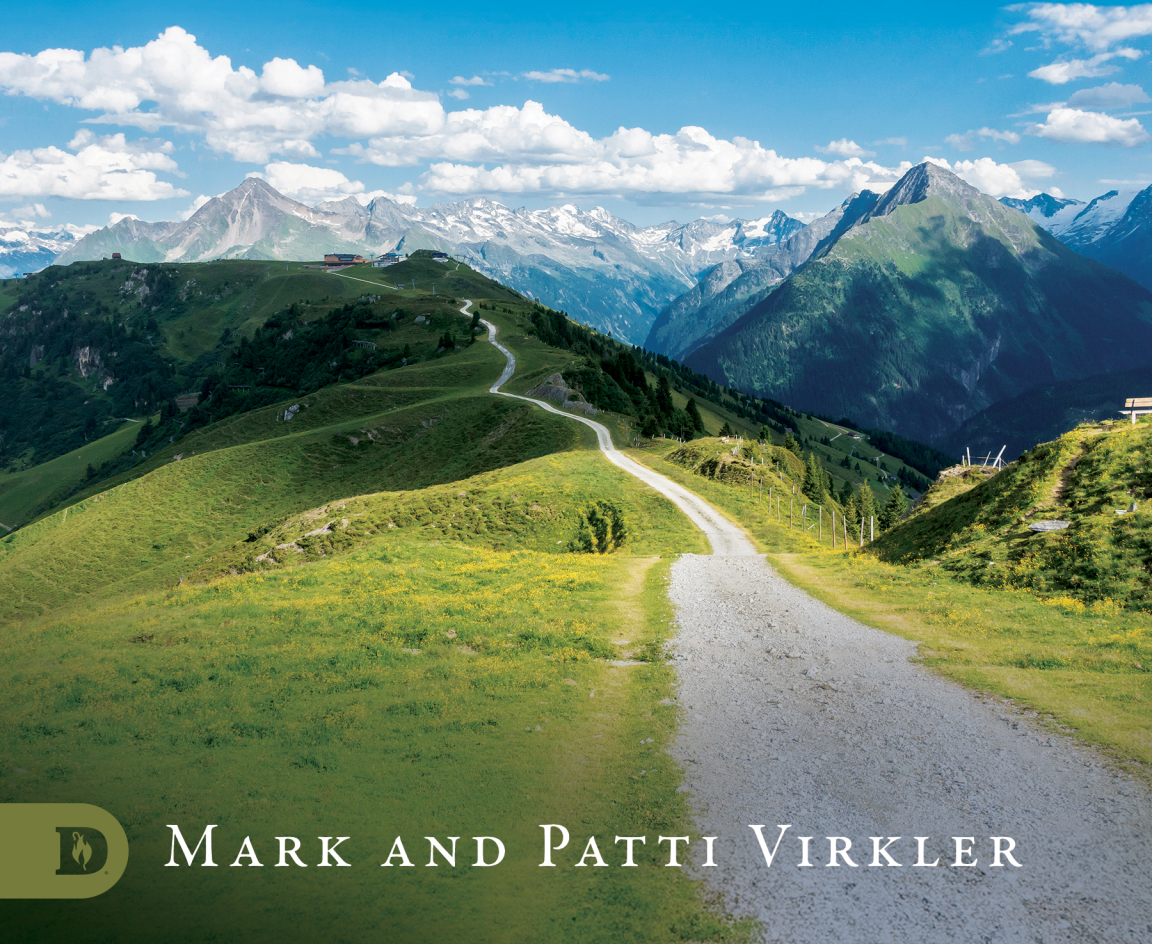


FOREWORD BY PATRICIA KING

# Hearing GOD'S VOICE *for* HEALING

Practical & Powerful Paths to Divine Health



MARK AND PATTI VIRKLER

# Endorsements

Mark Virkler has written yet another book that I consider a must read. Not only must read, but must study repeatedly at a heart level. When asked, I was happy to endorse his new book. What I didn't realize was that I too really need to review and go through this material carefully. Mark takes us on a deep dive into understanding not only the various ways to appropriate physical healing, but even more importantly, it is also a study on maintaining spiritual and emotional health and well-being. Carol and I plan on using this tool for daily devotions to draw our hearts even closer to the heart of God. Read it and allow the Lord to heal you physically, emotionally, and spiritually.

