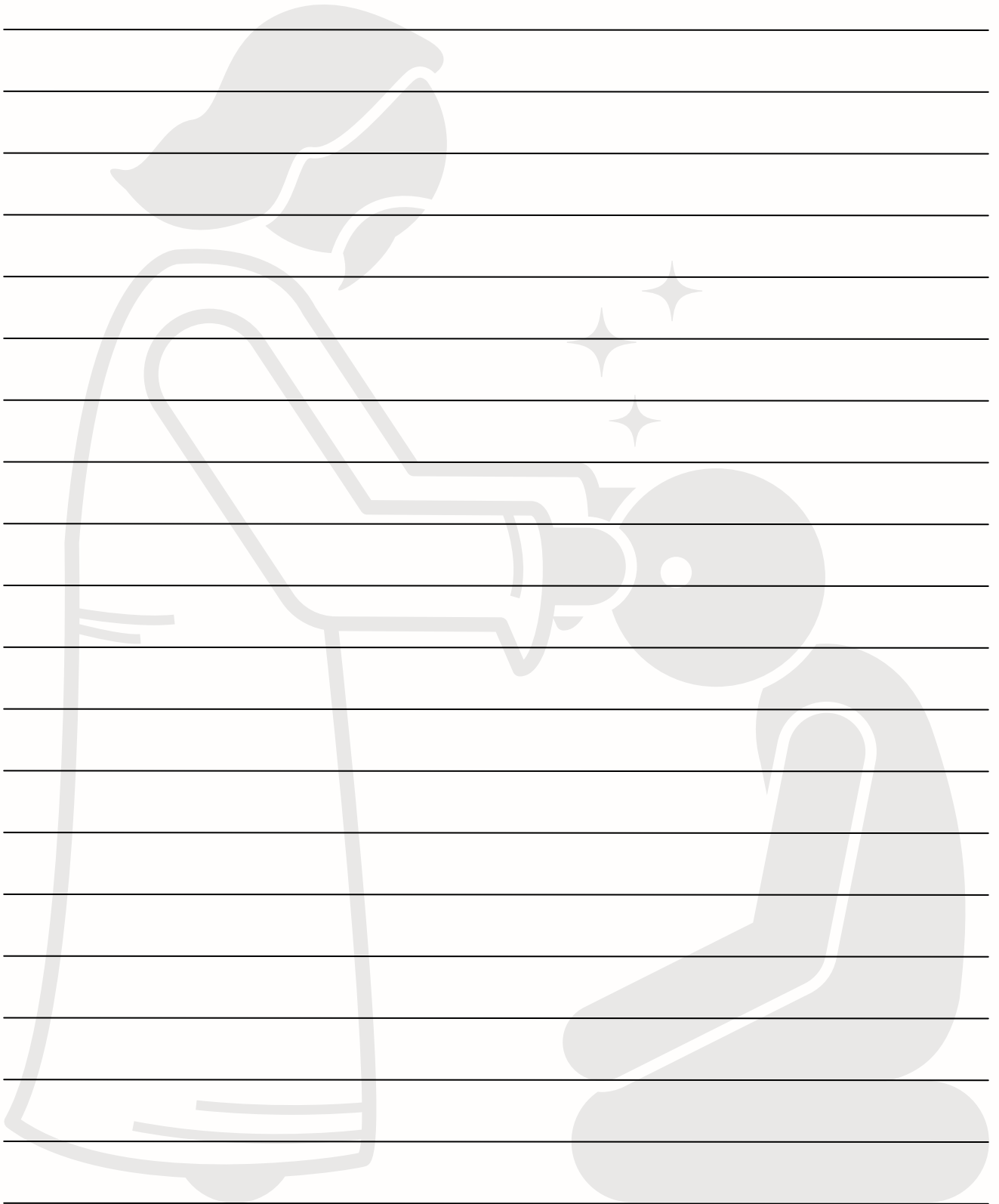
---

## Jesus' Healing Miracles Recorded in Scripture.

- ➔ Jesus heals an official's son:  
*John 4:46-54*
- ➔ Jesus drives out an evil spirit:  
*Mark 1:21-28, Luke 4:31-37*
- ➔ Jesus heals Peter's mother-in-law:  
*Matthew 8:14-15, Mark 1:29-31, Luke 4:38-39*
- ➔ Jesus heals all who were sick with various diseases and cast out demons:  
*Matthew 8:16-17, Mark 1:32-34, Luke 4:40-41*
- ➔ Jesus cleanses a man with leprosy:  
*Matthew 8:1-4, Mark 1:40-45, Luke 5:12-15*
- ➔ Jesus heals a centurion's servant:  
*Matthew 8:5-13, Luke 7:1-10*
- ➔ Jesus heals a paralytic:  
*Matthew 9:1-8, Mark 2:1-12, Luke 5:17-26*
- ➔ Jesus heals a man's withered hand:  
*Matthew 12:9-14, Mark 3:1-6, Luke 6:6-11*
- ➔ Jesus raises a widow's son from the dead:  
*Luke 7:11-17*
- ➔ Jesus casts out demons:  
*Matthew 8:28-33, Mark 5:1-20, Luke 8:26-39*
- ➔ Jesus heals a woman in the crowd:  
*Matthew 9:20-22, Mark 5:25-34, Luke 8:43-48*
- ➔ Jesus raises Jairus' daughter from the dead:  
*Matthew 9:18, 23-36, Mark 5:21-24, 35-43, Luke 8:40-42, 49-56*
- ➔ Jesus heals two blind men:  
*Matthew 9:27-31*
- ➔ Jesus heals a man that was unable to speak:  
*Matthew 9:32-34*
- ➔ Jesus heals an invalid at Bethesda:  
*John 5:1-15*

- 
- ➔ Jesus heals many sick people in Gennesaret:  
*Matthew 14:34-36, Mark 6:53-56*
  - ➔ Jesus heals a woman's demon-possessed daughter:  
*Matthew 15:21-28, Mark 7:24-30*
  - ➔ Jesus heals a deaf and dumb man:  
*Mark 7:31-37*
  - ➔ Jesus heals a blind man at Bethsaida:  
*Mark 8:22-26*
  - ➔ Jesus heals a man born blind:  
*John 9:1-12*
  - ➔ Jesus heals a boy that was being tormented by an evil spirit:  
*Matthew 17:14-20, Mark 9:14-29, Luke 9:37-42*
  - ➔ Jesus heals a blind, mute demoniac:  
*Matthew 12:22-23, Luke 11:14*
  - ➔ Jesus heals a crippled woman:  
*Luke 13:10-17*
  - ➔ Jesus heals a man with dropsy on the Sabbath:  
*Luke 14:1-6*
  - ➔ Jesus cleanses ten lepers:  
*Luke 17:11-19*
  - ➔ Jesus raises Lazarus from the dead:  
*John 11:1-45*
  - ➔ Jesus restores sight to Bartimaeus:  
*Matthew 20:29-34, Mark 10:46-52, Luke 18: 35-43*
  - ➔ Jesus heals a servant's severed ear:  
*Luke 22: 50-51*





# Chapter 4

## Who Do You Think You Are?

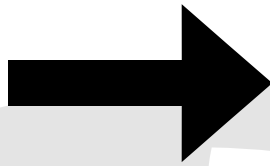
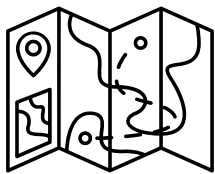
Investigating who is actually in control of our life and our world.





# Who's in Charge?

Let's take a minute and map this story out to give ourselves a visual from beginning to end:



God gives humankind the authority to rule over creation:

*"God blessed them; and God said to them, "Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth."*

*Genesis 1:28 NASB*

Adam and Eve made a huge blunder, but God had compassion on his friends and immediately put a rescue plan in place to redeem humanity from the suffering that their bad choice would cause:

*"And I will put enmity Between you and the woman, And between your seed and her seed; He shall bruise you on the head, And you shall bruise him on the heel."*

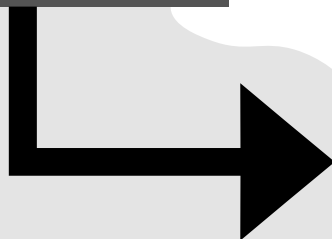
*Genesis 3:15 NASB*



Jesus fulfills that plan

*"From this moment on, everything in this world is about to change, for the ruler of this dark world will be overthrown. And I will do this when I am lifted up off the ground and when I draw the hearts of people to gather them to me."*

*John 12:31-32 TPT*

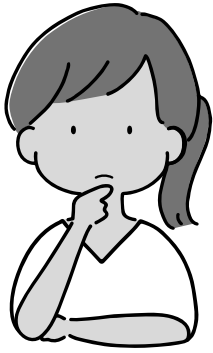


That "fallen-world" story is old news—it's pre-cross. Jesus Christ and his finished work on the cross is "the rest of the story!"



We are now here living life after the crucifixion and resurrection of Jesus!





I realize that looking at the world around us and possibly your current circumstances, the idea that we may not actually be living in a fallen world could be a difficult concept to wrap your mind around. So as you are mulling over the scriptures presented in this section, write down your thoughts and feelings about this idea that maybe we can let go of the “fallen-world” narrative and begin using the authority that Jesus has restored to us to bring about the Kingdom of heaven right here on earth.

Horizontal lines for writing, with a large, faint watermark of a globe in the background.

# Goodbye to the Bad Guy

*"...by his death he might break the power of him who holds the power of death—that is, the devil—"*

Hebrews 2:14 NIV

*"...The Son of God appeared for this purpose, to destroy the works of the devil."*

1 John 3:8 NASB1995

*"Then Jesus made a public spectacle of all the powers and principalities of darkness, stripping away from them every weapon and all their spiritual authority and power to accuse us. And by the power of the cross, Jesus led them around as prisoners in a procession of triumph. He was not their prisoner; they were his!"*

Colossians 2:15 TPT

How do you feel knowing that scripture is clear that the enemy has been defeated for over two-thousand years now?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Do you tend to be devil-conscious? Meaning, do you feel like this spiritual "enemy" has attacked you in different areas of your life? Maybe your health, finances or relationships?

---

---

---

---

How did this section of the book speak to your perspective regarding these attacks?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Do you feel like it's possible that if you change the way you think about this spiritual villain, and accept Jesus' victory at the cross as the devil's defeat, that the enemy might no longer have the power to attack you or cause calamity in your life?

---

---

---

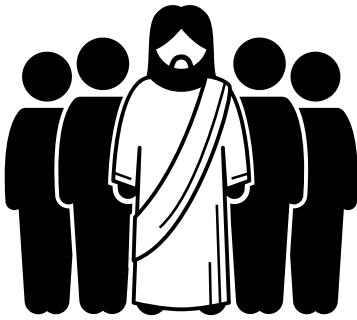
---

Handwriting practice lines consisting of five horizontal lines.

Are you willing to change the way you think about this enemy so that your understanding of it lines up with what is described for us in Scripture? Why or why not?

Handwriting practice lines consisting of sixteen horizontal lines. A large, faint, stylized cross watermark is visible in the background of this section.

# Heavenly Delegation

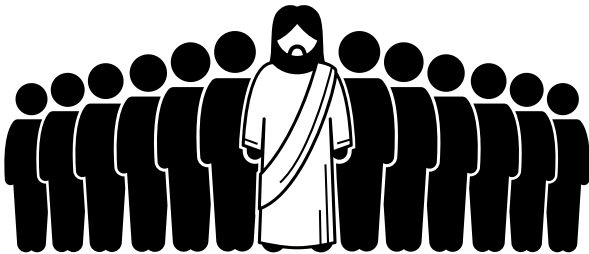


First Jesus gives his authority to the 12 disciples:

*"Jesus summoned His twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every kind of disease and every kind of sickness."*

Matthew 10:1 NASB

---

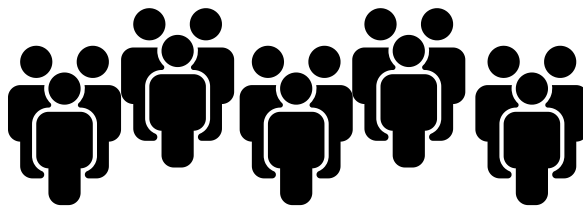


Then to the larger group of 70 individuals that were following him:

*"Whatever city you enter and they receive you, eat what is set before you; and heal those in it who are sick, and say to them, 'The kingdom of God has come near to you.'"*

Luke 10:8-9 NASB

---



Finally, Jesus gives his authority to all believers:

*"And Jesus came up and spoke to them, saying, 'All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.'"*

Matthew 28:18-20 NASB

*"These signs will accompany those who have believed: in My name they will cast out demons, they will speak with new tongues; they will pick up serpents, and if they drink any deadly poison, it will not hurt them; they will lay hands on the sick, and they will recover."*

Mark 16:17-18 NASB

Healing the sick with the power and authority of Jesus Christ is a sign that is supposed to follow all who believe in his name. This isn't only about praying for others, it includes the God-given gift for you and I to experience the healing that Jesus' Kingdom provides for ourselves and our families. This invitation never expires, and it is for every single person on this planet.

How does this make you feel?

---

---

---



---

---

---

---

---

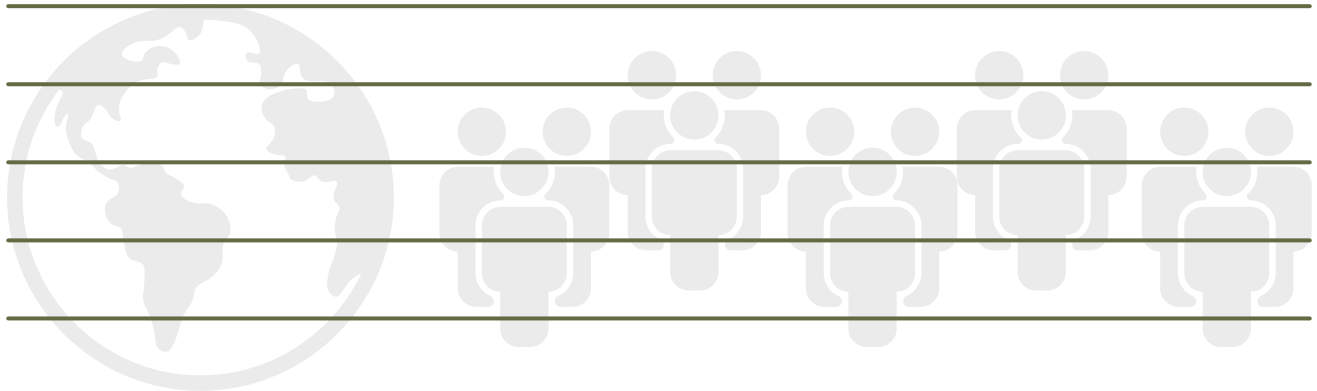
---

Notes on this section

---

---

---



---

---

---

---

---

---



# Patrimony

Have you heard that you have been given the gift by our good Father to inherit jointly all that Christ has? How does this idea make you feel?

---

---

---

---

---

---

---

---

---

---

Are you living from this place? If not, how would your life be different if you drew closer to this reality?

