

A black and white photograph of a hand holding a nail. The hand is positioned on the left side of the image, with the thumb and index finger gripping the nail. The nail is dark and appears to be a wooden nail. The background is dark and out of focus.

## Chapter ONE

# IMPEDIMENTS, HINDRANCES, AND SNAGS TO HEALING

God's will for my life is that I walk in wholeness— spiritual, emotional, mental, volitional and physical.

When wholeness is not part of my life, I must look for the cause that creates a block to the healing work of Jesus in my life. The causes may be varied and unique to each one of us, but some of the more familiar ones are presented in the pages that follow.

### NO FAITH IN WHO JESUS SAYS HE IS

#### **1 John 2:22**

*"Who is the liar? It is the man who denies that Jesus is the Christ." NIV*

#### **1 John 3:8b**

*"The reason the Son of God appeared was to destroy the devil's work." NIV*

Some people have heard of Jesus and know about Him, but refuse to believe in who He says He is. Therefore they cannot or will not receive Him as Lord and Savior and Healer. Refusal to believe in the Healer is very often the major hurdle

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that will block healing.

**John 8:31-32**

*“To the Jews who had believed him, Jesus said, ‘If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.’” NIV*

**John 14:6**

*“I am the way and the truth and the life. No one comes to the Father except through me.” NIV*

## PRAYER

*LORD JESUS, I CHOOSE to acknowledge you as the only begotten son of God. I choose to believe that you are who you say you are: the Son of God and that you are the only way to the Father. By an act of my will, I now declare that you are Lord of my life and my Savior.*

*I DO SO, BECAUSE I confess that on my own I can do nothing that has any lasting value.*

*I CONFESS THAT I have tried to create a life outside of you and I have failed. I confess that my independence from you is a sin and I ask for your forgiveness for all the ways in which I have gone my own way apart from you and Father God.*

*I THANK YOU FOR your grace and the price you paid on the cross so that I may have eternal life. I declare your Lordship into every part of my being:*

*I ASK YOU TO BE LORD OF MY SPIRIT,  
LORD OF MY MIND, Lord of my will,  
LORD OF MY EMOTIONS,  
LORD OF MY BODY,*

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*LORD OF MY BEHAVIOR,  
LORD OF MY RELATIONSHIPS,  
LORD OF MY FUTURE  
LORD OF MY PAST AND MY PRESENT.  
I DECLARE THIS INTO MY SPIRIT;  
AND I DECLARE THIS INTO THE HEAVENLIES.*

## NO FAITH IN GOD, UNBELIEF

Some people have no faith in God. They may believe in God, but they do not believe God. Believing in God requires that we also believe what He says in his Word. When we live with skepticism in our minds or hearts about God's commitment to those whom He created, we are facing another major hurdle to fullness of life. Such an active lack of faith at the core of a person's being can be a learned unbelief through teaching, experience or logic. They can create a stronghold that blocks the healing we so desire and that God wants to release into our lives.

Healing requires faith, as the following scriptures clearly show:

### **Centurion, Luke 7:6-10**

*So Jesus went with them. He was not far from the house when the centurion sent friends to say to him: "Lord, don't trouble yourself, for I do not deserve to have you come under my roof.*

*7 That is why I did not even consider myself worthy to come to you. But say the word, and my servant will be healed.*

*8 For I myself am a man under authority, with soldiers*

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*under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it."*

*9 When Jesus heard this, he was amazed at him, and turning to the crowd following him, he said, "I tell you, I have not found such great faith even in Israel."*

*10 Then the men who had been sent returned to the house and found the servant well. NIV*

### **Syrophoenician woman, Mark 7:26-30**

*The woman was a Greek, born in Syrian Phoenicia. She begged Jesus to drive the demon out of her daughter.*

*27 "First let the children eat all they want," he told her, "for it is not right to take the children's bread and toss it to their dogs."*

*28 "Yes, Lord," she replied, "but even the dogs under the table eat the children's crumbs."*

*29 Then he told her, "For such a reply, you may go; the demon has left your daughter."*

*30 She went home and found her child lying on the bed, and the demon gone. NIV*

### **Woman with Issue of Blood, Matthew 9:20-22**

*Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak.*

*21 She said to herself, "If I only touch his cloak, I will be healed."*

*22 Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed from that moment. NIV*

### **Demonized boy, Mark 9:17-29**

*A man in the crowd answered, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech.*

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18 *Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit, but they could not.*

19 *“O unbelieving generation,” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy to me.”*

20 *So they brought him. When the spirit saw Jesus, it immediately threw the boy into a convulsion. He fell to the ground and rolled around, foaming at the mouth.*