John Arnott  
Founder, Catch the Fire Ministries

Mark Virkler wrote a book that I wish I had been able to use when I had a chronic illness years ago. There are too few voices in the body of Christ teaching or going after the miraculous healing power of God. Worse yet, many of the ones who do end up not having great theology to accompany the gift they are trying to demonstrate. In comes Mark's *Hearing God's Voice for Healing* which will act like a field guide to go after instantaneous miracles but also to have the longevity to keep pursuing healing even when you don't see the signs of it when you first pray. Even if you have gone after healing gifts before this is a book for you! And it's right on time!

Shawn Bolz  
Founder, BolzMinistries.com  
Author, Speaker, TV Host

*Hearing God's Voice for Healing* is going to help so many people! First, to set them free from the shame and confusion of "unanswered prayers," and

most of all to set them on the path not only of healing, but consistently living in divine health.

Wholeness is Father's heart for us, and we know His great promise "I, the Lord, am your healer." Yet that promise is conditional, based on our listening to His voice and obeying His instructions. Indeed, the immediate context of that verse is the story of the bitter waters of Marah. We recall God told Moses to throw a tree into the waters and it made the undrinkable water sweet (Exodus 15:22-26). That is, there was something natural, in nature, that when appropriated in faith and obedience to God's directive released a miracle.

Wow! So there is a part we get to play in the unfolding miracle. There are things we can do to partner with heaven to experience supernatural healing. To understand the revelatory truth that therapeutic "process healing" is biblical and even Christ-like is liberating and empowering, especially when these practical pathways to wellness are so clearly laid out for us to easily walk in. Every good gift is from above, and we want to avail ourselves of all the various gifts of healings God has so graciously supplied.

I am grateful for this balanced and comprehensive resource to inspire us in our own health journey as well as equip us to minister more effectively to others. Healing is complex and this book provides several more missing pieces to the puzzle!

Charity Virkler Kayembe

Founder, GloryWaves.org

Co-author, *Hearing God Through Your Dreams* and *Everyday Angels*

In the very extensive and practical guide to healing that Mark has produced here, he has an important revelation: that God heals both through instant healing and through therapeutic healing or a term he has coined—*process healing*. And we should not consider process healing to be any less divine or second rate.

*He will bind up our wounds* (Psalm 147:3). Binding a wound implies a process healing. Think of a nurse carefully wrapping an injured arm.

If the nurse does it carefully, what we receive in the process is the love, nurture, and care from the nurse. Her care touches us. We feel loved and valued.

In the story of the healing of the blind man in Mark 8, Jesus led the man *by the hand* outside the village. And once outside the village, Jesus prayed twice for the man before he was completely healed. This was a process healing. How long would it have taken to lead this man outside the village? Five, ten, fifteen minutes? What would it have been like to hold Jesus' hand for this amount of time? This man would have felt love and care and nurture from Jesus, a love and care that would have touched his soul deeply. I am convinced that he received two healings that day: his eyes were healed, and his soul was healed from shame.

Shame is often a fruit of sickness. We get sick, we carry the shame. We are overweight, we are ashamed. We have poor health, we are ashamed. For the blind man, in the religious Jewish culture of the day, it was thought, "What sin has led to his sickness?" Though this may sometimes be true, it is not always the answer to why we are sick. In that culture the sick were shamed. It's the same today in some religious cultures. And if we are not instantly healed when someone prays for us, we carry double shame.

