

Choose Health and Live

by

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Choose Health and Live©
Affectionately Dedicated
to the
Lord Jesus

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Choose Life and Live

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Introduction

Countless people would give all their wealth in exchange for physical healing! Furthermore, there are multitudes who, having spent all their living in search of healing, have not grown better but, rather, have become worse.

However, there is power - good news - in the Gospel, not merely for the sinner, but also for the *sick! Healing*, as well as forgiveness, *has already been purchased!* The sick need not be sick any more, and the whole can be assured that health will continue to flow!

The Gospel which Jesus announced included salvation from both sin *and* sickness. The very word "salvation" denotes deliverance, not only for the spirit and soul, but for the *physical body* as well.

For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation {including healing} to every one that believeth ... (Romans 1:16).

Notice, however, the means for *receiving* this salvation, including healing - *believing!* As one must believe God's *specific* Word regarding forgiveness of sin in order to be born again, so one must believe God's *specific* Word regarding health in order to receive healing!

Lack of knowledge regarding God's provision for healing prevents many, even committed Christians, from fulfilling the long and satisfied life which the Lord wills for everyone.

My people are destroyed for lack of knowledge... (Hosea 4:6).

With long life will I satisfy him, and show him my salvation (Psalm 91:16).

How wonderful to be provided opportunity, not only of being healed, but of *living* in health! There is never reason to fear the dread enemy of sickness because the Lord has made a way for you to *live free* of disease!

Embracing the Word of God regarding healing, health becomes not mere *chance*, but *choice!* Therefore, we pray that in reading the following, the eyes of your understanding will be enlightened whereby you will - *choose health and live!*



Chapter 1

Health: God's Will for All

God desires that we be in health, not only spiritually and soulishly, but *physically*! The Lord is honored as we live not only *holy* lives, but *healthy* lives as well!

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth (III John 2).

Glorify God in your *body*, and in your spirit, which are God's (I Corinthians 6:20).

God hates sickness just as He detests sin, because disease mars man, His prize creation.

Jesus was the exact expression of His Heavenly Father. Therefore, Jesus was the will of God in action, as expressed by His following statements:

He that hath seen me {Jesus} hath seen the Father ... (John 14:9).

For I came down from heaven, not to do mine own will, but the will of him that sent me (John 6:38).

The works of Jesus, therefore, correlated perfectly with the will of His Heavenly Father. As Scripture illustrates, at least *one-third* of Jesus' earthly ministry was executed in healing of the sick.

And Jesus went about all Galilee, *teaching* in their synagogues, and *preaching* the gospel of the kingdom, and *healing* all manner of sickness and all manner of disease among the people (Matthew 4:23).

He {Jesus} received them, and *spoke* unto them of the kingdom of God, and *healed* them that had need of healing (Luke 9:11).

Jesus prayed that the Father's will would be “done in earth, as it is in heaven,” and assuredly, there is no sickness in heaven!

Therefore, the Father's will, according to the prayer of Jesus, is that there be no sickness in earth!

Furthermore, should sickness be the will of God, every physician and hospital would be considered operating *against* the Lord. Such an idea, of course, is absolutely erroneous! Likewise, the very idea that disease would be perpetrated or sanctioned by our loving Heavenly Father is absurd in view of His Word and nature!

Although most people affirm God's *ability* to heal because He is divine, relatively few are persuaded of His *willingness* to heal *them*! However, in order to receive healing and maintain health, we must know not only that God *can* heal, but that He *will* heal!

Had healing not been the Father's will, the earthly ministry of Jesus would have been *against* God rather than *for* Him, because Jesus went about *healing*, not "making sick"!

Because Jesus willed to heal everyone, we can be assured that health and healing are the will of God for *all* as Jesus came only to enact His Heavenly Father's will!

Great multitudes followed him {Jesus}, and he healed them *all* (Matthew 12:15).

He {Jesus} laid his hands on *every one* of them, and healed them (Luke 4:40).

And the whole multitude sought to touch him: for there went virtue out of him, and healed them *all* (Luke 6:19).

Just think - even among a great multitude, there was not one person that Jesus would not heal. Obviously in such a congregation, there were all kinds of people, both sinners and saints, but Jesus healed them *all*! Such remains the case today because God has not changed! He *still wills* to heal *all*!