---

---

---

---

---

---

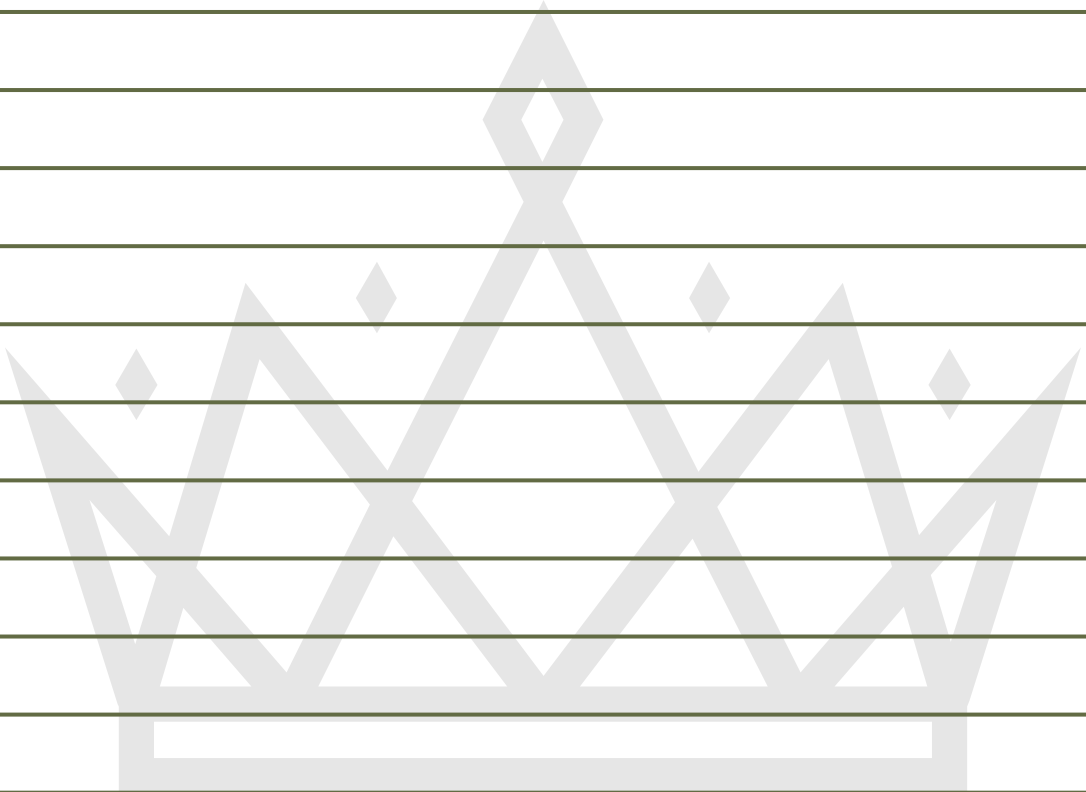
---

---

---

---

---





# No Prenup

Do you consider yourself one with Jesus Christ? Why or why not?

---

---

---

---

---

---

---

---

If not, would you consider changing what you believe about your connection with the Lord to line up with what Scripture teaches-that you are one with Christ?

---

---

*"For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!"*  
Romans 5:17 NIV

If you were truly reigning in life as one with Jesus Christ, would the infirmity that you struggle with in either your body or mind have the right to hold you captive any longer?

---

---

---

---

---

---

---

---

# The Strength of Enunciation

List as many of the symptoms and ailments that you and your loved ones are dealing with that you can think of. Under each item, write some examples of what you could say if you were to use the power of your words to say “no” to these broken circumstances. I have listed a few examples to get you started.

## Arthritis

Arthritis, leave my body in Jesus' name. Joints be healed.  
Pain and soreness go now.  
Jesus, thank you for complete relief!

## Congestion

Congestion, go in Jesus' name.

## Anxiety

Anxiety, leave now in Jesus' name. I invite the peace of Jesus to calm my nerves and fill my mind.

Blank writing area with ten horizontal lines for notes, arranged in two columns of five.

**Give it a try!**



Now if you're feeling bold, I encourage you to give it a try! Every time these symptoms manifest, or you are reminded of a disease that has plagued your family, utilize the power of your words. Speak these words that you have written, remembering that God has given you the power of your words to overcome your broken circumstances!



# Proclamation of Peace



*"Now may the Lord of peace Himself continually grant you peace in every circumstance. The Lord be with you all!"*  
2 Thessalonians 3:16 NASB

What spoke to you the most in this chapter? Why?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# My notes from on Chapter 4

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

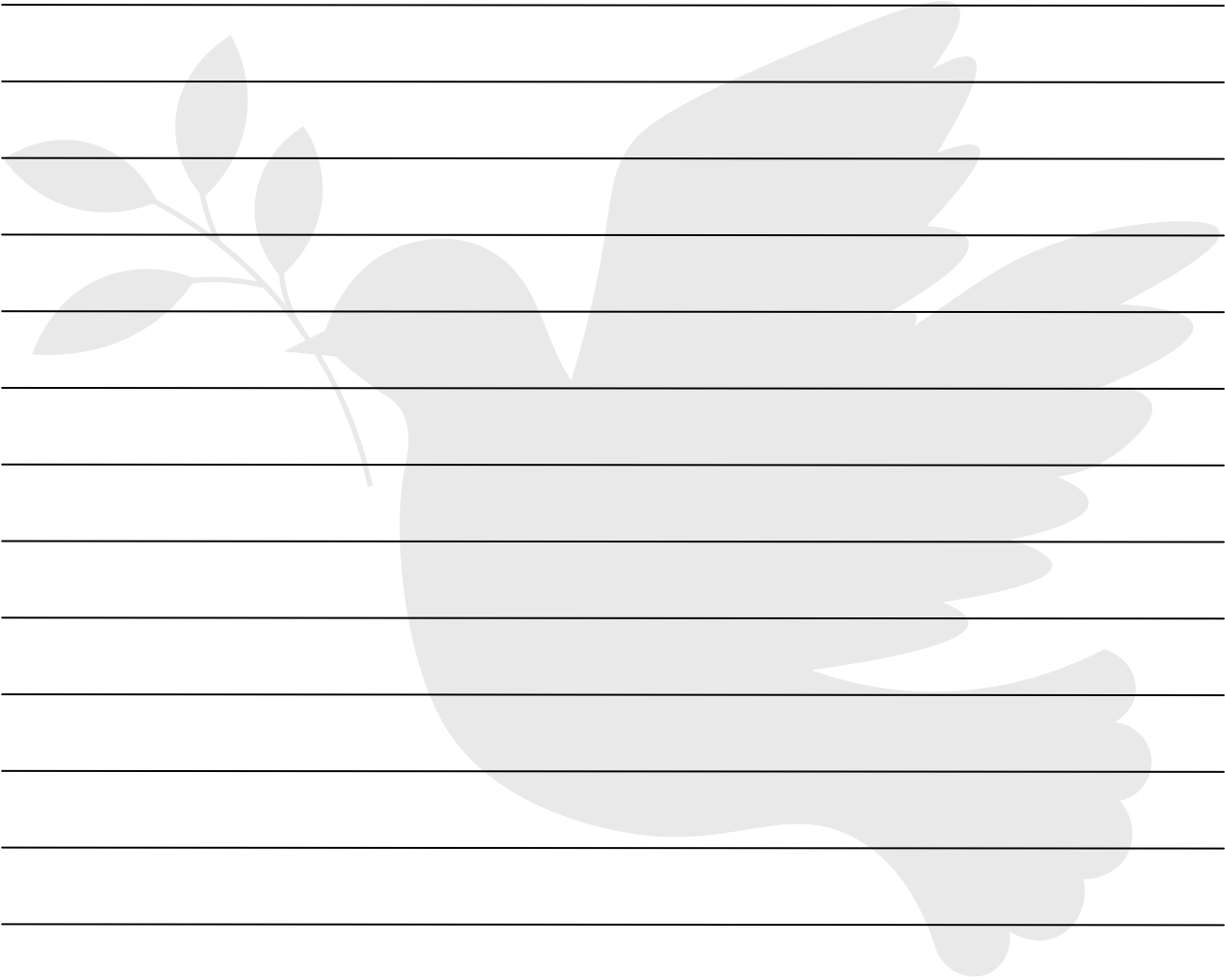
---

---

---

---

---







# Chapter 5

## God's Happy Meal

Considering Communion as a means to receiving our healing.

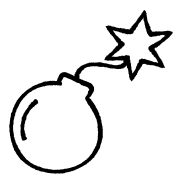
# Confusion and Frustration



Have you ever felt confused and frustrated because you learned that something you had been taught all of your life may not have been an accurate portrayal of our good Father? If so, journal about that here.

A series of horizontal lines for journaling. A large, faint watermark of a person scratching their head with three question marks above their head is overlaid on the lines.

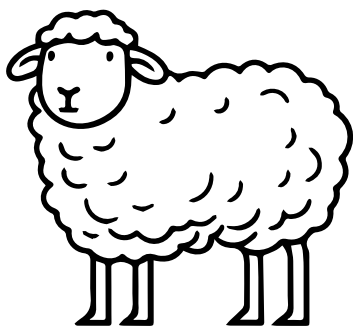
# Shock and Awe



What mixed emotions have you felt as you have waded through the teachings in this book so far? Take a moment and journal out your shock and awe story here.

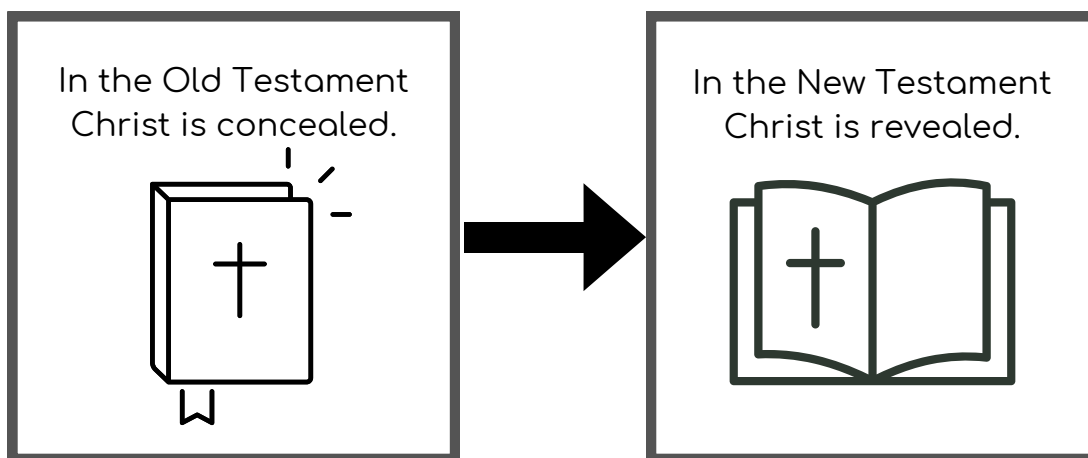
A series of horizontal lines for journaling. A faint, large watermark of a person with question marks above their head is visible on the right side of the page.

# Roasted Lamb with a Side of Freedom



*"All of these were but a prophetic shadow and the evidence of what would be fulfilled, for the body is now Christ!"*  
Colossians 2:17 TPT

*"The old system of living under the law presented us with only a faint shadow, a crude outline of the reality of the wonderful blessings to come..."*  
Hebrews 10:1 TPT



If you were to choose to participate in Communion, what are some things that you would choose to remember about Jesus Christ?



---



---



---



---



---



---



---



---



---

If you were to do this with an attitude of expectancy, write out what you might expect from the Lord based on all that we have discussed in this book thus far.



---



---



---



---



---



---



---



---



---



---



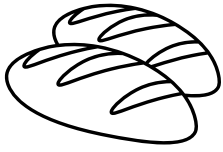


Slavery looks different for different folks. Most of us are not slaves in the physical sense of the word, but we can be held in bondage as slaves to things like addiction, fear, anger, gluttony, selfishness, insecurity, unforgiveness, sickness, our circumstances, etc. Write out some things that you feel have held you or your family in bondage as slaves:

A series of 14 horizontal lines for writing, each preceded by a small grey circle. The circles are arranged in a vertical column on the left side of the page.

*"God did not send his Son into the world to judge and condemn the world,  
but to be its Savior and rescue it!"  
John 3:17 TPT*

# Wonder Bread



This verse is in the footnotes of this section of the book, but I feel like it's important to expand on it here so that we can see on a deeper level what exactly Jesus is saying when he talks about being the bread of life and how he gives life to the world.

*"But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you."  
Romans 8:11 NASB*

Let's examine some words from this verse in the original Greek language in which it was written to make sure this "give life to your mortal bodies" thing is legit and see how it helps us understand exactly how Jesus Christ is the "bread of life" whose flesh was "given for the life of the world."

The words "will also give life" is written "will give life" in the Interlinear Bible and is the Greek word ζωοποιήσει (zōopoiēsei) which is a derivative of the Greek word ζόποιεό meaning "to make alive." The definition also says that this word means "empower with divine life" and to "make alive, enliven." This word "is particularly used of God infusing His life in the believer. The Lord infuses eternal life (zōē) into us" and "This enables living with God – not just for Him"

The word "mortal" is the word θνητὰ (thnēta) in the Greek Interlinear Bible and is a derivative of the word thnētos meaning "subject to death." It describes this term on a deeper level explaining that it means "properly, subject to dying (death), mortality; the inevitability of physical death."

The word "bodies" is the word σώματα (sōmata) which is a derivative of the Greek word sóma meaning "a body" It can be used to describe "flesh" and "the physical body"

I have mapped this out on the next page to make it a little easier to follow for those that are visual learners like me.

---

All of this information is available in the Interlinear Greek and Hebrew Bible at [biblehub.com](http://biblehub.com).



*"But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you."  
Romans 8:11 NASB*

"will also give life"



ζωοποιήσει  
(zōopoīēsei)  
a derivative of the  
Greek word  
ζόοποιέó



make alive, enliven,  
God infusing His  
life in the believer.  
The Lord infuses  
eternal life (zōē)  
into us, This  
enables living with  
God – not just for  
Him

"mortal"



θνητὰ (thnēta)  
a derivative of the  
word thnētos



subject to death,  
properly, subject to  
dying (death),  
mortality; the  
inevitability of  
physical death

"bodies"



σώματα (sōmata)  
a derivative of  
the Greek word  
sōma



a body, flesh, the  
physical body

As we have taken a deeper look at this passage of Scripture, I hope that it becomes apparent to you that it is our good Father's desire that your current physical body become as alive as Christ's, and it is his pleasure to infuse his divine life into your mortal flesh. This isn't simply speaking about life after death, it is suggesting a reality on this earth as we would imagine it in heaven.



All of this information is available in the Interlinear Greek and Hebrew Bible at [biblehub.com](http://biblehub.com).



# Instruction Manual

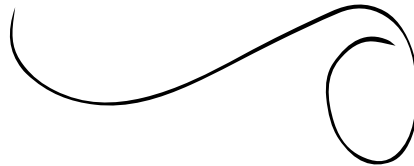


I thought it might be fun if I highlighted and marked up this passage as I would have it in my Bible. That way you can see the message that I see jumping off the page at me!

♥ "For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me." In the same way He took the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes. Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup. For he who eats and drinks, eats and drinks judgment to himself if he does not judge the body rightly. For this reason many among you are weak and sick, and a number sleep. But if we judged ourselves rightly, we would not be judged."



1 Corinthians 11:23-31 NASB



But if we judged ourselves rightly,  
we would not be judged!