There is healing of shame when we hold Jesus' hand. When He slowly heals us through process healing, we discover how loving, caring, gentle, and nurturing our Father is, and our souls are healed. We get not only a healing of our bodies, but a healing of our souls as well.

Thank you, Mark, for identifying process healing. And thank you for providing us an extensive list of processes through which the Father heals. Process healing must be taught and experienced in the body of Christ.

Jeff Duncan  
Pastor, Catch the Fire Ottawa

Fantastic book! Very comprehensive, compelling, and a great reference. Dr. Mark has written here a brilliant compilation of biblical revelations with fascinating medical affirmations, practical insights, and amazing

testimonies that will encourage, guide, and assure you that God's will is healing and divine health for your life.

Dr. Don Paprockyj  
Founder and President, Glory Power Ministries

This is a phenomenal, apostolic statement! Love it!

Rev. Peg Yarbrough  
Founder and President, Light of Christ Ministries

This book is scholarly as well as spiritual and is the product of Mark's desire to see people saved, healed, and set free. He has a unique style that invites detailed exploration of the material, which when pursued with patience will bring heavenly revelation. Anyone who decides to delve into this wonderful treasure house will find their delight in the Lord increased, and they will surely find a path to their healing.

Rev. Margaret Cornell  
Founder and President, Hearing God's Voice UK  
Founding co-pastor, Ely Christian Fellowship and author of two books:  
*Life Shared* and *Why Me God?*

Dr. Mark Virkler does it again! The "how-to-guy" has developed a new book on prophetic healing that just hits the nail on the head! After reading this, I really felt my faith had been stirred up and made ready to witness the hand of God at work! A must read!

Dr. Eric McCracken  
Associate Pastor, Maplewood Christian Church  
Professor, Christian Leadership University

A few years ago, a friend of mine said she had been listening to someone named Mark Virkler about hearing God's voice. As I began to read and listen to him, my life drastically changed. I began to hear the Lord's voice and commune more fully with God. I am now a member of the faculty of Dr. Mark and Patti Virkler's university, Christian Leadership University.

I also have had the pleasure to work behind the scenes to live out a modern-day Habakkuk 2 by converting many of their courses, “making them plain on tablets,” so students all over the world may read their works online. I share this only to say I have had the intimate opportunity to read most of their writings and am a special witness of the fruit-bearing in many people’s lives as a result of their writings.

*Hearing God’s Voice for Healing* is ideal for both individual and group exploration and will serve as a useful reference for my short bookshelf near my prayer chair. There is an ongoing reminder within the book to tune in to the flow of the Holy Spirit to call down the Lord’s strategies and instructions. Drs. Mark and Patti remind us of our part as well, and they include a wealth of their other books and blogs for further review and meditation. May all be blessed and be healed who read and seek the Lord to apply these principles.

Dr. Michelle Kirby  
Founder and President, In All Things Ministries  
Professor, Christian Leadership University

This book is one of the most thorough resources on healing I have ever seen. As the calling on my life, including ministry and profession, is healing, I have studied the Bible along with numerous resources and courses, to be well-equipped to bring healing into every environment.

Dr. Virkler provides biblical truth and wisdom for supernatural healing, as well as God’s design for the stewardship of our health. Not only does this book provide the information and resources to walk in health and healing, in his usual style, Dr. Virkler gives the guidance and practical steps to walk it out.

Everyone will benefit from this amazing resource!

