

**GO DEEPER**

**Self-Examination Questions**

*What seeds may have caused your harvest of physical problems?*

*Are you unhappy with harvest in some area of your life? What can you change?*

*What changes can you make in your life to sow more seeds toward a harvest of healing?*

**Prayer Points**

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

- Thank God for the concept of seed, time, and harvest.
- Thank God for the power of His Word.
- Thank God for the power of the seed.
- Thank God that His Word brings forth harvest.
- Thank God that He purposes that we walk in health.
- Declare that you will change what you are sowing and what others are sowing into you.
- Commit to guard your heart and to continue sowing into it the Word of God.
- Commit to declare the Word of God over your health.
- Praise God that you will receive a harvest of healing and health.

**Action Steps**

- In your Healing University journal, illustrate how seed, time, and harvest work in your life and your healing. Make a visual representation and label the parts of the concept so you can remember how important it is to sow God's Word, get spiritual revelation, declare it, and then reap your harvest. You may want to draw your illustration or film a short video to put on social media. Find a way to convey these thoughts and share the revelation with others.
- Settle in your heart that everything in the kingdom of God and in life really works according to seed, time, and harvest—including health and healing. What you sow in your heart is important because that is what you will reap. Examine your heart and, when you are ready, make the following declaration and don't waver from it:

I believe that my healing depends on seed, time, and harvest. I will sow God's Word into my heart, declare His promises, and reap healing as my harvest.

\_\_\_\_\_ (sign and date)

- Read the following confession aloud and memorize it to internalize these promises and declarations of faith:

*By His stripes I am healed. Praise God. His Word is life and health to my flesh. His Spirit quickens my mortal body. Life and health is in the power of my tongue. I'm going to sow the seeds of life and health. The fruit of my righteousness is the Tree of Life. He sent His word and healed me. I bless the Lord with all that is within me. I bless the Lord and forget none of His benefits. He has forgiven all of my iniquities; He has healed all my diseases. He has redeemed my life from destruction and crowned me with loving kindness and tender mercy.*

- Write your own answer to this question: *How will I see healing as a harvest in my life?*

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