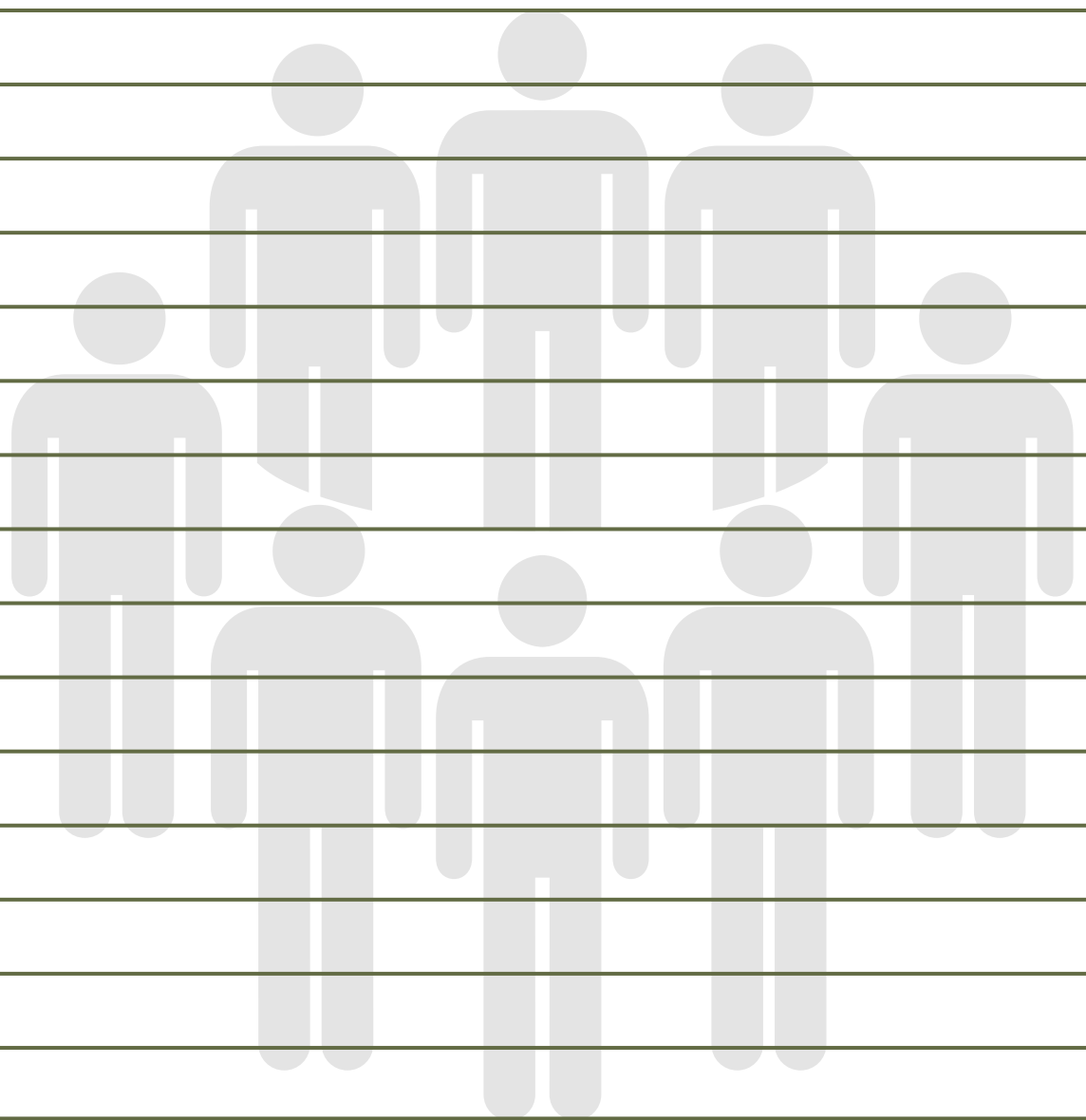


# Community

*"He's the Anointed One who offered himself as the sacrifice for our sins! He has rescued us from this evil world system and set us free, just as our Father God desired."  
Galatians 1:4 TPT*

*"As a result of this, he has given you magnificent promises that are beyond all price, so that through the power of these tremendous promises we can experience partnership with the divine nature, by which you have escaped the corrupt desires that are of the world."  
2 Peter 1:4 TPT*

What spoke to you the most in this chapter? Why?



A group of stylized human figures in various sizes and colors (grey, blue, green) arranged in a loose circle, overlaid on a background of horizontal lines for writing.





# Chapter 6

## Communion Part II, This Time it's Personal

Processing the practicality of Communion within our daily lives.





# The Tide Begins to Turn

Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# The Big Finish



We didn't experience an angelic visitation, there were no fireworks in the sky, no gold dust falling from the ceiling, and no pillar of fire signaling a miracle had taken place. It was merely a feeling of confidence in Jesus and the freedom that his Kingdom has to offer.

Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

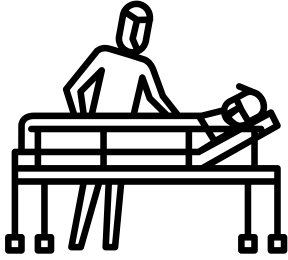
---

---

It was terrifying to even trust that confident feeling after everything Gracie had been through, but we were all ready for change.

# Symptoms Strike Back

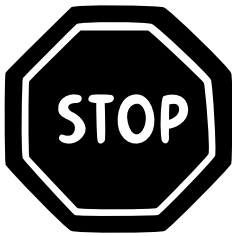
This is when things tend to become tricky for those that have experienced healing. I know far too many people that receive prayer for healing or believe for it, and that healing happens. And then somewhere down the line, those symptoms try to sneak back in and cause the fear to draw their attention away from Jesus and back to the broken life that this world has to offer. Sometimes people refer to this as someone “losing their healing” and it is heartbreaking to watch.



Have you ever had this situation in your life or the life of someone close to you? If so, journal about how:

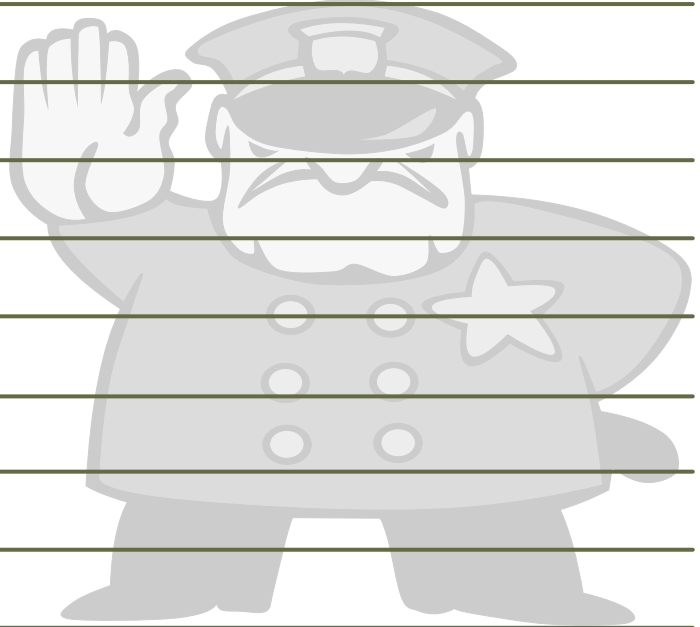
- it made you feel
- you handled it
- it shaped your understanding of God’s will and his willingness to heal.

A large, faint watermark illustration of a person with a bandage on their forehead, overlaid on a background of horizontal lines for journaling. The person has their hands clasped in front of them. The watermark is semi-transparent and serves as a background for the journaling area.



We don't want to ignore the simplistic nature of what happened when Greg and I told the symptoms that came back to leave our daughter. We used the authority of our words and said "stop." Those symptoms simply obeyed and stopped tormenting our girl.

What are your thoughts on this?



Is there something in your life are you willing to use this authority on and tell to go away?



# Hiding in Plain Sight



Have you spent your life in church or reading the Scriptures like me and are now finding yourself shocked at the message of God's Kingdom that I have presented in this book? If so, write those thoughts down here.

A series of horizontal lines for writing, with three large, light gray question marks overlaid on the page.



Take a moment and reflect on some circumstances in your life, particularly the ones that you documented on page 7 of this journal. Do you feel like it's possible that the Lord was there in those situations, gently pursuing you, even if you didn't know it? As you contemplate this idea, jot your thoughts down here.

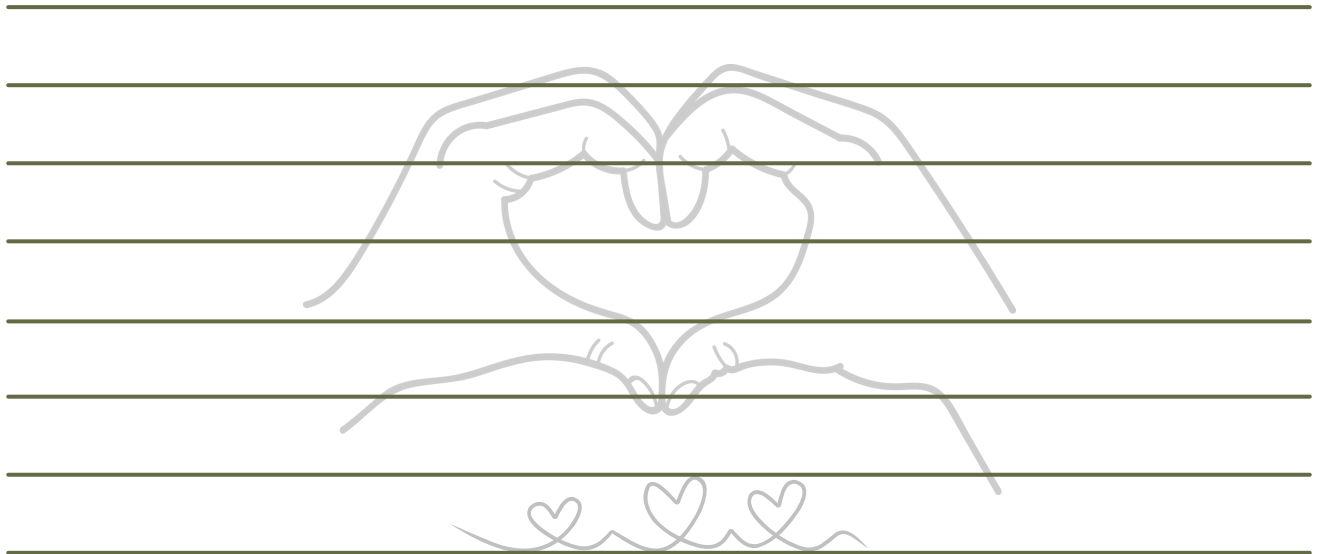
A series of horizontal lines for writing, with a large, faint watermark of a person thinking and question marks overlaid on the right side.





# The Secret Ingredient is Love

Prior to reading this section, what did you believe eternal life was?



*"This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent."*

*John 17:3 NASB*

How does it make you feel to know that Scripture teaches eternal life as simply a relationship with our good Father and the Messiah, Jesus Christ?

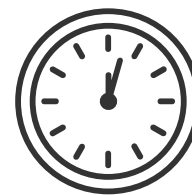


If you want to start utilizing communion as a means to access the free gift of healing that Jesus has provided for us, go ahead and brainstorm here about some things that may work for you. Check off things that you want to consider, and then add more items that you think of.

- |  |   |
|--|---|
| <input type="checkbox"/> read scripture out loud   | <input type="checkbox"/> pray                         |
| <input type="checkbox"/> read scripture to yourself  | <input type="checkbox"/> listen to worship music      |
| <input type="checkbox"/> sing a song   | <input type="checkbox"/> dance                        |
| <input type="checkbox"/> play an instrument  | <input type="checkbox"/> read some sort of devotional |
| <input type="checkbox"/> simply take a moment to focus your thoughts on Jesus and why his body was broken and his blood was poured out for you |   |
| <input type="checkbox"/> _____   |   |
| <input type="checkbox"/> _____   |   |
| <input type="checkbox"/> _____   |   |

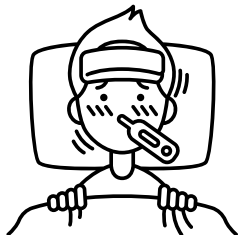
Brainstorm how often you feel comfortable participating in communion. Check all that apply:

- once a day
- three times a day
- five times a day
- whenever you experience symptoms
- every time you take medication or supplements
- with your dinner every night
- as part of your morning routine
- as part of a prayer or Bible study time
- during a time when you are worshipping the Lord
- \_\_\_\_\_
- \_\_\_\_\_



# The Magic Pill

Circle some ailments that you would be comfortable taking Communion for when you or a family member experience them. Add anything that you need to to this list to customize it for your situation.



Fever

headache

sore throat

allergies

food poisoning

rashes

muscle soreness

inability to sleep

cold/flu

virus

inflammation

stomach virus

congestion

bloating

constipation

carpal tunnel

swelling

acid reflux

muscle spasms

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Scripture for Meditation

Take a few moments to note passages that stand out to you here that will help you remember the Lord through Communion. Take suggestions from our book as well as other things that are coming into your mind as you are thinking about it. Come back to this page and add to it as you come across other scriptures that will encourage you as you look to Jesus through the Lord's Supper.



A series of horizontal lines for writing, with a faint, large watermark of a book and a cross in the background.



# My notes from on Chapter 6

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

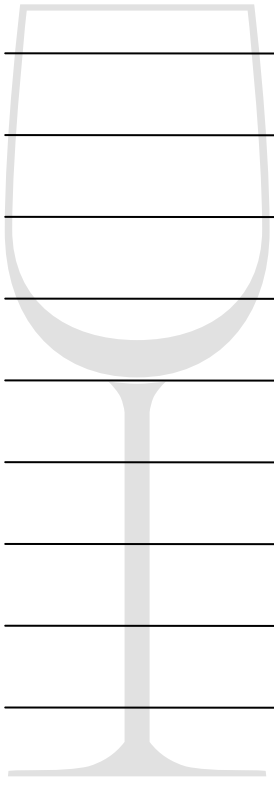
---

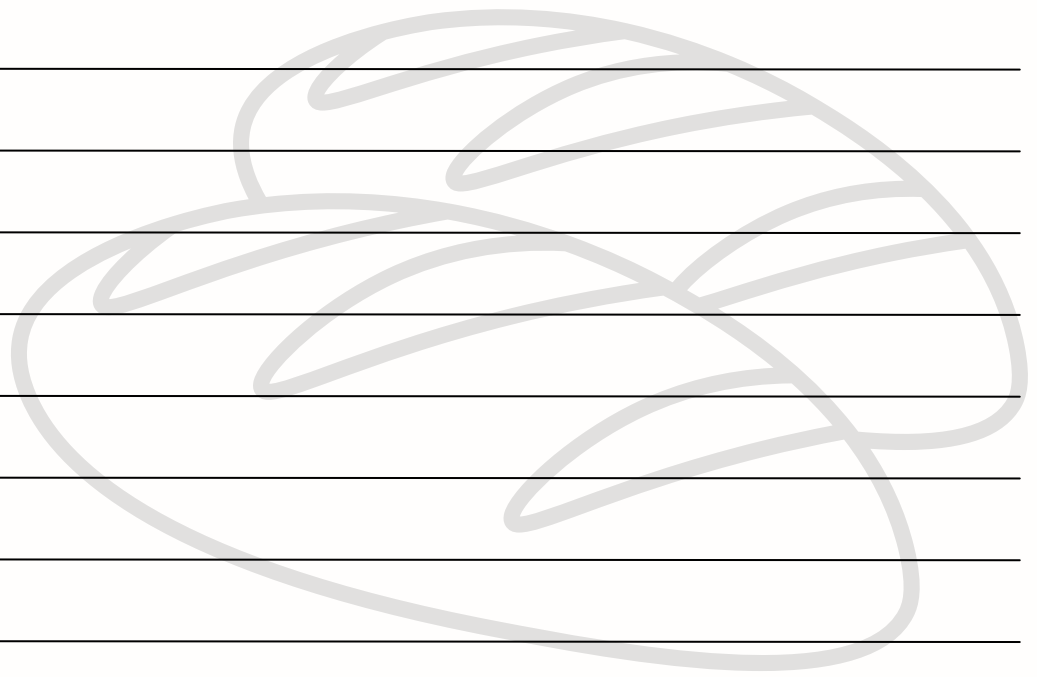
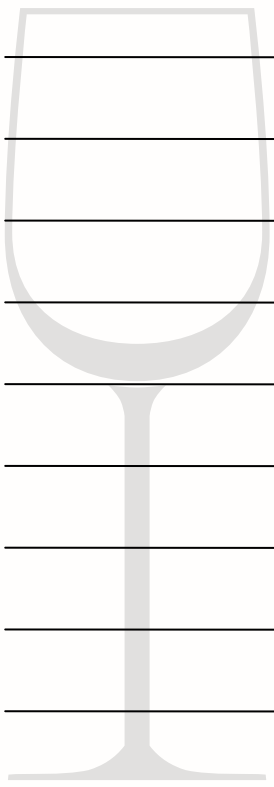
---

---

---

---





# Chapter 7

## Great Faith

Contemplating faith from a slightly different perspective.