Suzanne Barker, MS, RDN, Ph.D



Hearing  
GOD'S VOICE  
*for* HEALING





Hearing  
GOD'S VOICE  
*for* HEALING

Practical & Powerful Paths to Divine Health

MARK AND PATTI VIRKLER

© Copyright 2025– Mark and Patti Virkler

All rights reserved. This book is protected by the copyright laws of the United States of America. This book may not be copied or reprinted for commercial gain or profit. The use of short quotations or occasional page copying for personal or group study is permitted and encouraged. Permission will be granted upon request. Scripture quotations marked NASB95 are taken from the NEW AMERICAN STANDARD BIBLE®, Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. Scripture quotations marked NKJV are taken from the New King James Version. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved. Scripture quotations marked KJV are taken from the King James Version. Scripture quotations marked NIV are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®, Copyright © 1973, 1978, 1984, 2011 International Bible Society. Used by permission of Zondervan. All rights reserved. Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright 1996, 2004, 2015. Used by permission of Tyndale House Publishers., Wheaton, Illinois 60189. All rights reserved. Scripture quotations marked TPT are taken from *The Passion Translation*, Copyright © 2017, 2018, 2020 by Passion & Fire Ministries, Inc., www.thepassiontranslation.com. Used by permission of BroadStreet Publishing Group, LLC, Racine, Wisconsin, USA. All rights reserved. Scripture quotations marked GNT are taken from the Good News Translation, Second Edition, Copyright 1992 by American Bible Society. Used by permission. Scripture quotations marked YLT are taken from the 1898 Young’s Literal Translation by Robert Young. All emphasis within Scripture quotations is the author’s own. Take note that the name satan and related names are not capitalized. We choose not to acknowledge him, even to the point of violating grammatical rules.

DESTINY IMAGE® PUBLISHERS, INC.

P.O. Box 310, Shippensburg, PA 17257-0310

*“Publishing cutting-edge prophetic resources to supernaturally empower the body of Christ”*

This book and all other Destiny Image and Destiny Image Fiction books are available at Christian bookstores and distributors worldwide.

For more information on foreign distributors, call 717-532-3040.

Reach us on the Internet: [www.destinyimage.com](http://www.destinyimage.com).

ISBN 13 TP: 978-0-7684-8047-4

ISBN 13 eBook: 978-0-7684-8048-1

For Worldwide Distribution, Printed in the U.S.A.

1 2 3 4 5 6 7 8 / 29 28 27 26 25

# Dedication

To Patti, my wife, to whom I have had the joy of being married for 52 years. Together we built everything that has been built. Patti is a cherished gift and an amazing friend and companion. The merging of our opposite giftings has made the impossible possible, as we have together chosen to follow the Lord wherever He leads.

And to my daughter, Charity Kayembe, who far surpasses me when it comes to Bible knowledge, spiritual boldness, and courageous navigation of the supernatural realm. She and Patti have worked together to refine this book.



# Acknowledgements

Many thanks to those first readers who embraced this book and wrote endorsements for it, and to Larry Sparks and Destiny Image for choosing to publish it.

May the Lord carry it on angels' wings to every place it is to go.



# Contents

Foreword by Patricia King	xvii
Introduction	1
Chapter 1 Testimonies of Various Ways God Heals	7
Chapter 2 Instantaneous Miracles Versus Process Healing	17
Chapter 3 Faith and Love: Important Keys to Experiencing <i>Dunamis</i> Power	29
Chapter 4 Get in Spirit	39
Chapter 5 Kingdom Emotions Produce Kingdom Health	47
Chapter 6 Relational Five-Step Prayer Model by John Wimber	57
Chapter 7 Words of Knowledge Increase the Faith Level	69
Chapter 8 Practical Guidelines as We Minister Healing	73
Chapter 9 Peg Yarbrough's Spirit-Led Approach to Healing	81
Chapter 10 A Spirit-Led Protocol for Claiming God's Promises	89
Chapter 11 Twenty-Eight Therapeutic Healing Protocols	107
Chapter 12 Planted by the River and Bearing Fruit Continually: A Summary and Review	129
Supplements Introduced: An In-Depth Exploration of Eight Greek Words Related to Healing	163
Supplement A: Opening the Door to God's Blessings Through Salvation	165