For I am the Lord, *I change not* ... (Malachi 3:6).

Jesus Christ *the same* yesterday, and today, and for ever (Hebrews 13:8).



Chapter 2

The Source of Sickness

Having scripturally established that health and healing *are* the will of God for all, it is evident that the Lord is not the source of sickness and disease. Knowing that sickness is not from above, from where does it originate?

God did not create man in a diseased condition. Adam knew no sickness until he submitted to Satan and sin. However, following Adam's disobedience and relinquishment of his authority to Satan, man-kind became subject to sin and death with all of their evil companions, including sickness. There-fore, both sin and sickness have the same origin - Satan!

Satan detests *all* mankind because men are made in the image of Creator God. Hence, Satan delights in marring the image of God by afflicting people with sickness.

Jesus was sent to reinstate the wholeness which man possessed prior to the fall of Adam. Jesus came to earth to *redeem*, or repurchase, man from satanic dominion, loosing people from enemy captivity!

Notice how Jesus contrasted His works of abundant life with the destructiveness of Satan:

The *thief* {*Satan*} cometh not, but for to steal, and to kill, and to destroy: I {*Jesus*} am come that they might have life, and that they might have it more abundantly (John 10:10).

Scripture expressly reiterates that sickness is the result of satanic oppression:

How God anointed Jesus of Nazareth with the Holy Ghost and power: who went about doing good and *healing all that were oppressed of the devil*; for God was with him (Acts 10:38).

And ought not this woman, being a daughter of Abraham, whom *Satan hath bound*, lo, these eighteen years, be loosed from this bond {of infirmity} on the sabbath day (Luke 13:16)?

Jesus not only exposed the *source* of disease, but He heralded the glad tidings that man *ought* to be loosed from it! In other words, believers have the *right* to be free from oppression of sickness because healing, as well as forgiveness, *has already* been purchased for us!



Chapter 3

Delivered From Sin and Sickness

Healing was available under the Old Covenant but always, even then, through Jesus! When the Israelites departed Egypt, there was not one feeble - much less sick - person among them, because each had partaken of the lamb during the first Passover.

Partaking of this sacrificial lamb in faith, the Israelites received forgiveness *and* healing which Jesus, the *literal* Lamb of God, purchased through His future sacrifice.

He brought them forth also with silver and gold: and there was *not one feeble person* among their tribes (Psalm 105:37).

As these Old Covenant Israelites looked by faith *to* the sacrifice of Jesus, receiving forgiveness *and* healing, so New Covenant believers look *from* Calvary to receive the same!

Shortly following their miracle deliverance from the tyranny of Egypt, the Israelites sinned by murmuring when they encountered the bitter waters of Marah. It was during this incident that the Lord first revealed Himself as Healer.

I am the Lord that healeth thee (Exodus 15:26).

The Lord knew that as a consequence of their sin, Satan would thereby have an avenue to *rob* them of

health, which had become their legal possession through partaking of the sacrificial Passover lamb.

Therefore, God revealed a means whereby these could *regain* health, even though their sin had precipitated the sickness. By exercising faith in the fact that God is the *Healer - not the afflictor* - these Israelites could regain their rightful state of health.

Likewise, should believers be physically afflicted, their position is not to *obtain* but, rather, to *regain* health, because healing has been provided through the substitution-ary sacrifice of Jesus. Therefore, it stands that legally, *all* believers *have been healed!*

However, because Satan seeks to steal, Christians must know the principles of God's Word in order to *enforce* their legal privilege. *Acting* upon the knowledge of God's Word regarding healing, believers will not only be healed, but will learn to *live in health!*

Because God's revelation is progressive, when the Israelites again sinned, giving place for the devil to afflict their bodies through the bites of serpents, the Lord then revealed the *means* whereby He heals - Jesus!

At this point, the Lord was symbolically reveal-ed as their Healer, the brazen serpent depicting the futuristic sacrifice of Jesus that would liberate mankind from the dominion of sin and sickness.

Moses made a *serpent of brass*, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived (Numbers 21:9).

And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up (John 3:14).

Although, at this point, Jesus had not yet completed His redemptive work at Calvary, it was already an accomplished reality in the heart of God.

And all that dwell upon the earth shall worship him ... the Lamb slain from the foundation of the world (Revelation 13:8).

