



## **Meditations & Confessions for Health and Healing**

By Rev. John Osteen (Father of Joel Osteen, and Founder of Lakewood Church)

*“Faith is voice activated. God’s Word is your seed for what you need. Plant your seed by speaking it forth! If you need healing, speak healing scriptures. Here are John Osteen’s go to healing confessions” (Dr. Jerry Savelle)!*

- I fear the Lord and I prolong my days. I keep my heart with all diligence for out of it flows the issues of life. (Prov. 4:23; 10:27)
- My desire is only of the Lord and it is a tree of life. I fear the Lord and He is my fountain of life. I have a sound heart and it is the life of my flesh. (Prov. 13:12; Prov. 14:27, 30)
- I have a merry heart and it does good like a medicine. My belly is satisfied by the fruit of my mouth, and with the increase of my lips I am filled. Death and life are in the power of my tongue. I speak the life-giving words of God and I receive life and health in my body. (Prov. 17:22; Prov. 18:20-21)
- Jesus Christ has borne my sicknesses and carried my pain. He was stricken, smitten of God and afflicted for me. He was wounded for my transgressions and He was bruised for my guilt and iniquities. The chastisement needed to obtain peace and well-being for me was upon Him, and with the stripes that wounded Him, I am healed and made whole. I now have perfect health in my body. (Isa. 53:4-5; 1 Peter 2:24)
- The will of God is done on earth as it is done in heaven. There is no sickness in heaven; therefore, I am not sick at all on the earth. Jesus was never sick on this earth. Jesus is in me and His life flows in me. As He

was in the world so am I in this world. I am healthy as Jesus was healthy upon this earth. (Matt. 6:10; Gal. 2:20; 1 John 4:17)

- Jesus destroyed the works of the devil, which were diseases, sicknesses, and bodily infirmities; therefore, all the works of the devil upon my body are destroyed and I have perfect health in Jesus Christ. (Matt. 8:17; 1 John 3:8; Acts 10:38)
- I am justified by my words. I have the faith of Jesus Christ in me, for Jesus is in me, and He is the Author and Finisher of my faith. I speak unto the mountains of sickness and disease and they obey my words and leave. I have authority and power over all disease and sickness; I command them to leave and they obey my words. I lay my hands on the sick and they recover. (Matt. 12:37; Heb. 12:2; Mark 11:23; Matt. 10:1; Mark 16:18)
- I believe in God and all His promises, and all things are possible unto me. All the promises of God are Yes unto me for Christ has paid the price for all of them. (Mark 9:23; 2 Cor. 1:20)
- I believe that all those things I say shall come to pass. All things which I desire, when I pray, I believe that I have received them and I have them. (Mark 11:23-24)
- Whatsoever I ask in the Name of Jesus, Jesus himself does it that the Father may be glorified in the Son. When I ask for anything in the Name of Jesus, Jesus says He will do it. (John 14:13-14)
- The Father loves Jesus Christ and gives Him all that He asks. The Father loves me as much as He loves Jesus and gives me everything that I ask. (John 16:23-27; 17:23)
- All authority in heaven and earth is given unto Jesus Christ. I have faith in the power and authority of the Name of Jesus Christ and through His Name I am made perfectly whole. (Matt. 28:18; Acts 3:16)
- The Spirit of God who raised up Jesus Christ from the dead dwells in me, and He who raised up Jesus Christ from the dead, also quickens and gives life to my mortal body through His Spirit who now dwells in me. (Rom. 8:11)

- I confess with my mouth the Lord Jesus Christ and believe in my heart that God has raised Him from the dead and I am healed. For with my heart I believe unto righteousness and with my mouth confession is made unto healing and health. (Rom 10:9,10; Mark 5:23; Acts 14:9)
- My health springs forth and the glory of the Lord is revealed in me. The Lord brings me health and cure, and reveals unto me the abundance of peace and truth. (Isa. 58:8; John 17:22; Jer. 33:6)
- I sow to the Spirit and reap of the Spirit life everlasting. I sow words of health and healing every day and daily reap health in my physical body. (Gal. 6:8-9)
- Jesus has destroyed Satan and spoiled all his principalities and powers, and they no longer have any power in me. In the Name of Jesus, I have power over them and over all their works of sickness and disease. (Heb. 2:14; Col. 2:14-15; Mark 16:17-18)
- The word is near me, even in my heart and in my mouth; that is the word of faith which I speak. (Rom. 10:8)
- It is the will of God that I should prosper and be in perfect health even as my soul prospers. (3 John 2)
- My body is the temple of the Holy Spirit and all the fullness of God dwells in me. I glorify God in my body and in my spirit which are His. (1 Cor 6:19-20; Eph. 3:19).

Source: Spiritual Food for Victorious Living by John Osteen

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***For the body is one, comprised of many members and being many, the members collectively are one body. It is by the one Spirit that we, being many are baptized into one body; for this body is not one but a collective. So it is with Kingdom Worker Ministries, we are many individual members joined together as one, one worker for the kingdom (I Corinthians 12:12-14).***