Supplement B: Receiving Authority ( <i>Exousia</i> ) from God	171
Supplement C: <i>Dunamis</i> Is the Power of God and Is Occasionally Translated as “Miracle”	187
Supplement D: <i>Iaomai</i> and <i>Iama</i> Are Words for Power Healing	209
Supplement E: <i>Therapeuo</i> Healing Is More Often <i>Process</i> Healing	219
Supplement F: I Release Divine Energy: <i>Energeo</i>	231
Supplement G: <i>Hugies</i> Means to Be Made Whole	247
Supplement H: Every Example of Casting Out Demons in the New Testament	251
Supplement I: Additional Resources	265
Endnotes	269
About Mark and Patti Virkler	281

## Foreword by Patricia King

I first met Mark Virkler in the 1990s during the outpouring of the Spirit in Toronto. He passionately desired to help hungry believers hear from God for their lives and develop an intimate devotional realm as they richly communed with the Lord in His tangible presence. I was impressed by the way he so easily presented profound truths and after speaking with many who were mentored and taught by him, I was excited for all who would enter new realms of connecting with God in deep, enriching, and life-changing ways.

Too often, believers complicate spiritual invitations from the Holy Spirit that we find in the Scriptures. The Lord created the Kingdom and all its promises to be accessed by childlike faith. He makes it easy for all to engage and encounter. This is what I love about Mark Virkler's book, *Hearing God's Voice for Healing*. Although he is academically brilliant, he has written it for the spiritually hungry and for those with childlike faith.

Accessing all the Lord has for you as a believer requires seeking. If you seek, you will find. Profound truths and mysteries are hidden for true seekers like yourself. This book will teach you how to position yourself to hear from God, walk with God, and respond to all He reveals to you. You will become a wonderful steward of the things He discloses to you as you activate the lessons. The lessons and principles can be applied to so many areas of your life, but in the areas of healing for spirit, soul, body, finance, relationships, and other important areas of life, this book particularly holds vital keys for you.

*Hearing God's Voice for Healing* is both practical and profound, and I am truly excited for all who read it. Valuable insights, instruction, and mentoring are found in the pages of this book. If you are suffering from chronic ailments, diseases, and infirmities that don't yet submit to God's

healing promises, you will discover keys for your breakthrough. If you have a heart of mercy for others who are suffering, this book will be used to equip you to be an effective minister of Christ's healing anointing and power.

The world is very broken, but we know the Savior, Healer, and Deliverer who can bind up the brokenhearted, heal the sick, and deliver the oppressed—and He lives mightily in you. In these days of harvest, Jesus wants to give every blessing He died for to all who desire to receive, and He is looking for those who will carry His message and His mandate. I think that might be you!

*The Spirit of the Lord is upon Me,  
Because He has anointed Me  
To preach the gospel to the poor;  
He has sent Me to heal the brokenhearted,  
To proclaim liberty to the captives  
And recovery of sight to the blind,  
To set at liberty those who are oppressed;  
To proclaim the acceptable year of the Lord (Luke 4:18-19  
NKJV).*

Patricia King  
Founder, Patricia King Ministries

## Introduction by Mark Virkler

“Why not me? I didn’t get healed!” Thankfully, there are many paths to experiencing God’s healing.

A man approached me during a break in my seminar in Texas. He asked if I would pray for the arthritic pain in both of his knees. I said, “Yes,” and had him sit in a chair, and I laid my hands on both of his knees and commanded the pain to leave and for healing to occur. I then encouraged him to do a “Jericho march” around the church five times, while the break was still on. He did and reported back that all the pain had left his legs! We thanked God for His goodness.

However, sometimes the result is, “*Why not me? I didn’t get healed.*” I went forward in the service. I got prayed for. They even laid hands on me, and *nothing* changed! So *now* what do I do? Doesn’t God love me? Is my sin too great? Maybe God picks and chooses whom He wants to heal. It did not work. I am going to quit believing that healing works today. It is my lot to suffer with this thing. I am so discouraged.”

