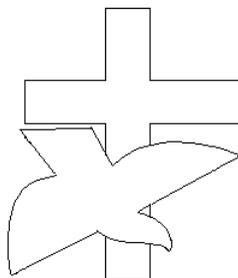


Divine Healing Ministries



Praying For Ourselves

By

Rev Brother David Jardine

I would like to give some guidance in this leaflet as to how to pray for ourselves. When we are sick it is right and proper that we should receive a ministry of prayer from other people. But at the same time we can also be praying every day for ourselves.

Who should pray in this way?

This particular type of prayer is suitable for those suffering from physical illness.

How long should we pray?

For about twenty minutes once per day, or possibly twice per day if we have the time.

Where should we pray?

Preferably in a quiet place, without any interruptions. To sit comfortably on a hard chair, with the back straight, the eyes closed, is probably best; but to lie down, flat out, on a bed if you like, would also be acceptable.

What attitude should we have in prayer?

We should come to prayer with confidence that God wants to heal us. Jesus never turned sick people away empty-handed. He always made them well. Come to Jesus in prayer now in the faith and belief that He wants to make you well.

How should we pray?

In this time of prayer we are going to invite the Holy Spirit, the most powerful force in the whole world, to come into every part of us.

1. Take a few minutes to thank God for his gift of the Holy Spirit. Think of the Spirit coming down at Pentecost, transforming the lives and ministries of

those early Christians, taking away their fear. Give thanks for the promise of Jesus: *'You shall receive power when the Holy Spirit comes upon you'*.

2. Take a few minutes then to thank God that that same Holy Spirit that came down in power at Pentecost is still available to us today, available to you now.
3. Now invite the Holy Spirit to flow into every part of you. If you like, you can picture Jesus standing with his hands upon your head, releasing the power of the Spirit in your life; allowing it to flow into your legs, your feet, your arms, your hands, your body, your chest, your neck, your head, your mind, your emotions, your memory. Remember that it is the Spirit of love and joy and peace, the Spirit of power and healing that is flowing into every part of you. In your mind's eye picture the Holy Spirit moving especially into the area of your body that is sick or injured. Give thanks that the Spirit is bringing healing.
4. Picture yourself well, as you want to be. Picture yourself doing something physical - running, walking briskly, swimming, digging - and give thanks that this is how God is making you. Take a few minutes to hold this picture in your mind - and give thanks.

This whole prayer should last about twenty minutes, or a little more if you have time.

Final points

1. It is right and proper that we should take time each day when we are sick to pray for ourselves. But so as to avoid the danger of becoming self-centered we must keep the balance right by also spending time in prayer for other people.

2. It is important to develop the faith and belief and confidence that God is healing us. So if, during the rest of the day, we start to worry about ourselves or think sickness, we can very gently replace that thought and give thanks by faith that God is responding to our prayer and healing us.
3. Remember that the whole purpose of our Christian lives is to glorify God. It is important that, whatever measure of healing we receive, we determine to use that in the service of God:-

Lord, send us out in the power of your Spirit to live and work to your praise and glory. Amen.

INTERDEMONATIONAL DIVINE HEALING MINISTRIES

Healing Services

Every Monday night at 8 pm in St Anne's Cathedral, Belfast
Every Tuesday night at 8 pm in St Finnian's Church, Cregagh
(not July and August)

Intercession Service

If you would like prayer for yourself or for someone else you
may ring 028 9031 1532
Just leave your first name and what you would like prayer for,
and we will pray every day for a month

Personal prayer for God's strength, peace and healing

Monday to Friday 10 am - 1 pm (by appointment) at
32 Townsend Street, Belfast BT13 2ES
Telephone: 028 9031 1532

Drop in Centres

St Peter's Cathedral, Falls Road Tuesdays 10.30 am - 12 noon
Shankill Methodist (corner of Berlin Street)
Thursdays 10.30 am - 12 noon

Holy Communion and prayer for healing

Every Monday at 1 pm in St George's Church, High Street,
Belfast (near the Albert Clock)

Divine Healing Ministries

32 Townsend Street

Belfast BT13 2ES

Tel: 028 90311532

E-mail: divinehealing@live.co.uk

Web: www.divinehealingministries.org