# Faith in the Fear



Do you feel that if you consistently looked to the Lord in a similar manner to the way that I did in my pantry through Communion, that your fears could eventually diminish and you might begin to embrace the beauty of Jesus' Kingdom right here on earth?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Would you consider pursuing his Kingdom with ardent zeal in such a manner? Why or why not?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

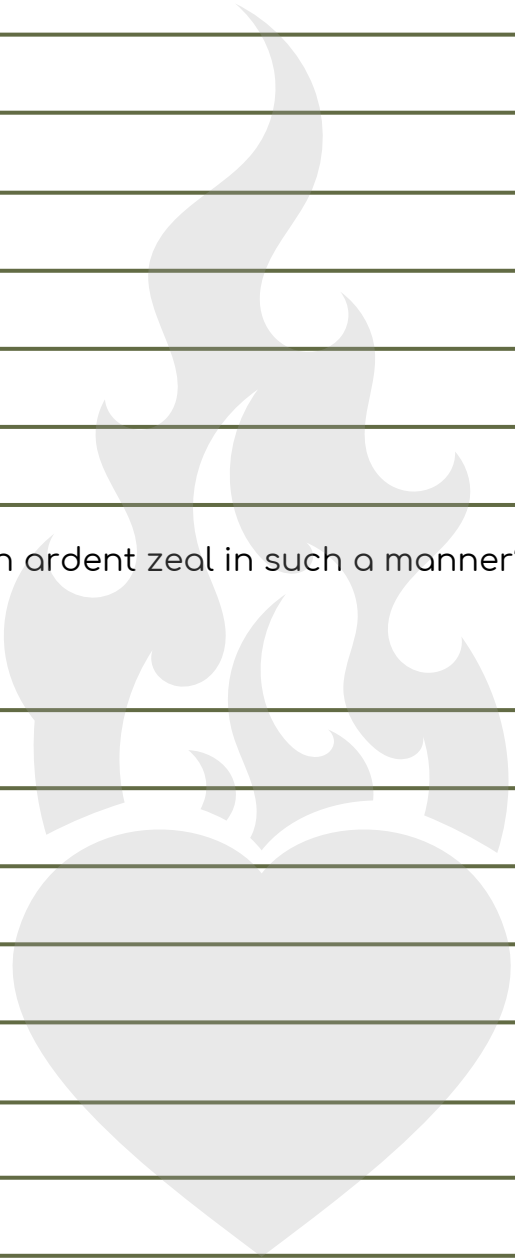
---

---

---

---

---



# What is Faith?

What do you believe faith is?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Where do you believe our faith comes from?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

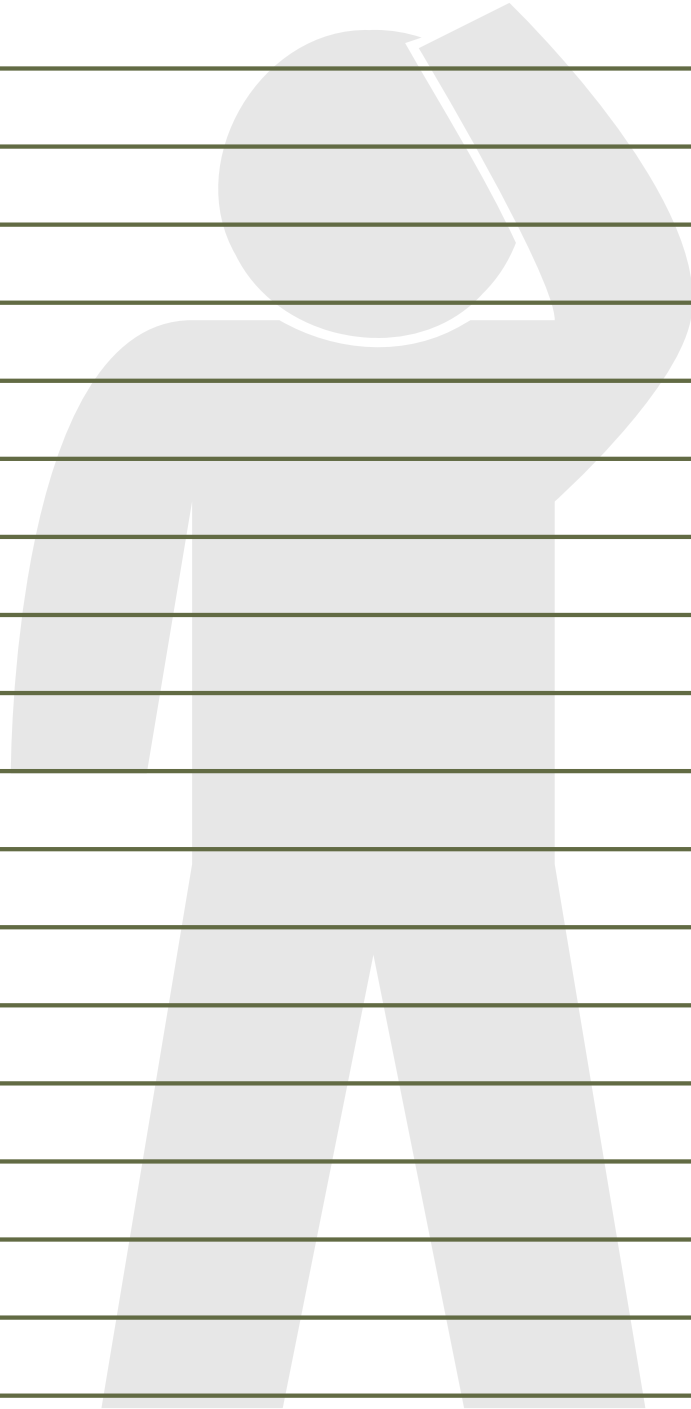
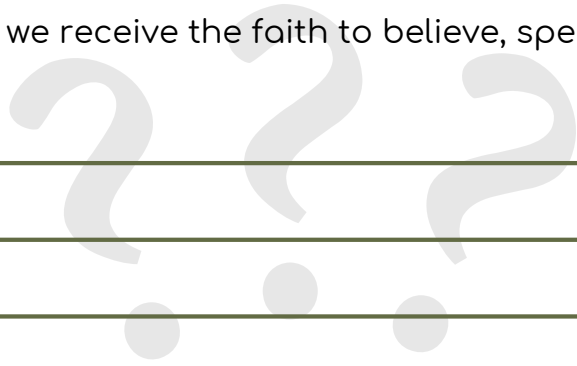
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How do you think that we receive the faith to believe, specifically for healing in our body and mind?



# God, Help Me

Have you ever felt like you couldn't muster up enough faith to believe God for something? If so, make some notes about that situation and how it made you feel below.

---

---

---

---

---

---

---

---

---

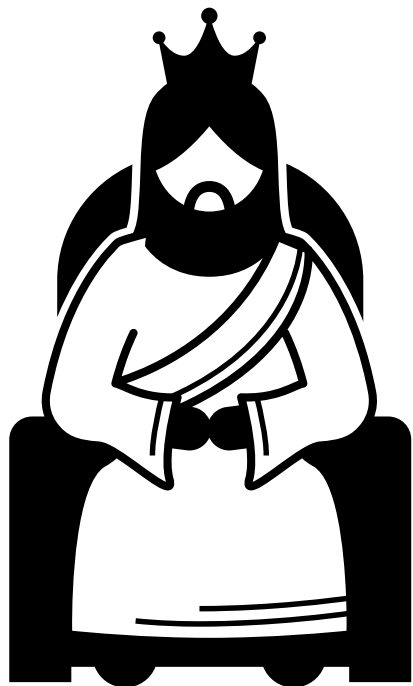
---

---

---

---

---



*"Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need."*

*Hebrews 4:16 NASB*

*"...live your life empowered by God's free-flowing grace, which is your true strength, found in the anointing of Jesus and your union with him!"*

*2 Timothy 2:1 TPT*

Faith is a priceless gift from the Lord, flowing freely from his throne of grace. Beholding Jesus and knowing him and all of his glory is how we receive this magnificent gift of faith to obtain perfect peace in our lives.



# Mr. Incredible



Abraham's level of faith as described in these passages makes me feel intimidated. How about you?

---

---

---

---

---

---

---

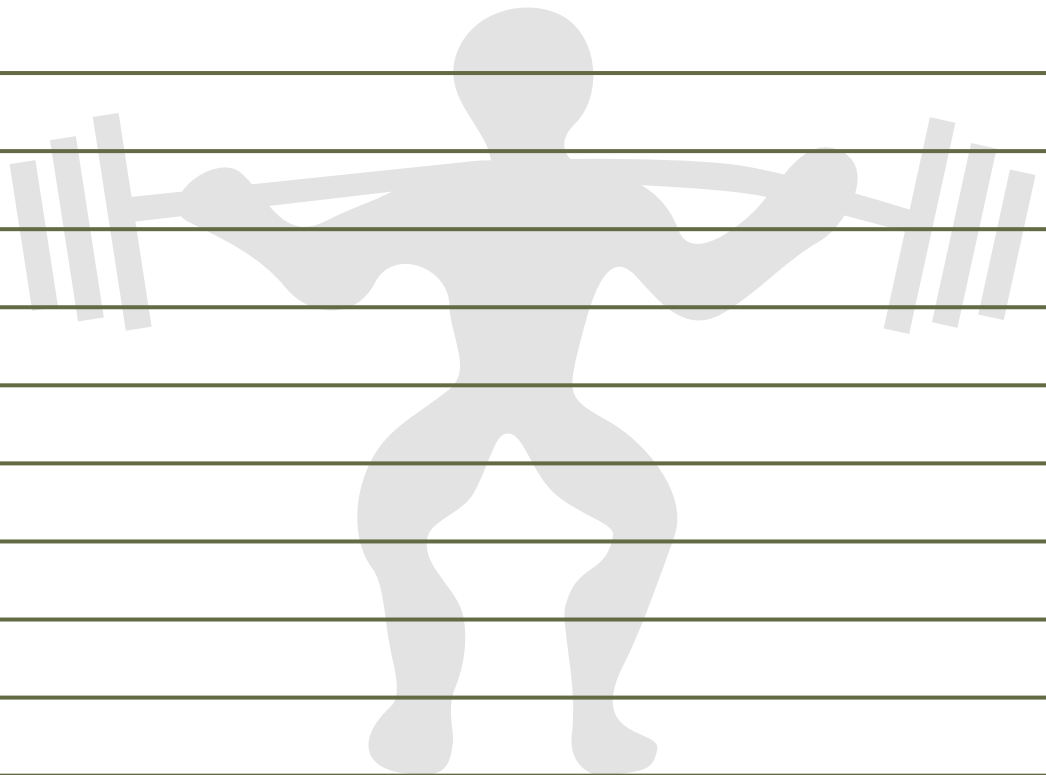
---

---

---

---

Have you ever tried to build your faith to "Abraham" level? How did that work out for you?



---

---

---

---

---

---

---

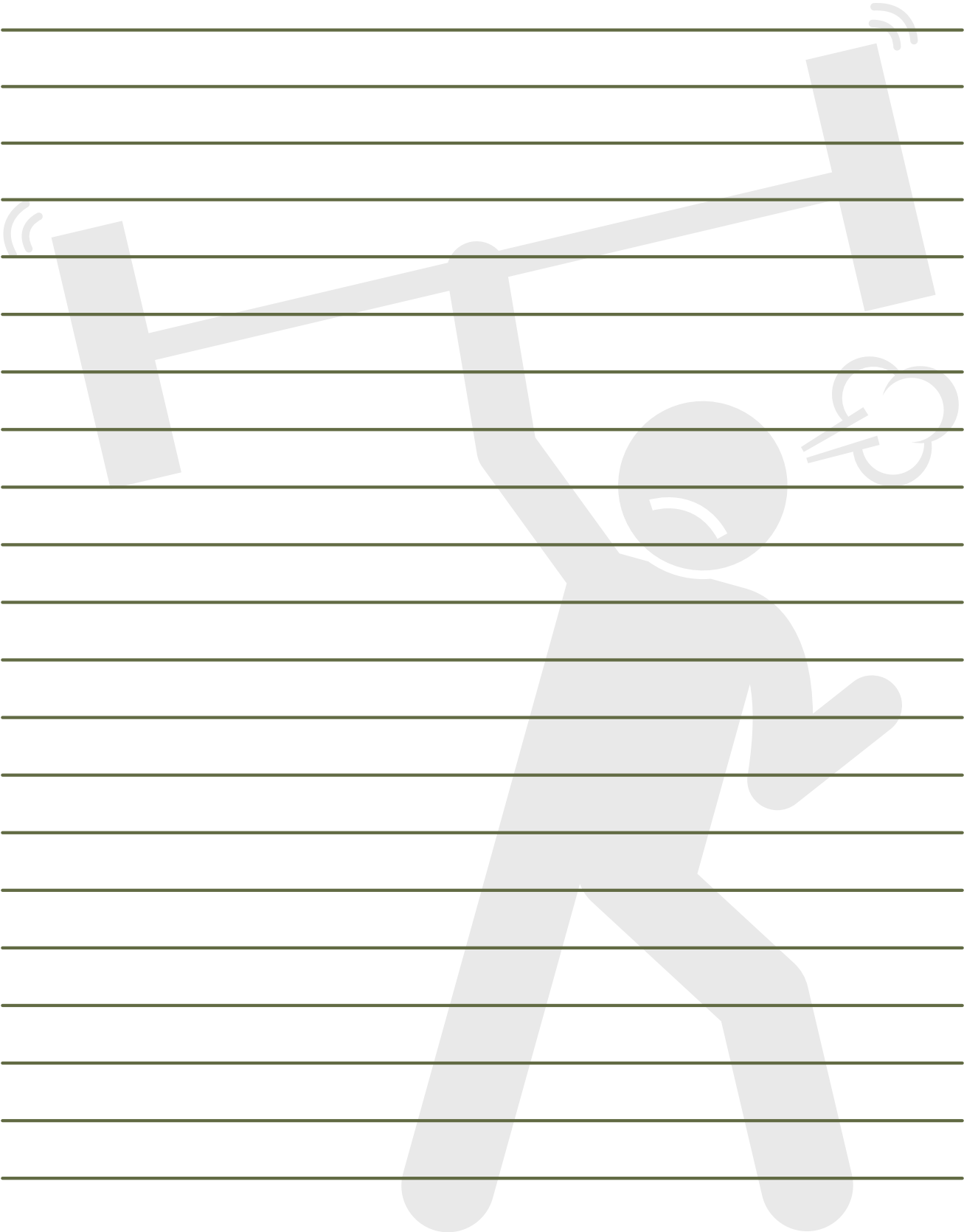
---

---

---

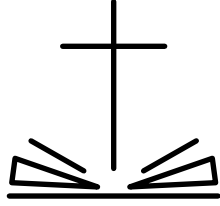
---

Have you ever “waivered in unbelief” and felt like a failure? I know that I sure have! I explained a little about that at the beginning of this chapter. Write about your experience with unbelief here if you want.