Sound familiar? Is there an answer to this dilemma? Can I get healed? The answer to these questions is *yes!* You can get healed because it is God’s will to heal you, and He has laid out *many paths* to healing in the Bible which we are going to explore. We are going to make this extremely practical, meaning we will teach you how to travel these various paths of healing that God has laid out until you reach your goal of walking in divine health.

So relax, sit back, and enjoy as you dive into this book. Ask the Spirit to quicken to your heart and mind the things He would have you learn and apply as you read. Apply them. Since healing often comes in layers, you can scan this book again and again, asking the Lord to highlight

additional concepts He wants you to give attention to. You will receive new insights every time through. His light of revelation will shine brighter and brighter in your heart (Prov. 4:18). Your life will be more and more vibrant as you continually walk more fully in His ongoing revelation (2 Pet. 1:19).

So enjoy the party. Enjoy the process, for life is a process. Always has been. Always will be. Therefore, celebrate the process, so your life is *fun!*

Come on, let's get started and see what we can find out. When you discover a new truth to apply, *stop* and apply the truth before going on. Let His light burst out through you in one more beautiful way.

OK, let the journey begin!

### **As believers, Jesus has equipped us with various powers for healing.**

God provides many ways of healing which we will explore in this book. Above all, remember that an intimate relationship with Jesus is God's number-one priority (Matt. 7:21-23).

*And He called the twelve together, and gave them **power** [*dunamis*] and **authority** [*exousia*] over **all the demons** and to **heal** [*therapeuo*] **diseases**. And He sent them out to proclaim the **kingdom of God** and to perform **healing** [*iaomai*] (Lk. 9:1-2 NASB95).*

*God has appointed in the church...miracles [*dunamis*], then gifts of healings [*iaoma*] (1 Cor. 12:28 NASB95).*

The most obvious insight that stands out in the above verses is that there are *multiple ways* to get healed. I can go after a miracle; and if I do not receive one, then I explore the various gifts of healings available to me. *Both* "gifts" and "healings" are in the *plural* in 1 Corinthians 12:28, meaning there is a good variety of ways to be healed.

- The Greek words describing healing show sickness is a multi-strand problem requiring a multi-strand solution. In the supplements of this book, we offer an exhaustive examination of *each* of the eight Greek words used to describe the healing process. Each word appears to have a slightly different shade of meaning, although there is overlap among them.
- There must be a reason and value in God providing gifts of healings rather than simply miracles. What are these reasons? Why would He do this?
- What is required of me to experience the various modalities of healing God has provided?

It is best if you cover the entire book and then come back to it using it as a resource manual, reviewing sections to help you become more adept in various ministry situations.

- The chapters in the book have more of a topical and story format, so focus on these if that is your best way of learning.
- The supplements are arranged as neatly organized exhaustive Greek word searches, so focus there if that is the learning style you prefer.

## **Why did I write this book?**

I wrote it because I did not feel my prayers for healing and miracles were getting the same results as Jesus, the One I am imitating. Since I believe the Bible is meant to be lived, I felt led to examine the Gospels one more time to see if I could discover what I was missing.

Well, two big things I discovered were: 1) my appraisal concerning the speed and the approach Jesus was using to get people healed was not quite accurate and needed adjusting, and 2) I could become more effective with healing prayer if I saw the biblical basis for the various ways Jesus healed and was comfortable in using them myself. These are things we are going to explore in-depth.

**This book is *not* the final word on healing.**

“The secret things belong to the Lord our God, but the things revealed belong to us and to our sons forever, that we may observe all the words of this law” (Deut. 29:29 NASB95). Believe and receive the truths revealed to us, and accept that we will never know everything God knows.

**Why do I use repetition in this book?**

You will note that I repeat the idea of *tuning to flow* over and over and over. Jesus did the same thing as He reiterated over and over that He did nothing on His own initiative but only what He heard and saw His Father doing (Jn. 5:19-20,30; 8:26,38,42; 10:18; 12:49; 14:10; 16:13).