Therefore, these Old Covenant Israelites could release faith in the *forthcoming* sacrifice of Jesus as they looked upon that pole. The *serpent of brass* represented Jesus, who took upon Himself the *cause* of sick-ness, which is sin!

For he {Father God} hath made him {Jesus} to be *sin for us*, who knew no sin ... (II Corinthians 5:21).

In looking to this type and shadow of redemption, the Israelites were both forgiven of their sins *and* healed of their symptoms!

David was another who exercised faith in the forthcoming redemptive sacrifice of Jesus, thereby receiving forgiveness *and* healing.

Bless the Lord, O my soul, and forget not all his benefits: who *forgiveth* all thine iniquities; who *healeth* all thy diseases (Psalm 103:2,3).

Isaiah, likewise, had access to divine health approximately 712 years prior to the coming of Jesus by appropriating the redemptive purchase of Calvary *before* the fact, just as we now must do *following* the fact!

Surely He {Jesus} hath borne our griefs {sicknesses}, and carried our sorrows {pains} ... and with his stripes we are healed (Isaiah 53:4,5).

Scripture states that the earthly ministry of Jesus *fulfilled* these Old Covenant prophecies precisely:

He {Jesus} cast out the spirits with his word, and healed all that were sick: that it might be fulfilled which was spoken by Isaiah the prophet, saying, *Himself took our infirmities, and bare our sicknesses* (Matthew 8:16,17).

Because Jesus has completed the sacrificial offering of His blood and body, the Church's *confession of health* is the Scripture penned *following* the resurrection of Jesus. The Apostle Peter, who personally witnessed the death of Jesus, wrote concerning both the spiritual *and* physical results of Christ's substitutionary suffering.

Who his own self bare our sins in his own body on the tree ... by whose stripes ye were healed (I Peter 2:24).

If "ye were healed," then ye *are* healed! Your health was previously purchased by the stripes that Jesus bore on His back when crucified!

Because Jesus has *already* borne our sicknesses, you have no need ever to bear disease! Purpose now to *receive* the health that is yours through Calvary!



Chapter 4

Receive Your Healing

We must *believe to receive*, even those benefits which are free, including healing! Although health has been provided, it is passive until faith is released. Faith brings *to* us that which has been provided *for* us!

Even in the earthly ministry of Jesus, the *recipient's faith* is most often mentioned as being the *activator* of healing power. Of nineteen recorded cases in Scripture during which Jesus ministered to specific individuals, *twelve* of the nineteen attribute healing to exercise of the *individual's* faith!

◆ *Centurion's servant healed*: "**As thou hast believed, so be it done unto thee ...**" (Matthew 8:13).

◆ *Two blind men received sight*: "*According to your faith be it unto you*" (Matthew 9:29).

◆ *Lunatic healed*: "**If thou canst believe, all things are possible to him that believeth**" (Mark 9:23).

◆ *Woman with issue of blood healed*: "**Thy faith hath made thee whole ...**" (Mark 5:34).

Although virtue was flowing from Jesus, this divine power was *passive* until the *recipient's* faith was released!

Scripture states that in His hometown of Nazareth, Jesus *could not* - not *would not* do any mighty work.

Jesus was literally *prevented* from ministering major healings due to the *people's* unbelief!

And he could there do no mighty work, save that he laid his hands upon a few sick folk {with minor ailments}, and healed them. And he marveled because of their unbelief (Mark 6:5,6).

Jesus never stated that He healed according to *His* faith. If unbelief hindered His healing virtue *then*, unbelief will hinder His virtue *now*!

Exercise of faith being an absolute necessity for receipt of healing, how is this faith developed and released? The only means for developing faith is by attending to the Word of God in the area where change is desired.

So then faith cometh by hearing, and hearing by the word of God (Romans 10:17).

Likewise, as we give attention to God's Word, we are literally transformed into the image portrayed of us therein - an image of *wholeness*, not sickness! The *natural* laws of sickness will be superceded through the *supernatural* law of faith developed by diligently attending to God's Word. It is even a scientific fact that we attract the very image which we behold with our eyes.

But we all, with open face beholding as in a glass {God's Word} the glory {health} of the Lord, are changed into the

same image from glory to glory {health to health} ... (II Corinthians 3:18).