21 *Jesus asked the boy’s father, “How long has he been like this?” “From childhood,” he answered.*

22 *“It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us.”*

23 *“If you can?” said Jesus. “Everything is possible for him who believes.”*

24 *Immediately the boy’s father exclaimed, “I do believe; help me overcome my unbelief!”*

25 *When Jesus saw that a crowd was running to the scene, he rebuked the evil spirit. “You deaf and mute spirit,” he said, “I command you, come out of him and never enter him again.”*

26 *The spirit shrieked, convulsed him violently and came out. The boy looked so much like a corpse that many said, “He’s dead.”*

27 *But Jesus took him by the hand and lifted him to his feet, and he stood up.*

28 *After Jesus had gone indoors, his disciples asked him privately, “Why couldn’t we drive it out?”*

29 *He replied, “This kind can come out only by prayer.”*

NIV

### **Mark 6:4-6**

*But Jesus said to them, A prophet is not without honor, except in his native-place, and among his own kin, and in his own house.*

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5 *And He could do no work of power there, except that He laid His hands on a few sick ones, He healed them.*

6 *And He marveled because of their unbelief. And He went around the villages, in a circuit, teaching.* MKJV

**WE ALL HAVE FAITH IN  
SOMETHING. IT IS IN  
WHAT OR WHOM WE  
BASE OUR FAITH THAT IS  
THE IMPORTANT THING**

However, for most of us, our faith says, “God may do something for me if I do something for Him...”

If we believe that we must earn God’s

favor, we will soon find out that we never quite measure up. Or we believe that through our own efforts we have earned a right to demand something from God. Both attitudes reveal a lack of understanding or even a lack of experience of the Father’s heart towards us. When we fail to understand that His plans are never to harm, but to prosper us, we will operate in striving, doubt and even in fear of God. Then the belief becomes that, “I must appease God” to get Him to grant me the favor I seek.

We all have faith in something. It is in what or whom we base our faith that is the important thing. Some people place more faith in medicine or doctors for healing than God. As prayer ministers we need to find out in what or in whom their faith rests.

**Hebrews 11:6**

*And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.*

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## PRAYER

*LORD GOD, I CONFESS that I have failed to believe your word. I have believed a lie that, although you are real, you don't really care about me.*

*I BELIEVED THAT THE promises of scripture are only for those few who have done all that is required for your blessings to flow to them.*

*I CONFESS AND REPENT for not believing that you truly love me. I confess and repent for believing that you will not help me unless I do those things that will cause you to love and care for me.*

*I CONFESS AND REPENT for living in the belief that your love has to be earned and that your love is conditional.*

*I CONFESS AND REPENT for believing that it was hopeless to try to please you and that you could never be pleased with me.*

*I NOW CHOOSE TO start trusting in your desire to bless me and love me unconditionally.*

## NO SAVING KNOWLEDGE OF JESUS

Some people may not know or want to know Jesus as Lord and Savior. They may want God to deal with the symptom, but not have any desire for a relationship with God.

God may heal the unbeliever to confirm who He says He is and as a sign of His goodness and His presence so that the

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person may come to repentance and salvation. The revelation of God's mercy and goodness now makes them responsible for their actions towards God.

Some have knowledge of Jesus, but have no faith that He will heal them. Others will say, "Yes, God heals," but then do not believe He will heal *them*. They somehow feel that for whatever reason they do not qualify for God's healing or grace. They have never experienced the love of the One who created them and died for them.

These are the ones who feel that they are not good enough to deserve God's mercy. By their belief they declare that they are disqualified from God's grace.

Unaware or unwilling to accept that God has always known of their state, they believe that they are not lovable, that they are outcasts, thereby labeling themselves as unclean and untouchable even by God.

**Romans 5:8**

*But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.*

When the belief that we must be good enough for God is rooted in us, we are disqualified by default. The first healing that may need to happen is in the area of our self-imposed disqualification.

There needs to be a revelation at the core of our being that we belong and are accepted by the Father through our Lord Jesus Christ.

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Without a deep sense of belonging and knowing that we are acceptable through Christ Jesus, there will be a great struggle to believe that God (or for that matter anyone else) would care, or do anything for us just because of who we are. We are acceptable and we belong to the household of God; we are co-heirs with Christ Jesus for all eternity.