Jesus was speaking to a Middle Eastern culture that did not worship rationalism (reliance on reason), and yet Jesus still felt the need to say again and again, “You don’t live out of your reason; you tune to the Father’s words and visions.” In the Western world, we cannot say this too often as we are completely breaking from the false God of rationalism, where they believe “we can be like God, *knowing* good from evil.” This, of course, is satan’s lie in the Garden (Gen. 3:5).

So let’s celebrate repetition and let it do its work of releasing us from the worship of the false god of rationalism!

I find that even right-brained believers are challenged by the idea that they should tune to flow before they claim a promise in the Bible. That is, they should *allow God to show them* which promise they are to be claiming at the moment they are in. However, upon reflection, they will agree that indeed they have done that throughout their lives, even though they may have never stated this as a principle about how they pray.

Abraham, the Father of Faith, did not just grab a promise to believe. God spoke the promise to him and then gave Abraham the specific vision of the promise fulfilled (Gen. 12:1-3; 15:5-6).

Satan tempted Jesus in the wilderness by suggesting He claim this promise from the Word:

*And he led Him to Jerusalem and had Him stand on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here; for it is written, 'He will command His angels concerning You to guard You,' and, 'On their hands they will bear You up, so that You will not strike Your foot against a stone'" (Lk. 4:9-11 NASB95).*

Jesus refused to take the bait, as it would have meant *claiming the wrong promise*. The right Word from God for Jesus to claim was this: "It is said, 'You shall not put the Lord your God to the test'" (Lk. 4:12 NASB95).

The actual instruction that Jesus had received from God and was living at that point was this: Jesus was "led around by the Spirit in the wilderness for forty days, being tempted by the devil" (Lk. 4:1-2 NASB95).

How many times have you heard a Christian recommend that we claim that from the Spirit?

So, yes, I repeat myself over and over and over. "Lord, let us see and declare that *we live and walk by the Spirit, not by the memorized Scriptures we pull out of the hat* when we feel we need them." *God* must be Lord of all, including showing us what Scriptures to claim at a given time. When the Spirit reveals Scriptures to us, they look very different than man's interpretation of Scripture. Consider how Jesus opened the Scriptures to the disciples on the Emmaus Road, and they saw everything in an entirely new light (Lk. 24), or how Jesus re-interpreted Paul's theology on the Damascus Road, and Paul completely reversed his thinking and actions (Acts 9).

## **Why does this book have so many endnotes?**

Since I have written numerous books on healing over 30 years or more, I recognize many of the readers of this book will have read some of these previous books. I don't want to bore them by repeating all that information to them and making this book extremely long and cumbersome. On the other hand, I don't want new readers to miss important principles and



truths. So I simply provide an endnote as to where an interested reader can go to explore a point more in-depth should they desire to do so.

You will also find an endnote for “Going Deeper” at the end of each chapter. If you want to read more about something discussed in that chapter, please refer to the articles I’ve referenced there.

**My favorite translation of the Bible:**

I love the New American Standard Bible and it is what is used predominantly throughout this book. Occasionally I refer to the King James Version, New King James Version, Young’s Literal Translation, and The Passion Translation.

## Chapter 1

# Testimonies of Various Ways God Heals

Please read Supplements A and B for foundational background research that aligns with this chapter:

- Supplement A: Opening the Door to God's Blessings Through Salvation
- Supplement B: Receiving Authority (*Exousia*) from God

### Instantaneous Miracles versus Process Healing

Maybe you believe a healing from God must be an instantaneous miracle. At one time I believed that. I also heard that if you did not get healed, it was because you had a lack of faith or sin in your life, or God had some purpose in your remaining sick. Wow! I wonder how many of those ideas are correct.

Is it possible that God uses many methods to heal, and I would do well to be aware of these various approaches and open to God using them so I can cooperate and move in the direction He is guiding me?