The Word of God is not passive, but *active* when mixed with faith. God's Word serves as both *nourishment* and *medicine* for those who *choose* to study and obey it.

Man shall not live by bread alone, but by every *word* that proceedeth out of the mouth of God (Matthew 4:4).

My son, attend to my *words* ... For they are *life {nourishment}* unto those that find them, and *health {medicine}* to all their flesh (Proverbs 4:20,22).

As you are diligent to *read, meditate, and confess* Scriptures related to health and healing, God's Word will eventually register upon your spirit. His Words of health will actually become even greater reality than the symptoms which seem to be "screaming"!

Faith comes by "*hearing*," not by "*hav-ing heard*"! In other words, faith isn't developed by merely attending to God's Word *occasionally*, but by receiving it *continually*!

Often people pray *before* they have developed faith; therefore, they fail to receive the meeting of their need. In order to receive healing, *faith's development* must precede even our *praying*!

Recall that Jesus went about teaching, preaching, and *then* healing. He was aware that teaching and preaching would precipitate exercise of faith whereby

people would be *positioned to receive* when He ministered healing.

In order to receive healing, faith must not merely be present, but *released*! Release of faith to activate the promises of God is through both *speech* and *deed*!

We having the same *spirit of faith* ... also *believe, and therefore speak* (II Corinthians 4:13).

Even so faith, if it hath not works {*deeds*}, is dead, being alone ... I will show thee my faith by my *works* (James 2:17,18).

Faith, although present, often must *increase* in order that our believing become a reality.

Jesus said unto them ... If ye have faith {*that groweth up*} as a grain of mustard seed ... *nothing shall be impossible unto you* (Matthew 17:20).

This supernatural, incorruptible seed of God's Word is matured by consistently feeding upon Scriptures regarding healing. Then faith is *increased* whereby the harvest of healing can be received!

For sake of clarity and visual aid, we can define faith in at least two fashions:

First, faith is a spiritual *force*. As the seed of God's Word is nurtured by speaking and acting upon Scriptures regarding healing, your mere "measure" of faith will mature into a *force*. This faith *force*, when sufficiently developed, will *draw* from the spiritual realm into the natural realm your desired manifestation of healing and health!

Unlike natural medicine, divine healing originates not within the body, but within the spirit of man. As faith is developed and exercised, the forces of healing emanate from man's spirit, driving out sickness and releasing health in the physical *body*!

Second, faith is not only a force; it is also a *substance*, serving as a spiritual *sub-stitute* for that which you are desiring to manifest in the natural. That spiritual *sub-stance* is conformed to the Word of God, assuming more and more definition, or clarity, as you feed upon God's Word.

Now faith is the *substance* of things hoped for, the evidence of things not seen (Hebrews 11:1).

Faith never *denies* facts; rather, faith *changes* them! Scripture testifies that in exercising faith, Abraham did not *deny natural* law; he *overcame* it by activating a *supernatural* law - the law which re-ceives from God - *faith*!

{Faith} calleth those things which be not as though they were (Romans 4:17).

In other words, Abraham did not *deny* his natural inability to produce a son in old age; instead, he *conquered* that natural *ina-bility* by activating a supernatural *availabil-ity* - the *Law of Faith*!

Abraham *spoke* God's promise of a son until *faith's substance*, his promised son, formed within his *spirit*.

The *force of faith* then affected his physical state, drawing that *substitute substance* from the spiritual realm into the natural. That which had been impossible with man became possible with God!

According to God's Word - by which He is bound - man *must* exercise faith in order to receive from Him. That's the reason Scripture states:

***With God* {man cooperating with God by faith} all things are possible (Mark 10:27).**

Faith's exercise can be twofold, according to the words of Jesus. Indeed, we are instructed to *pray* in faith, believing that we receive *when we pray*!

What things soever ye desire, *when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

However, in this text Jesus set forth a means, other than prayer, by which desires can be received through the exercise of faith. Jesus stated that we can not only speak to the Heavenly Father in prayer, receiving our promised provisions, but we can also *believe and speak* directly to our *circumstances*, thereby changing them to align with the Word of God.

Whosoever shall *say* unto this *mountain* {*circumstance*}, Be thou removed, and be thou cast into the sea; and *shall not*

doubt in his heart, but *shall believe* that those things which he *saith* shall come to pass; he shall have whatsoever he *saith* (Mark 11:23).