**BELIEVING THAT WE  
ARE GENUINE HEIRS OF  
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**Romans 8:16-18**

*The Spirit Himself testifies with our spirit that we are children of God,  
17 and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.*

*18 For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.*

Believing that we are genuine heirs of the Kingdom is often harder to accept than anything else. As heirs, we have some prerogatives. One of them is being able to approach the throne of grace with boldness. Boldness comes from knowing the source of that prerogative, and His affection for us. However, boldness can easily turn to arrogance when we believe that we have a right to demand or expect that which is an act of love and unmerited grace.

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Every time we demand something from God we do so in a spirit of confrontation and it puts enmity between God and us. It will block the blessings and keep them from flowing into our lives.

**Hebrews 4:14-16**

*Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.*

*15 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.*

*16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.*

## PRAYER

*LORD, I CONFESS AND repent for my unbelief in your goodness towards me.*

*I NOW CHOOSE TO receive you into my life as my Savior and My Lord. I choose to receive you as my redeemer who shed his blood for me, who died for me and who opened the way to the Father for me.*

*I REPENT FOR BELIEVING that I do not belong to you or that you don't really care for me.*

*I REPENT FOR BELIEVING that I would never be good enough for you.*

*I REPENT FOR BELIEVING that you love others more than me.*

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*I REPENT FOR COMING to the conclusion that I am disqualified from your love, and therefore from your healing.*

*I REPENT FOR BELIEVING that because I am not good enough, have not done enough, nor prayed enough, I don't qualify as being acceptable in your sight.*

*I CONFESS LORD JESUS that I have no idea of who you are or how much you love me. Instead, I decided how lovable and how worthwhile I am rather than allowing you to tell me.*

*I CHOOSE TO RECEIVE your truth about me into my spirit, soul and body.*

*AND I THANK YOU for loving me into life.*

## NO BELIEF THAT JESUS HEALS

### **Matthew 13:57-58**

*“And they took offense at him. But Jesus said to them, ‘Only in his hometown and in his own house is a prophet without honor.’*

*58 And he did not do many miracles there because of their lack of faith.” NIV*

Jesus was blocked by their lack of faith, and *our* lack of faith blocks healing. Jesus wanted to heal, to do miracles, but the community's lack of faith stopped it.

Our familiarity with Jesus can create a track of unbelief in us that is hard to break. Familiarity can create unbelief, not unlike the people in his own community, who saw Him as

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they saw themselves and thought they knew all about Him. Our culture and our faith community have more often than not defined Jesus for us as the God of yesterday and tomorrow, but who is not available to be with us in all His greatness today. When we believe that we understand who He is, what He can do, and can't or won't do, we are limiting Him to our beliefs and we will miss the mark.

Any understanding that is not based on the truth can block us in a number of ways, especially in the area of healing.

WE OFTEN HAVE MORE  
FAITH IN MEDICINE  
THAN WE HAVE IN  
GOD

We often have more faith in medicine and what the world can do than we have in God. Medicine is a gift from God, but it does not replace Him. It always seems easier to trust that which is at

hand, placing our trust in the doctors rather than putting our faith in “The God who Heals you,” Jehovah–Rapha. This does not mean that we reject the use of medicine and those who practice it, but that we do not make it our first choice.

Some people believe and teach that healing is not for today. They believe that healing and miracles only took place in the apostolic age of the church as a means to establish the church, declaring that God *did* heal in the past, but that He does not do so today. However, scripture is clear that He does not change.

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**Hebrews 13:8**

*Jesus Christ is the same yesterday and today and forever.*

Our beliefs, when contrary to God, can effectively block God.

What we believe will affect our healing.

Some people may be in a church like the one described in Matthew.

**Matthew 13:54-58**

*And when He had come into His own country, He taught them in their synagogue, so much so that they were astonished and said, From where does this man have this wisdom and these mighty works?*

*55 Is not this the carpenter's son? Is not his mother called Mary? And his brothers, James and Joses and Simon and Judas,*

*56 and his sisters, are they not all with us? Then from where does this man have all these things?*

*57 And they were offended in Him. But Jesus said to them, A prophet is not without honor, except in his own country and in his own house.*

*58 And He did not do many mighty works there because of their unbelief. MKJV*

They may be so familiar with Jesus that they can't see Him for who He is. Their familiarity with the historical Jesus has become a channel for their lack of faith that can easily become a stronghold.

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## PRAYER

*LORD JESUS, I COME to you to repent for believing that you no longer want to heal or minister into the life of your people.*

*I CONFESS AND REPENT for that belief and choose to agree with your word. Your word states that you never change, that you are the same as you were in the beginning, you are the same today, and you will be the same tomorrow, next week, next month, next year and forever.*

*I CHOOSE TO BELIEVE in your constancy, in your unchanging nature. I choose to trust that truth and live in it from this day forward.*