



DHM
Divine Healing
MINISTRIES

**Ten Things
to do Spiritually
when we are sick**

By Brother David Jardine

When we are sick it is important to confront the illness with all the resources that are available to us. This is especially true if the illness is a serious one. Naturally we will want to take advantage of medical help, and we thank God for it. But in addition to that there is a vast array of spiritual resources available. It is chiefly about these that I wish to write in this leaflet.

1. Surrender ourselves to the Lord—One of the Gospel stories that describes well what we do in the ministry of divine healing is the healing of the paralysed man in Mark 2. His four friends had to lower him through the roof, and let go of him, so that Jesus would be free to work a miracle in that man. **We can never go wrong surrendering things to the Lord—whether it is a difficulty, an anxiety, an illness or even our whole bodies.**

‘Cast your burden upon the Lord and He will sustain you; He will never let the righteous perish’.

Psalm 55:22

2. Receive prayer and the laying on of hand as often as possible—This is a very gentle ministry. I was introduced to it away back in 1972 when I needed prayer myself. That was an important moment for me. Since that date I have prayed for thousands of people in this way, and on one or two occasions in my life, at times of sickness and difficulty, I have been able to receive prayer ministry on a regular basis. What a blessing that is.

3. Organise people to pray in the background—When people tell me that they are praying for me that is

probably the most valuable gift they could give to me. There have been so many occasions in my life and ministry when I have been doing things that would normally cause me to be anxious, and I have been completely calm, because people were praying in the background. **And when we are sick this kind of prayer support quickens up the whole healing process.** Even if people have only time to throw up an arrow prayer every time they think of you that will make a difference.

4. Pray for yourself—some people tell me that they find it difficult to pray for themselves. I tell them that nearly all of the people healed by Jesus were praying for themselves. Probably the most common way to do this is to talk to God personally, asking Him to bring the healing we need. But there is another way of praying that I have found helpful on many occasions in my life. **It involves lying down on the bed, relaxing our whole bodies, focusing on Jesus, and welcoming the Holy Spirit to flow into every part of us.** I call the Holy Spirit the most powerful force in the whole world! This way of praying has been a great blessing to me in body, mind and spirit at times when I have needed it.

5. Keep the channels clear between yourself and God—one of the pioneers of the healing ministry worldwide is Agnes Sanford. She said that faith allows us to approach God with confidence, but keeping the channels clear allows the power of God to flow. And what is it that keeps the channels clear? **Love, forgiveness, repentance. If we are really trying to practise those three things the channels between ourselves**

and God will be kept open, and His power will be able to flow.

6. Keep our eyes on Jesus and not on the problem—when we are worried about something anxiety tends to keep our minds focused on the problem. We need to break that cycle of anxiety and get our eyes back onto Jesus. Somebody said ‘*glance at the problem and keep your gaze on Jesus*’. One good way to do this is through praising and thanking God for every gift He has given us. This takes our minds off ourselves and gets them onto the Lord. If we practise this it will bring, at the very least, a measure of peace. **And remember, praise begins with a decision—that no matter what our circumstances we are going to praise God.**

7. Anointing or blessing with oil—this is strongly recommended by James in his letter, chapter 5:14. In our services it is anointing for healing, and this is probably easier for some people than receiving prayer because they don’t have to say anything. **I believe that when we anoint the power of God is gently released into the person’s life.** Even the very act of doing what scripture tells us to do can bring a blessing in itself. In all of our services we recommend people to receive both personal prayer and the anointing.

8. Believe/exercise faith—Jesus said “*whenever you pray believe that you have received it and it will be yours*”. We are encouraged in the Gospels to put our faith in God, and that will bring a blessing. Someone said that it is not a great deal of faith we need, but a little bit of faith

in a great God. We often begin prayers with the phrase 'Almighty God'. I think we say it too quickly and lose the impact of what we are praying. We should say 'All Mighty God' - no limit to what He is able to do. *'With God all things are possible'. 'The things that are impossible with men are possible with God'*. So yes, **exercising faith is very important, but let's make sure it is faith in a great God.**

9. Medical treatment—all of us have reason to be grateful for the medical treatment we have received, maybe on many occasions. Possibly in some cases it literally saved our lives. I always recommend people to take medical treatment, unless the Lord guides otherwise, which in my experience is very rare. But at the same time we need to be learning to draw on the healing power of God for ourselves in an even deeper way. And also to find a natural path of healing through good diet, exercise, controlling our weight and godly living. On one occasion my blood pressure was up and the medical people wanted me to go on medication. I asked them to give me an opportunity for a month to see if a change of lifestyle would bring healing. I read that drinking only water, and not beverages, will bring our blood pressure down. I started to practise that. Next time my blood pressure was taken it was normal.

If I had a choice to live my life again, with hindsight, I would try to stick to the healthiest diet I could find. That in itself brings healing and a sense of well-being.

10. Fasting and Eating for Health—this is the title of a book by an American doctor, Joel Fuhrman. He says that through fasting many serious illnesses can be healed, and will stay healed provided we follow the fasting with a strict diet which he recommends. He suggests a plant-based diet. In my experience both the fasting and the diet are important. **Fasting gives the body an opportunity to heal itself. It brings healing, which is maintained if we stick to the strict diet which Dr Fuhrman recommends.** We need to explore this area of healing much more. It does require a sacrifice, especially for people like myself fond of their food. But if we practise Dr Fuhrman’s recommendations a rich blessing will follow, and a great foundation for health. Buy his book and read it.

To get in contact:

Email: office@divinehealingministries.org

www.divinehealingministries.org