

GO DEEPER

Self-Examination Questions

What words and lies has the enemy been speaking to you? What Words of God can you speak against each lie?

What words have you been speaking about your health? Have you been wishfully speaking them or commanding them in Jesus' name?

What personal examples do you have of the power of your words, either positive or negative?

What do you think will be different if you monitor the words you speak closely? How will monitoring your words affect others?

Prayer Points

Use these prayer points to write and to pray your own powerful prayer:

- Thank God for the power of His Word.
- Commit to speak out the Word of God over your life.
- Take authority over sickness and disease.
- Release the power and authority in Jesus' name.
- Command sickness and disease to go.
- Thank God that He sent His Word and healed you.
- Believe and receive healing right now.
- Call the things that be not as though they are.
- Call healing into existence right now.
- Acknowledge the power of God's Word in your mouth.
- Praise God that He is a healing God.

Action Steps

- In your Healing University journal, write down the words you have typically been saying about your situation. Draw an arrow from the words and write down what God's Word says and what you will command boldly and confess about your situation

from now on. Begin the pattern now of speaking life and tear down strongholds as you call those things that are not as though they are.

- Next, draw an outline of a body and on the inside write the things that are happening inside your body because of the words you are speaking over your body. Draw speech bubbles showing what your mouth is speaking out. Use this as a reminder that you can't see what is happening inside, but you know the power of God's Word spoken in your mouth, and you have faith that change is happening!
- Settle in your heart that the Word of God spoken from your mouth has power. Examine your heart and, when you are ready, make the following declaration and don't waver from it:

I believe the Word of God spoken from my mouth has power and authority to alter my situation. _____ (sign and date)

- Write your own answer to this question: *What words do I want to speak to my body about my healing?*

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