A large, faint watermark illustration of a person carrying a heavy beam on their shoulders, with a speech bubble containing a question mark, overlaid on a background of horizontal lines.

# Will the Real Abraham Please Stand Up!



Circle your answers below.

Have you ever struggled to believe in God's promises or the goodness of God?

yes

no

Do you think the message of Jesus' Kingdom that we have presented in this book sounds too good to be true?

yes

no

If you have felt that the message is too good to be true, do you think the Lord views you as faithless for that?

yes

no

If you have said "yes" to any of these questions and you're struggling to believe this message of healing, thinking it sounds too good to be true, you're in good company with some friends that the Bible declares the mother and father of our faith!

Your thoughts:

---

---

---

---

---

---

---

---

---

---

---

---





# Put One Foot in Front of the Other: Baby Steps to Big Faith

Detail the fears and doubts that you may have about moving forward and believing this message of Jesus' healing.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

What are some baby steps that you can take to begin using the faith that you have already been given? Check everything that you might consider trying and add anything else you think of.

- Take the Lord's Supper once a day to fix your gaze on the risen King and allow him to transform your life.
- Have Communion every time you feel pain or experience symptoms in your body to proclaim the Lord's death to yourself, remembering that your healing has already been released.
- Speak to your symptoms, using that authority that we talked about in chapter four, and tell the pain or infirmity to leave your body.
- Utilize your words to speak to the fear. As a child of the King, you have the right to regain your thought life and command the fear to go away.
- Read through some of the Scripture passages that we shared in the last chapter every time you feel fear or experience a manifestation of illness.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Shift Your Focus

Our good Father is not disappointed with us for struggling to believe in his promises when we experience symptoms. And he isn't mad at our questions.

What are some ways that you can turn your eyes towards Jesus long enough to give him a small amount of wiggle room to begin utilizing the faith that you have already been given?

Lined writing area with a faint cartoon girl in the background.

*"Looking away [from all that will distract] to Jesus, Who is the Leader and the Source of our faith [giving the first incentive for our belief] and is also its Finisher [bringing it to maturity and perfection]..."*  
Hebrews 12:2 AMPC

*"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit."*  
2 Corinthians 3:18 NASB

What spoke to you the most in this chapter? Why?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

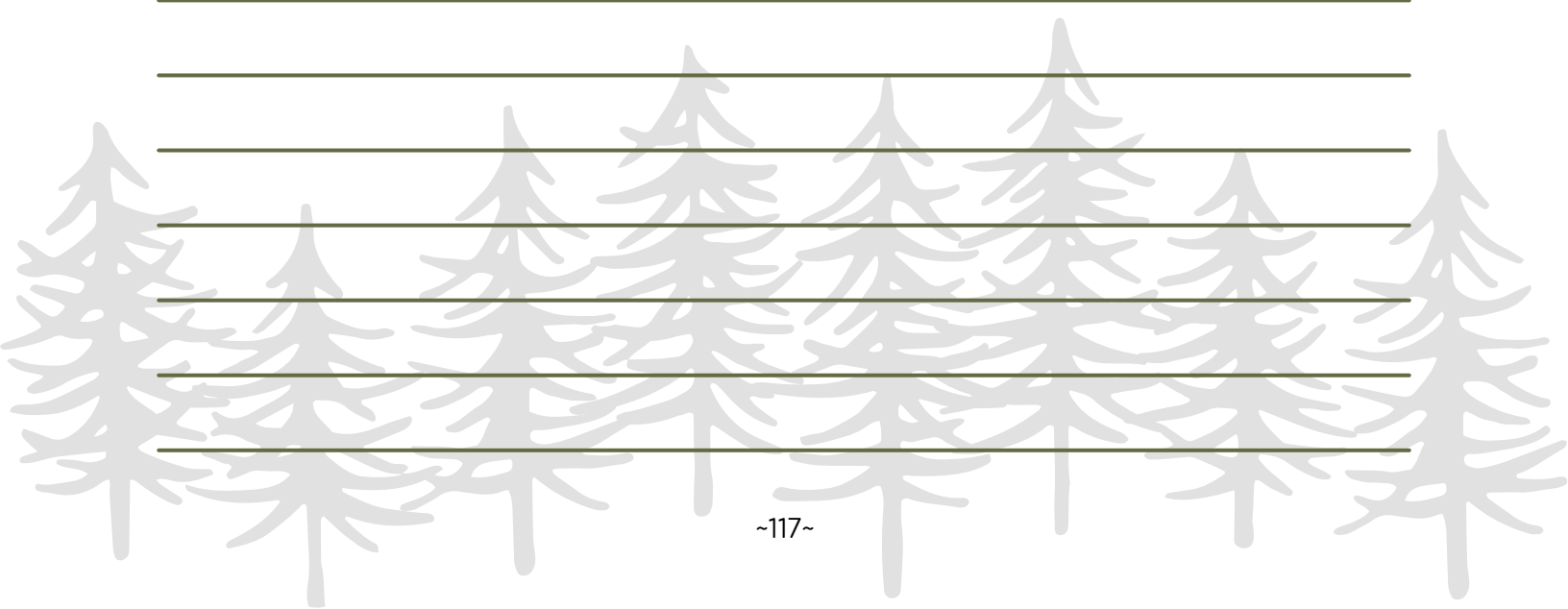
---

---

---

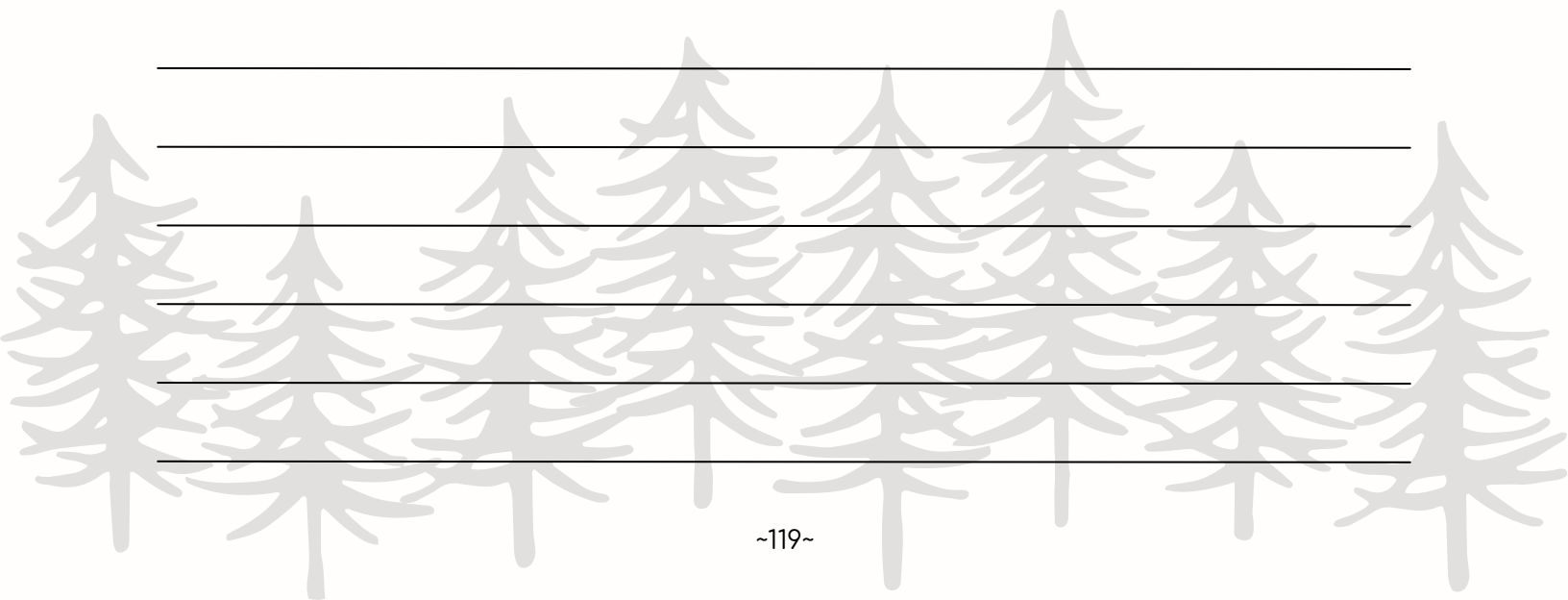
---

---





Lined writing area with 18 horizontal lines.



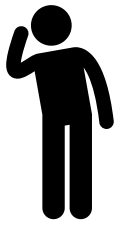
# **Chapter 8**

## ***A Little More Conversation, a Little Less Action***

Surveying relationship as a vital part of our healing process.



# Peculiar Aroma



- Have you spent much time listening to the voice of the Lord?
- If so, what did that look like?
- How did he speak to you?

A series of horizontal lines for writing, overlaid with a large, faint watermark of a lightbulb and a pencil.

# He's a Real Know-It-All

I have heard many healing ministers teach about the “laws of God’s Kingdom” and how if we operate within these laws we are essentially guaranteed healing. These “laws” can include things like using the power of our words, ridding our lives of unbelief, building our faith, or taking Communion, just to name a few. It’s not as if these things don’t work because I have seen them help people get heled time and time again. And yet, these “laws” simply aren’t guaranteed to work for everyone. Many people out there have felt the heartache of being the one that doesn’t get healed and are then left with questions about why God would choose to heal someone else and not them.

I believe the reason for this is because these “laws of the Kingdom” are simply a system or formula of sorts and when we only teach “Kingdom laws” we neglect to acknowledge the most important piece to this healing puzzle: the eternal life relationship that the Lord has so generously offered to us. A relationship with our good Father is where his Kingdom and our healing flows from.

Read that again and allow the reality of it to settle over you:

**A relationship with our good Father is where his Kingdom and our healing flows from.**

Notes:



---

---

---

---

---

---

---

---

---

---

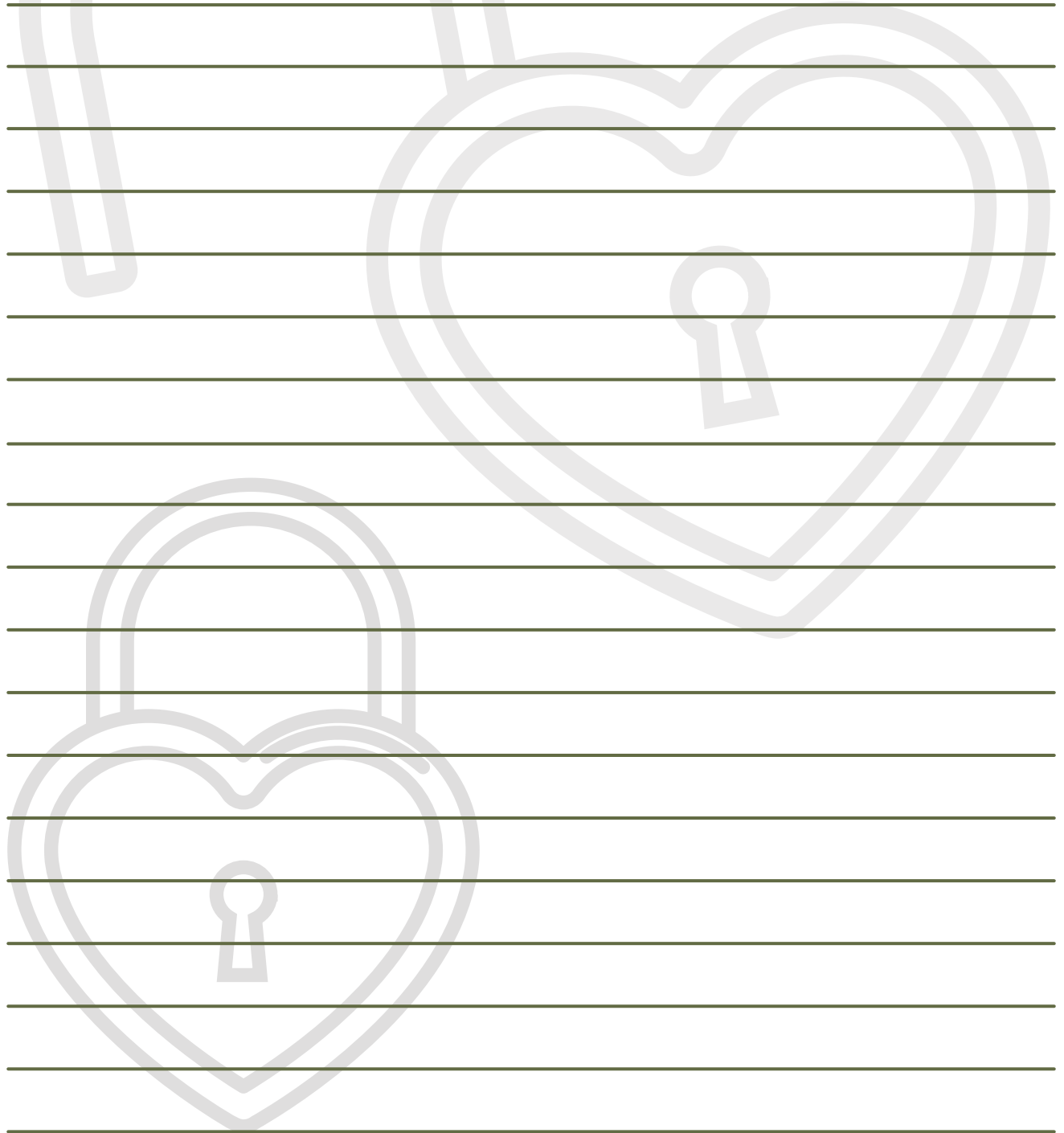
---

---

# Deep Secrets

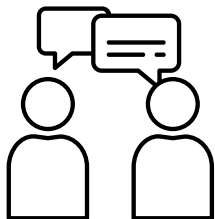
*"In him lie hidden all the treasures of wisdom and knowledge."  
Colossians 2:3 NLT*

What questions do you need the answers to, particularly in the area of your physical or mental health? What secrets do you desire for the Lord to reveal to you?



A large, faint background illustration of a heart with a keyhole, surrounded by several horizontal lines for writing.

# Not Awkward



What have you believed about prayer in the past? Did you know that it was meant to be more of a conversation where we stopped to listen to the Lord? Or did you believe, like me, that it was more of a one-way conversation, hopeful to have your request granted? Expand on your thoughts:

---

---

---

---

---

---

---

---



---

---

---

---

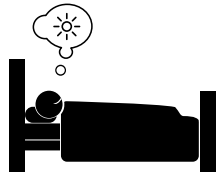
---

---

---

---

# I Dream of BBQ



Has God ever spoken to you through dreams and/or visions? If so, expand on that below.

