



DHM
Divine Healing
MINISTRIES

Praying for Ourselves

By 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-centred 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.

To get in contact:

Email: office@divinehealingministries.org

www.divinehealingministries.org