In other words, to receive manifestation of health as a believer, it is not necessary to *pray* that the Lord provide healing, because healing has already been purchased through Jesus!

Simply execute the authority bequeathed you as a believer by *speaking* to your circumstance (sickness) in the *Name of Jesus*, simultaneously *believing* that symptoms will flee, and health will manifest in your physical body!

The following words of Jesus refer not to prayer but, rather, to the believer's direct *exercise of authority* over circumstances and the enemy:

If ye shall ask {*demand of circumstances and the enemy*} any thing *in my {Jesus'} name*, I will do it (John 14:14).

Having received God's Word, meditate on these truths until you are *fully* persuaded that health is yours! From that point of faith, proclaim your healing! *Choose health and live!*

Boldly declare from your heart the following confession of healing:

The Gospel is the power of God unto salvation. I confess Jesus Christ as Lord over my life - spirit, soul, and body! I confess any sin and receive my forgiveness. My Heavenly

Father is faithful and just to forgive me of my sins and to cleanse me from all unrighteousness.

Likewise, I forgive all who may have sinned against me. I am now in fellowship with my Heavenly Father, assured that there is *no* hindrance to receipt of my healing! By acting upon the *Word of God*, I activate the *power of God* and *now* receive health and wholeness!

Sickness, disease, and symptoms, I resist you in the Name of Jesus! You are *not* the will of God. Therefore, in full confidence, I enforce the Word of God against you. I will no longer tolerate you in my body. Leave my presence. My body is the temple of the Holy Spirit. Therefore, the power of sickness is removed from my life!

My healing has been purchased through the stripes which Jesus bore at Calvary. Because I *was* healed *then*, it stands that I *am* healed *now!*

Fear, you will not have place to torment me. You are a defeated foe in my life because *I have chosen faith!* I have not been given a spirit of fear, but of love, power, and a sound mind. *I am free from fear!*

This day *I choose health* and will truly *live*, not merely exist! I believe, speak, and act according to God's Word regarding my body. I praise you, Heavenly Father, that healing and health are mine! I am made whole in Jesus' Name!

Freely I have received. Freely I will give, sharing the Good News that Jesus has provided health for *all* who will believe and, thereby, receive!

Having *released* faith through your declaration, begin to *rejoice* in the Lord, physically doing something which you were unable to do before. Bend! Walk! Run!



Chapter 5

Maintain Your Healing

Although it is possible at times for one to receive healing through another's exercise of faith, or through a special manifestation of the Holy Spirit, health cannot be maintained apart from developing

your own personal faith on the subject of divine healing.

Satan will take advantage of your lack of knowledge, attempting to reinflct symptoms. Therefore, faith is necessary to *resist* this tactic of the enemy! Jesus warned regarding the possibility of losing that which we have received.

Hold that fast which thou hast ... (Revelation 3:11).

Refuse to accept the return of symptoms! *Reject* them immediately! *Submit* to God! *Resist* the devil! Symptoms *will* flee!

Submit yourselves therefore to God. Resist the devil, and he will flee from you (James 4:7).

Submit to the Lord by continuing to attend to God's Word, not only in the area of healing, but in *every* arena of life.

Take care to *maintain fellowship* with your Heavenly Father by appropriating the blood of Jesus when you sin. Having received your forgiveness, in addition to ridding yourself of all unforgiveness toward others, *nothing* can hinder the maintaining of your healing!

Having submitted unto the Lord, now *resist the devil* by speaking directly to your symptoms in the Name of Jesus: "Symptoms, I rebuke you in the Name of Jesus, and you *must* flee!"

Just as healing was *attained* by faith, so now health must be *maintained* by faith! Hold fast your *healing* by holding fast your *confession*! Continue to exercise faith, speaking the Word of God *with thanksgiving* for your precious healing.

Let us *hold fast* our profession {*confession*} (Hebrews 4:14).

To him that ordereth his conversation aright will I show the salvation {*health*} of God (Psalm 50:23).

Furthermore, your very *attitude of gratitude* will accentuate your health and well-being:

A *merry heart* doeth good like a *medicine* (Proverbs 17:22).

The *joy* of the Lord is your *strength* (Nehemiah 8:10).

Having chosen *health*, not merely healing, *live free* of sickness and disease!