A series of horizontal lines for writing, with a large, faint lightbulb illustration centered in the background.

# Can You Hear Me Now?



Do you have any preconceived notions about those that have heard the audible voice of God? If so, what are they?

---

---

---

---

---

---

Have you ever heard the audible voice of God?

- If you said no, are you open to hearing it?
- If you aren't open to hearing the audible voice of the Lord, what are your hesitations?
- If you said yes, ask the Lord to open your heart to the idea of having that experience and thank him for making it come to pass.

---

---

---

---

---

---

---

---

---

---

---

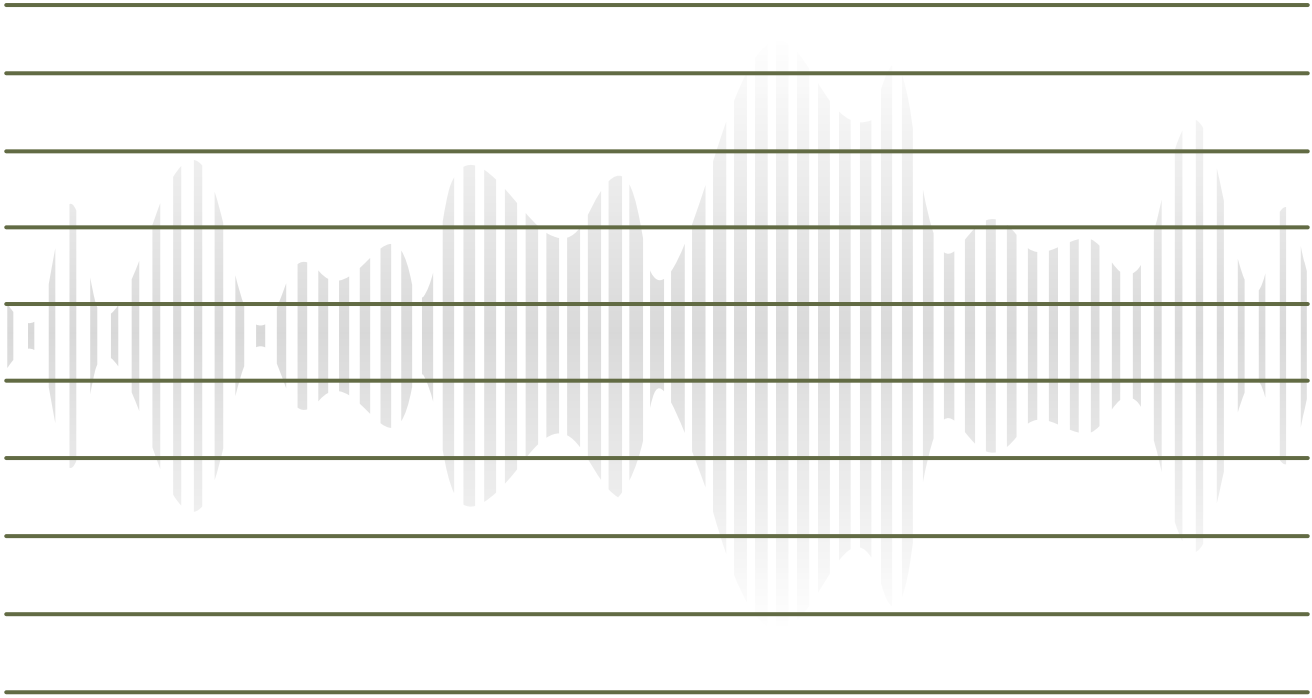
---

---

---

---

---



Have you ever heard your name called out in the stillness of the night? If so, journal about what happened here.  
Did you understand what was going on at that moment?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Don't Ignore that Hunch

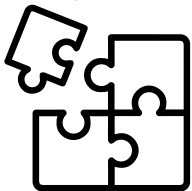


Have you ever had the feeling that you should or shouldn't do something and when you ignored that nudging, things didn't go well? Would you consider the idea that maybe your good Father was talking to you through that feeling?

A series of horizontal lines for writing, with a large, faint lightbulb illustration in the background.



# Myriad of Methods



Has God ever spoken to you through signs and symbols like numbers, colors or anything else?

- If so, what were those signs or symbols?
- Do you know what he was trying to communicate with you?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

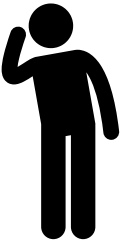
---

---

---

---

# Don't Do It



Have you ever heard the Lord tell you something different about a situation than what the doctor said?

- If so, how did that make you feel?
- How did you handle it?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

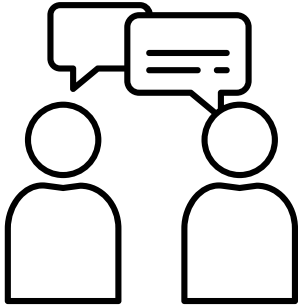
---

---

---

---

# Give It a Whirl



This is the moment where we look away from my adventures with the Lord and begin to really focus on moving forward on your healing journey with God. If you haven't been talking to him already about your health situation, this is your chance to give it a whirl. I have set aside the next few pages for you to pose your questions to Jesus and then have space to receive those answers.

Before you start it is important to understand that sometimes we tend to filter God's voice through our personal belief system rather than his unending love, acceptance and goodwill towards us. So, if you hear anything that includes fear, condemnation, guilt, shame, anger or disappointment, then I suggest that you review the scriptures below to help renew your mind and clean the lens with which you are understanding the Lord through.

The voice of our good Father should bring peace, joy, health and abundant life. Jesus took our guilt and shame on the cross and does not have condemnation for us.

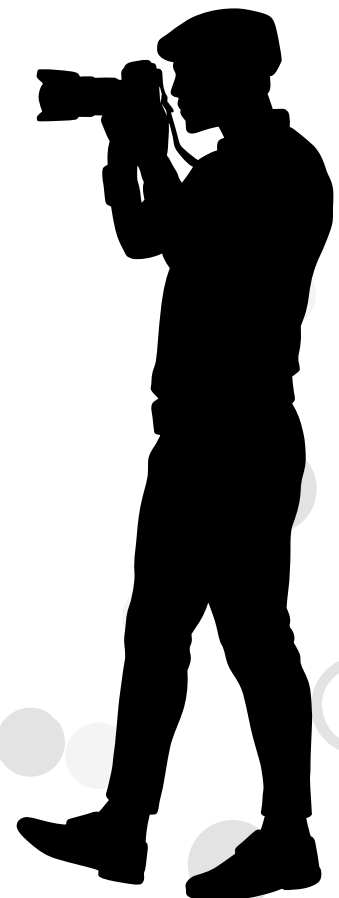
*"...there is now no condemnation for those who are in Christ Jesus."  
Romans 8:1 NASB*

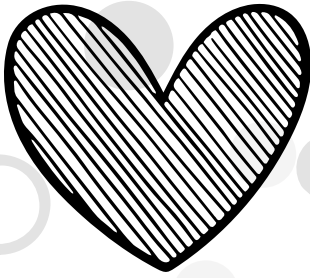
*"For God will never give you the spirit of fear...."  
2 Timothy 1:7 TPT*

*"Love never brings fear, for fear is always related to punishment. But love's perfection drives the fear of punishment far from our hearts..."  
1 John 4:18 TPT*

*"...God was in Christ reconciling the world to Himself, not counting their trespasses against them..."  
2 Corinthians 5:19 NASB*

*"He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him."  
2 Corinthians 5:21 NASB*





*"Who then would dare to accuse those whom God has chosen in love to be his? God himself is the judge who has issued his final verdict over them—"Not guilty!" Who then is left to condemn us? Certainly not Jesus, the Anointed One! For he gave his life for us, and even more than that, he has conquered death and is now risen, exalted, and enthroned by God at his right hand. So how could he possibly condemn us since he is continually praying for our triumph?"*

*Romans 8:32-34 TPT*

Now, it's time for you to ask your good Father some questions and hear what he has to say about your situation. I am so excited for you!

- Go ahead and write a question that you want to ask your good Father pertaining to your health situation at the top of the page.
- Take that deep breath, clear your mind and remember how much God loves you and is willing to help.
- Write every single word, phrase, picture, and thought that pops into your head. Don't stop writing until nothing else is flowing into your mind.



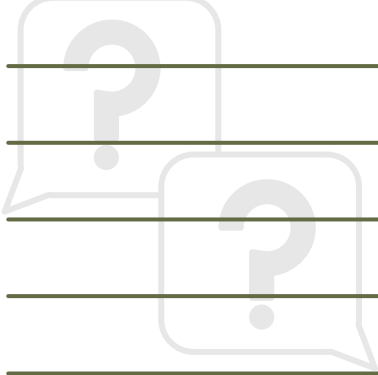
Notes:

- There is some space for drawing as well.
- If you see a picture and don't know what it means, ask Jesus what he is showing you and why.
- If you are struggling with this exercise, there are some troubleshooting tips on the last page of this section.

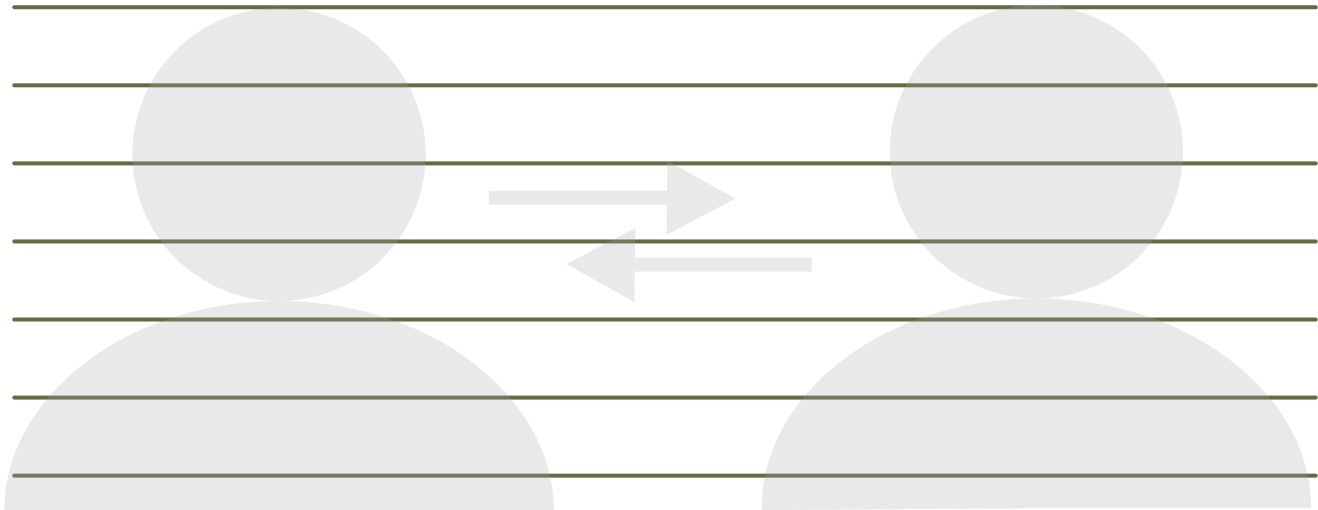


Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My question:



God's answer:



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My question:

\_\_\_\_\_

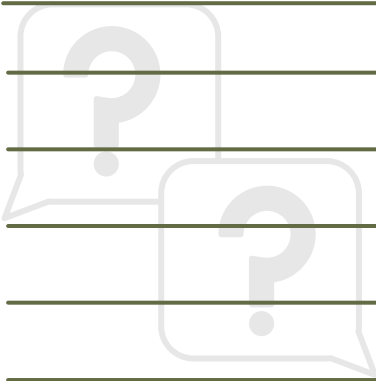
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



If The Lord is showing you a picture, draw it here:

Date: \_\_\_ / \_\_\_ / \_\_\_

My question:

\_\_\_\_\_

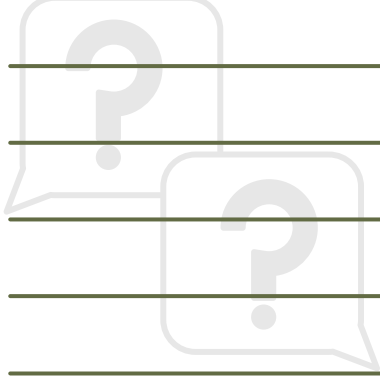
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



God's answer:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My question:

---

---

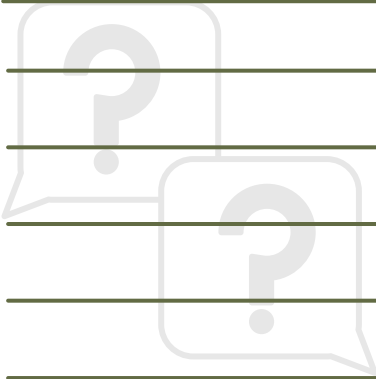
---

---

---

---

---



If The Lord is showing you a picture, draw it here:



Date: \_\_\_ / \_\_\_ / \_\_\_

My question:

\_\_\_\_\_

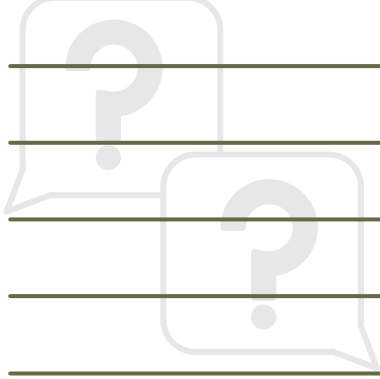
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



God's answer:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My question:

---

---

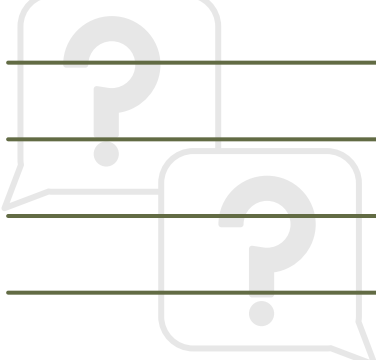
---

---

---

---

---



If The Lord is showing you a picture, draw it here:

Date: \_\_\_ / \_\_\_ / \_\_\_

My question:

\_\_\_\_\_

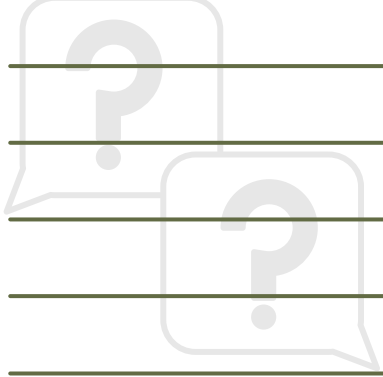
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



God's answer:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My question:

---

---

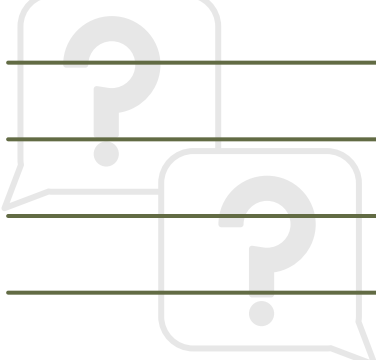
---

---

---

---

---



If The Lord is showing you a picture, draw it here:

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My question:

\_\_\_\_\_

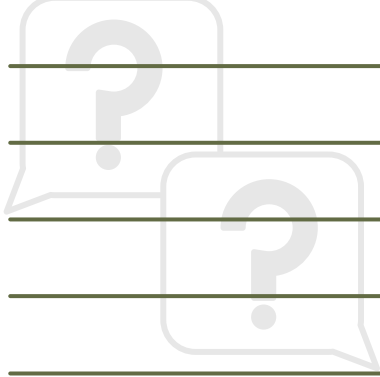
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



God's answer:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Troubleshooting:

I have encouraged many people to utilize this exercise to begin the practice of hearing God's voice and it has been successful every single time. But I do realize that many of us struggle with insecurity and unworthiness in this area of communication with the Lord. If you are struggling to hear something, here are some questions that may help you honestly evaluate why you feel like you aren't hearing anything:

- Are you fearful that if you try, you won't hear anything?
  - When we allow fear to dictate our actions, we miss out on the blessings that our good Father has for us. I would encourage you to push through your fears and do it afraid. You may be surprised at what happens! Remember, fear torments and is not from our good Father. His perfect love casts out fear!

*"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love."*

1 John 4:18 NASB

- Have you already tried to connect with God's voice but keep hearing things that have been rolling through your mind for many weeks or months? Maybe it feels like you are just making things up?
  - Remember that we have been given the mind of Christ and he has most likely been speaking to you for quite some time, so much so that it just feels like your own inner monologue.

*"For who has known the mind of the Lord, that he will instruct Him? But we have the mind of Christ."*

1 Corinthians 2:16 NASB

- Do you feel like maybe the Lord has bigger, more important things to tend to?
  - He cares deeply about you and your situation. His desire is for a deep relational connection with you and to give you the answers that you need in order that you might experience his salvation life on this earth.

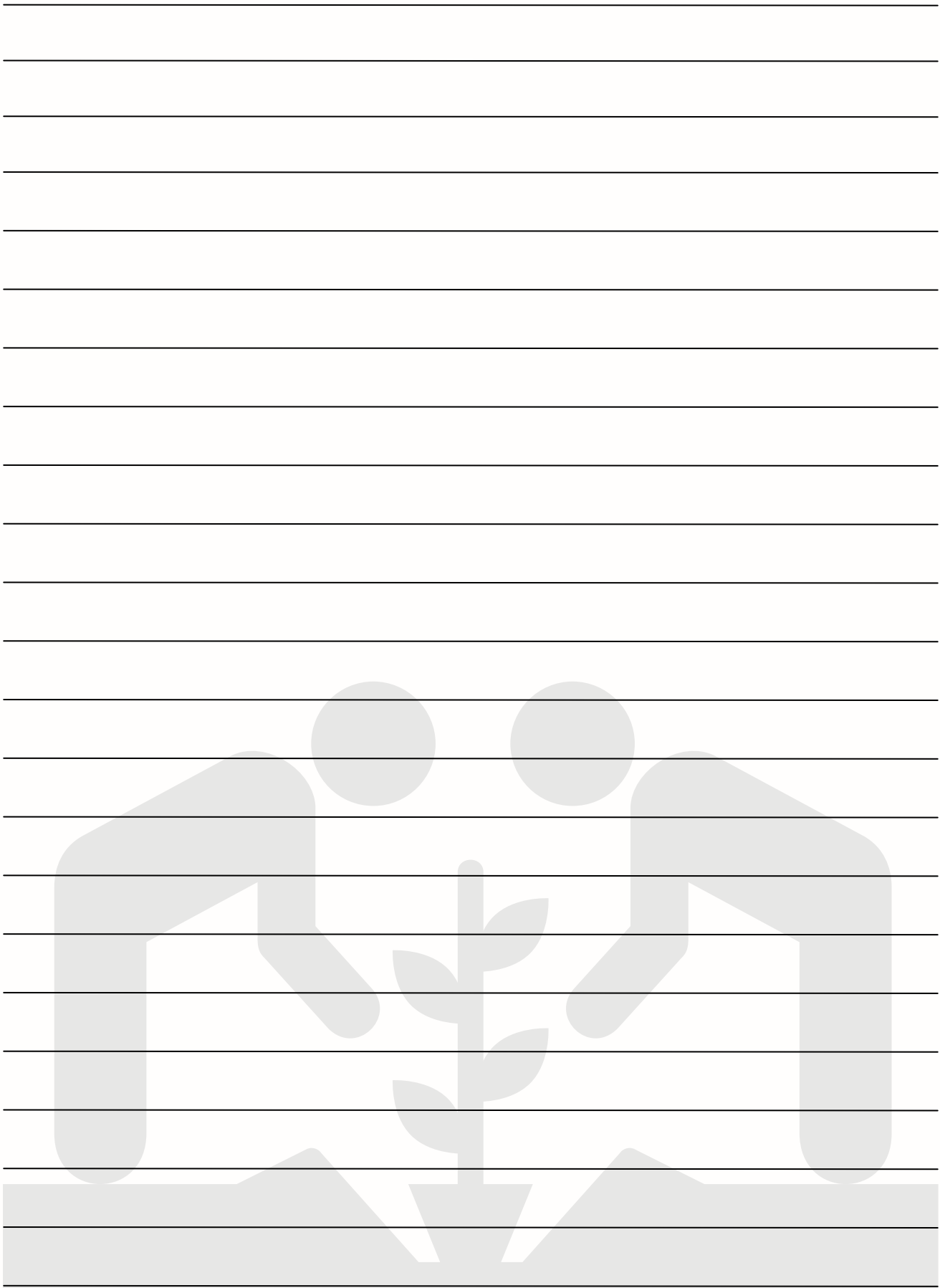
*"Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know."*

Jeremiah 33:3 NASB









# Chapter 9

## Spiritual EKG

Scrutinizing the importance of our inner-being as it pertains to our physical health.



# The Colossal Blunder



- Have you ever given your heart to trust information for your healing and health rather than the good Father who created you like I did?
- Reflecting on not only your current health situation, but also your past, have you ever played god in your own life, trying to control a situation that appeared uncontrollable?

A series of horizontal lines for writing, with a large heart shape and a faint ECG line overlaid in the background.

# Perpetual Springtime

*"Believe in me so that rivers of living water will burst out from within you, flowing from your innermost being, just like the Scripture says!"*

John 7:38 TPT

*"But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue, faith that prevails, gentleness of heart, and strength of spirit. Never set the law above these qualities, for they are meant to be limitless."*

Galatians 5:22-23 TPT



What are some actions you can take that you think might help you guard the affections of your heart?

---

---

---

---

---

---

---

---

Is there a certain food, supplement or drink that you feel like you can't go a day without. Often we frame it about how our body "needs" this, but would you consider evaluating your situation to examine whether or not the affections of your heart are attached to these items?

---

---

---

---

---

---

---

---

# Hung By the Tongue

Take a few moments and evaluate your words and the way that you speak about your circumstances.

- Do you feel like you have the wellspring of God's Kingdom flowing through you, or are you still dwelling among the wreckage of the broken-life narrative that Adam left for us?
- Are there situations in your life coming to mind where you may have inadvertently used your words to invite sickness into your situation rather than health?
- Do you regularly complain to others about symptoms in your body?
- Do you use your words to claim ownership over the illnesses that you are struggling with, using phrases like, my arthritis, my back pain, my cancer, or my autoimmune disease?



---

---

---

---

---

---

---

---

---

---

---

Circle some things that maybe you have said or even thought about your current health situation. There is space to add additional items if they are coming to your mind:

"I just have to learn to live with this."

"It's genetic."

"Since one of my parents had it, I'm probably going to get it as well."

"There's a virus going around, and since I catch everything, I will have to deal with it soon enough."

"It's flu season."

"This is just part of getting older."

"The only thing that will fix this is surgery."

"This is something that you can't get rid of."

---

---

---

---

---

---

---

---

---

---

---

# Vocal Imbalance

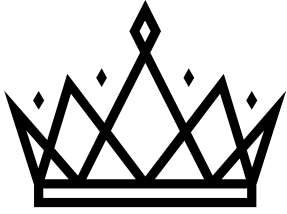


Why don't you go ahead and write your own story here. Consider what I just shared with you and examine your own life to see if you have ever experienced a similar situation. If you are struggling, utilize the skill that we practiced in the last chapter, and ask the Lord if you have ever been in a situation where you experienced a health issue because of the way that you unintentionally used your words to shape your world.

A series of horizontal lines for writing, with a faint background image of a balance scale. The scale is tilted, with the right pan lower than the left pan, indicating imbalance.



# The Kingdom Within



On pages 80-81 in this Journal & Study Guide, we looked at Romans 8:11 and examined some of the words from that verse in the original Greek language. We learned that God infuses his life to ours so that that our mortal bodies will become as alive as Jesus Christ's. Scripture teaches that:

*"Everything we could ever need for life and godliness has already been deposited in us by his divine power. For all this was lavished upon us through the rich experience of knowing him who has called us by name and invited us to come to him through a glorious manifestation of his goodness."*

2 Peter 1:3 TPT



You have been united with Christ  
and seated together with him!

*"Sharing in his death by our baptism means that we were co-buried with him, so that when the Father's glory raised Christ from the dead, we were also raised with him. We have been co-resurrected with him so that we could be empowered to walk in the freshness of new life. For since we are permanently grafted into him to experience a death like his, then we are permanently grafted into him to experience a resurrection like his and the new life that it imparts. Could it be any clearer that our former identity is now and forever deprived of its power? For we were co-crucified with him to dismantle the stronghold of sin within us, so that we would not continue to live one moment longer submitted to sin's power. Obviously, a dead person is incapable of sinning. And if we were co-crucified with the Anointed One, we know that we will also share in the fullness of his life. And we know that since the Anointed One has been raised from the dead to die no more, his resurrection life has vanquished death and its power over him is finished. For by his sacrifice he died to sin's power once and for all, but he now lives continuously for the Father's pleasure. So let it be the same way with you! Since you are now joined with him, you must continually view yourselves as dead and unresponsive to sin's appeal while living daily for God's pleasure in union with Jesus, the Anointed One."*

Romans 6:4-11 TPT

*"But God still loved us with such great love. He is so rich in compassion and mercy. Even when we were dead and doomed in our many sins, he united us into the very life of Christ and saved us by his wonderful grace! He raised us up with Christ the exalted One, and we ascended with him into the glorious perfection and authority of the heavenly realm, for we are now co-seated as one with Christ!"*

Ephesians 2:4-6 TPT

*"This 'realm of death' describes our former state, for we were held in sin's grasp. But now, we've been resurrected out of that "realm of death" never to return, for we are forever alive and forgiven of all our sins! He canceled out every legal violation we had on our record and the old arrest warrant that stood to indict us. He erased it all—our sins, our stained soul—he deleted it all and they cannot be retrieved! Everything we once were in Adam has been placed onto his cross and nailed permanently there as a public display of cancellation. Then Jesus made a public spectacle of all the powers and principalities of darkness, stripping away from them every weapon and all their spiritual authority and power to accuse us. And by the power of the cross, Jesus led them around as prisoners in a procession of triumph. He was not their prisoner; they were his!"*

Colossians 2:13-15 TPT

*"Christ's resurrection is your resurrection too. This is why we are to yearn for all that is above, for that's where Christ sits enthroned at the place of all power, honor, and authority! Yes, feast on all the treasures of the heavenly realm and fill your thoughts with heavenly realities, and not with the distractions of the natural realm. Your crucifixion with Christ has severed the tie to this life, and now your true life is hidden away in God in Christ."*

Colossians 3:1-3 TPT



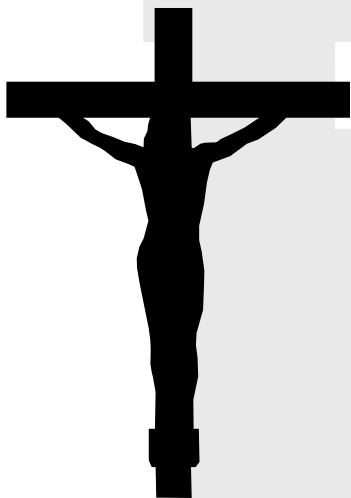
We are being transformed into his same image!

*"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit."*

2 Corinthians 3:17-18 NASB

*"By this, love is perfected with us, so that we may have confidence in the day of judgment; because as He is, so also are we in this world."*

1 John 4:17 NASB



Let's talk about this "go after God" message. I lived my life under the illusion that I had to pursue the Lord, desperate for a "touch" from him. And yet, the scriptures indicate that for those of us living in this post-cross world, God is already within us. He pursued us when he emptied himself and took on the human condition. He pursued us when he was in Christ on the cross reconciling the world to himself. "Emmanuel, God with us" is the message that should be preached to the ends of the earth. This message of "God with us" is what makes our healing freely available and already within us.

This is why Scripture proclaims that the mystery hidden from the ages has now been revealed by Jesus and that mystery is:

Christ in you is your hope of glory!!!

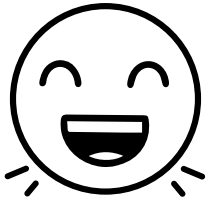
*"that is, the mystery which has been hidden from the past ages and generations, but has now been manifested to His saints, to whom God willed to make known what is the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory."*

Colossians 1:26-27 NASB

- How does it make you feel to know that the healing that you have been seeking is already within you?
- How do you plan to respond to this message of Christ within you?

A faint background illustration of a castle with three towers and flags. The page is filled with horizontal lines for writing.

LOL



Are there some things that you are beginning to feel like maybe you would like to minimize or give up altogether? What are the things that you are considering minimizing or giving up in your life to protect the health of your heart and the Kingdom within you? Circle all that apply and then add others that came to mind as well.

political news

horror films

graphic or gory media

social media

media with adult content

suspenseful movies and television shows

the news

---

---

---

---

---

---

---

What are some things that you might consider replacing these items with?

---

---

---

---

---

---

---

---

---

---

---

---

# Friendly Advice



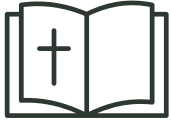
Brainstorm some things that you feel like the Lord is suggesting that you change in order to experience his healing and more of his precious Kingdom as you enjoy life on this earth.



What are some things that you can let go of?



Would you consider decreasing your media consumption? If so, what would you cut out?



Will you consider taking some time to read the healing stories in the Gospels if you haven't already?

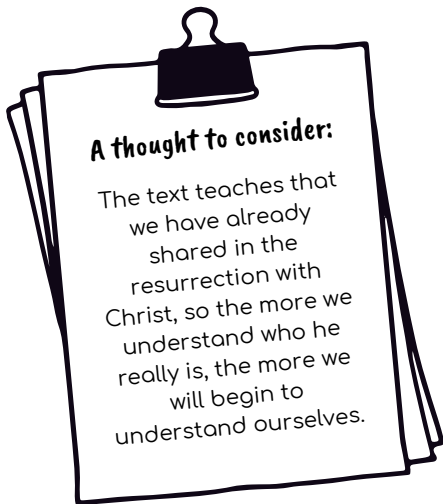


Are you considering practicing in Communion? If so, what is your plan?



Is there anyone in your life that the Lord is encouraging you to make the choice to forgive? Even yourself? If there is, make notes about it here.

# Your Rough Roads Become Smooth



*"Christ's resurrection is your resurrection too. This is why we are to yearn for all that is above, for that's where Christ sits enthroned at the place of all power, honor, and authority! Yes, feast on all the treasures of the heavenly realm and fill your thoughts with heavenly realities, and not with the distractions of the natural realm. Your crucifixion with Christ has severed the tie to this life, and now your true life is hidden away in God in Christ. And as Christ himself is seen for who he really is, who you really are will also be revealed, for you are now one with him in his glory!"*  
Colossians 3:1-4 TPT

- How would your life change if this revelation of already having shared in Christ's resurrection and being continually renewed into his likeness was at the forefront of your mind on a daily basis?
- Would this affect the way you think about the symptoms that you experience in your body?
- Why?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Christ beckons to us all, inviting us to turn away from the fallen-world experience and step into the rest of the story, a life laden with his Kingdom right here on earth:

*"...All you thirsty ones, come to me! Come to me and drink! Believe in me so that rivers of living water will burst out from within you, flowing from your innermost being, just like the Scripture says!"*

*John 7:37-38 TPT*

### **What do you thirst for?**

- Health in your body?
- Peace in your mind?
- Joy in the midst of your circumstances?
- Freedom from the fear that has had control over your life and has dictated many of your decisions?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What spoke to you the most in this chapter? Why?

---

---

---

---

---



# My notes from on Chapter 9

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

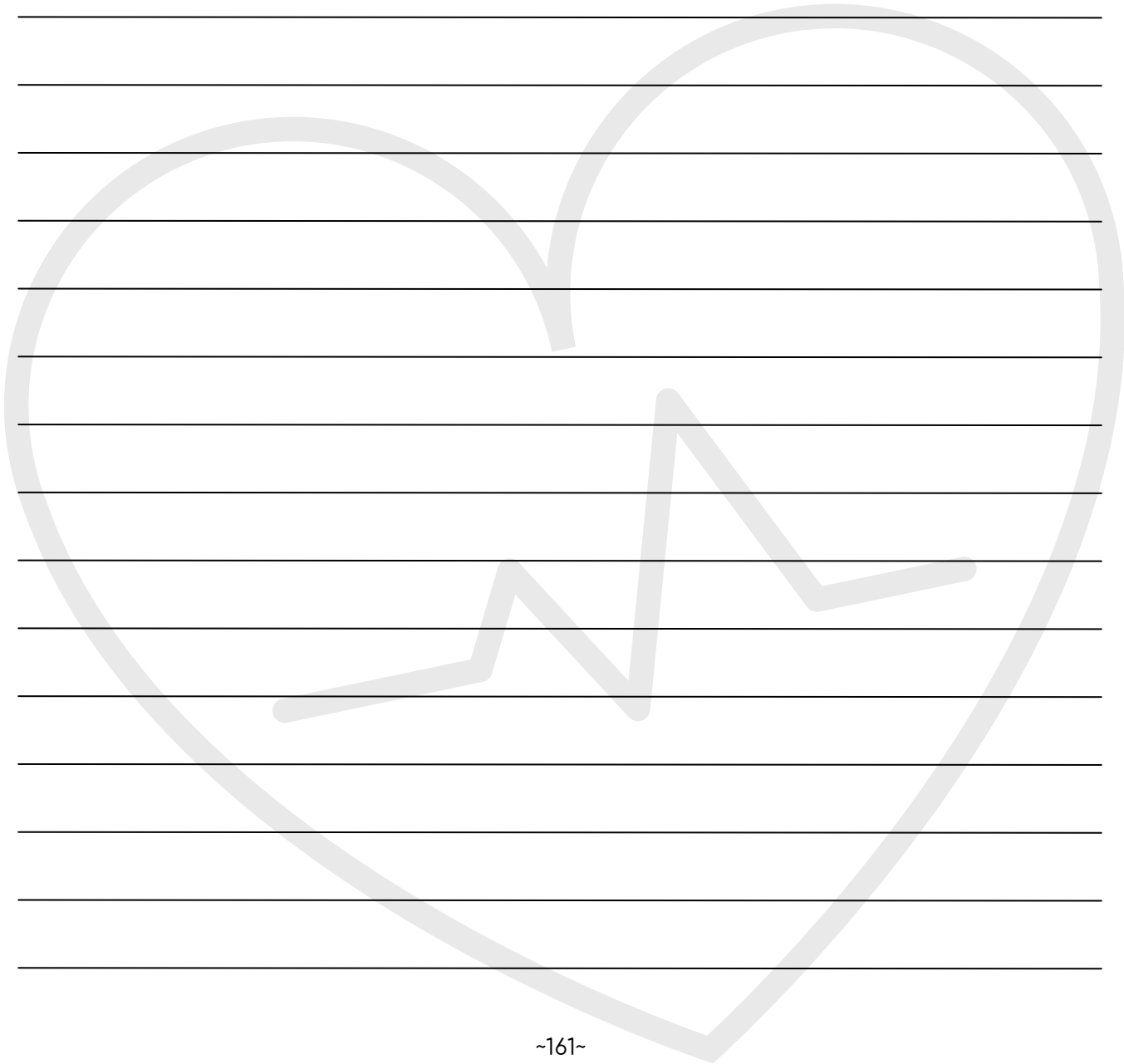
---

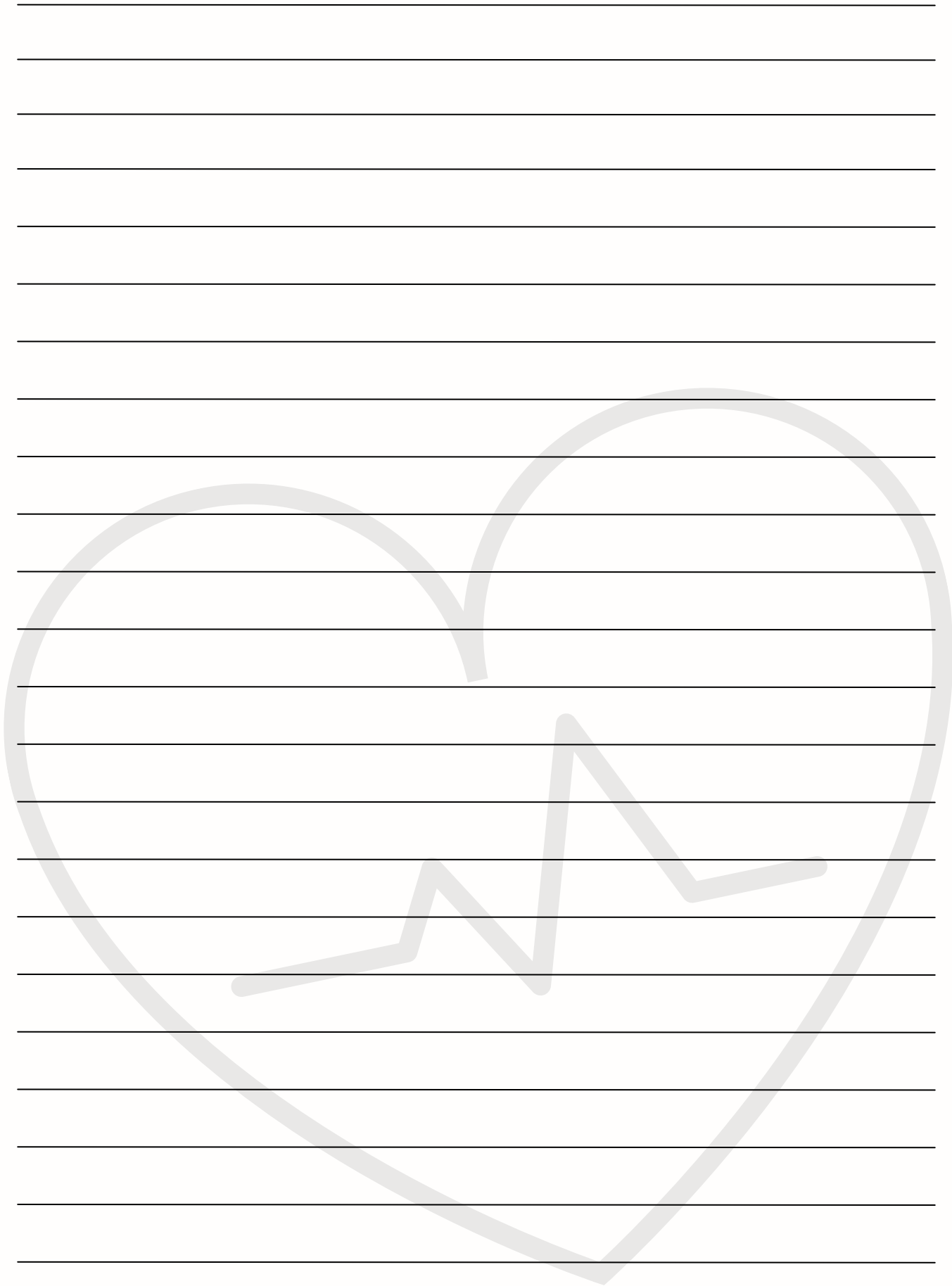
---

---

---

---





# **Chapter 10**

## **Time to Write Your Story**

An invitation for you to experience your own healing journey with the Lord.

# Full of Life

Several people asked us for a more detailed update on Gracie’s situation at the end of the book, because they were so caught up in our story. But, keeping our story brief as we were nearing the end of the book was very intentional on our part. Because, although I have shared an incredible amount of our personal experience, writing this all down was never about us. The intention in all of it was to invite you into your own healing experience with the Lord.



It is officially time for you to experience and write about your own healing story!

This is a great place to document any notes or healing experiences you have had as you have been reading this book.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

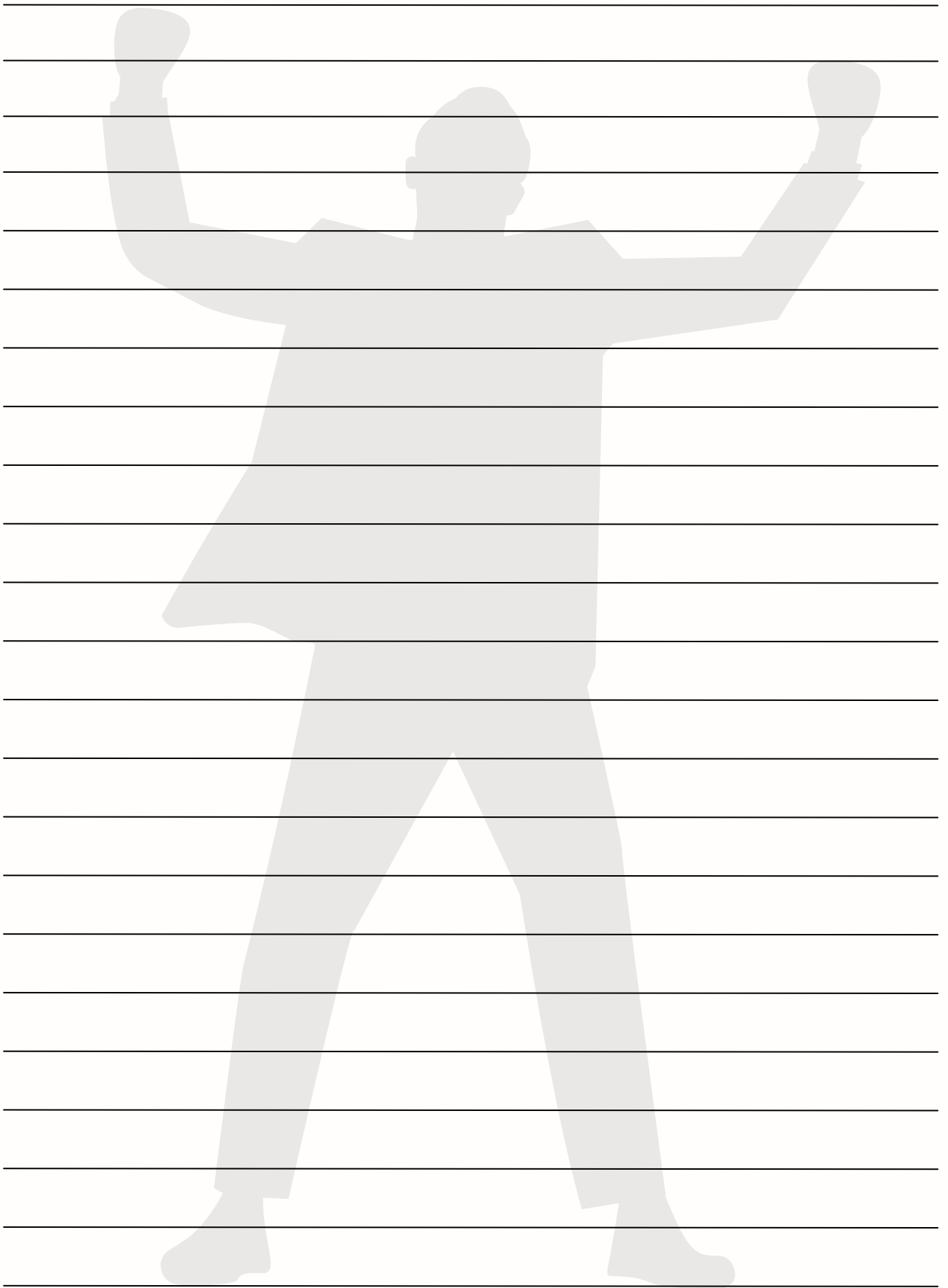
---

---

---

---

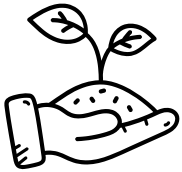
---



# Stand Up and Walk

A lot of people that we minister to hear this message of healing and get excited but then quickly forget all they have learned when challenges arise. It's like they look into a mirror and then walk away and immediately forget what their reflection looks like.

But that's not you my friend!



I have faith that this message has planted deep roots within your soul and you are going to flourish as you explore and enjoy Jesus' Kingdom life on this earth. Your heart is what Jesus refers to as "fertile soil":

*"He told many stories in the form of parables, such as this one: 'Listen! A farmer went out to plant some seeds. As he scattered them across his field, some seeds fell on a footpath, and the birds came and ate them. Other seeds fell on shallow soil with underlying rock. The seeds sprouted quickly because the soil was shallow. But the plants soon wilted under the hot sun, and since they didn't have deep roots, they died. Other seeds fell among thorns that grew up and choked out the tender plants. Still other seeds fell on fertile soil, and they produced a crop that was thirty, sixty, and even a hundred times as much as had been planted! Anyone with ears to hear should listen and understand.'"*

*Matthew 13:3-9 NLT*

I have been praying for you and I believe that you will no longer allow the worries of this world to choke out the beautiful and powerful message of Jesus' Kingdom in your life. If symptoms and situations arise, I pray that you listen to the gentle whispering of the Holy Spirit beckoning for you to let go of the fear that the narrative of this world has to offer and that you choose to experience life in Christ instead. Remember all that you have learned and hold fast to the message of Jesus until it comes to pass in your life on this earth. If you are struggling with infirmity, I encourage you to raise your hopes, dig your heels deep into this Good News message, and don't give up until you experience the peace and joy that Jesus Christ has made freely available to every single one of us.

# You Are Not Alone

*"Living within you is the Christ who floods you with the expectation of glory! This mystery of Christ, embedded within us, becomes a heavenly treasure chest of hope filled with the riches of glory for his people, and God wants everyone to know it! Christ is our message! We preach to awaken hearts and bring every person into the full understanding of truth..."*

*Colossians 1:27-29 TPT*

*"I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe."*

*Ephesians 1:18-19 NASB*

*"Your eyes are windows into your body. If you open your eyes wide in wonder and belief, your body fills up with light."*

*Matthew 6:22 MSG*

Jesus Christ is your healing.

He is your health.

He is what you have been searching for.



# Share Your Healing Story!

We would absolutely love to hear your story and celebrate with you, so please don't hesitate to share your healing experience with us at:

[raisedtolifebook.com](http://raisedtolifebook.com)