Let's begin by hearing some stories of ways God has healed me and my friends.

### God speaks concerning steps in health and healing—journaling by Linda Garmon.

*“Lord, what are the desires and dreams You have for my health? Am I seeing them, pondering them, speaking them, and acting on them as You desire me to?”*

Jesus: "Beloved, My desire for you is that you will live out your days on this earth and fulfill every page that I have written about your life, that your earth life would not be cut short or hindered by disease and pain, for this is part of redemption. My desire is also for us to walk this walk together which requires your participation and sometimes your compliance and submission. Know this, beloved, that satan desires to mute your voice and hinder your walk or stop you in any way he can. Don't be ignorant or indifferent to his devices and tactics. Be vigilant!

"We are partners in this walk. This means you are required to do your part. Listen if I tell you, 'Stop this or start this' or 'Take a break from this.' When you go for your annual physical, ask Me first before accepting any medications, vaccines, or injections of any kind. Do whatever is in your power to walk in divine health, rather than depending on divine healing. If you need healing, that is available to you, but it will still be maintained by doing what you know and learning what you do not know. So learn all you can. Be good stewards."

### **Forgiving from the heart brought healing to a "pain in the neck."**

As I (Mark Virkler) finished a Sunday evening teaching on healing, we began praying for one another for healing. I had everyone in the church break into groups of three to five and pray for a person in their group who had a physical need. I joined a group near the back of the church, and we prayed for a young lady who had pain in her back and shoulder. We had prayed three times for her, and each time she had improved a little bit. I had told people that as long as there was some improvement occurring, pray a second, third, and fourth time.

As we finished the third round of praying and asked for a report, she said, "The pain in my back and shoulder is gone, but I still have this pain in my neck." Well, that triggered the recall of a colloquialism, so I asked the question, "Is there someone in your life who is a 'pain in the neck'?" I could see from the tears beginning to well up in her eyes that this was a word of knowledge that could release the fullness of God's miracle-working power to her.

She nodded yes. I asked, “Are you willing to forgive this person?” and again she nodded yes. I asked if she would like me to lead her in a prayer of forgiveness, and once more she nodded yes. I told her to *picture the person she needed to forgive* and repeat this prayer after me:

*“Lord, I choose by Your power and grace to forgive this person in Jesus’ name. I ask You to circumcise my heart, remove the pain and brokenness, and give me a new heart and a new spirit.” (Pause...) “Lord, I choose to release this person. I choose to honor him; I choose to bless him in Jesus’ name.”*

**Healed:** Then we laid hands on her for a fourth time and prayed for healing. Moments later she reported all pain was gone and went to the front of the church to testify about her healing.

**Reflection:** We needed to refocus healing prayer from praying about the infirmity that was manifest in the body to discovering and removing the underlying emotional roots (in this case, unforgiveness).

### **How I got from there to here, by Uta Milewski (an example of process healing).**

I am intimately aware of what it feels like to struggle to draw life-giving breath into my lungs. This is how I lived for much of the past four decades, but it is not how I live anymore. I want to share my story of how God healed me. This is not a story of instant healing but of my journey in seeking and finding wisdom and grace from the Lord.

In my mid-twenties, I developed allergies and asthma, which eventually resulted in chronic bronchitis (COPD), a health condition that only grows worse rather than improving. Once, I was fighting pneumonia but refused to go to the hospital because I was nursing a baby. I became so weak that my husband Bob had to give me mouth-to-mouth resuscitation to keep me alive. Even without the added difficulty of pneumonia, I couldn’t breathe if the air was too cold. The simple joy of laughter made me cough.

I tried jogging to get some exercise and improve my health, but I was unable to go more than a few yards before my lungs gave out. I was grateful for Flovent and Proventil inhalers because they enabled me to lead a normal life when I didn't have a cold. In order for them to help me, I had to use them every day without fail, both morning and night. Whenever I caught a cold, my respiratory system overreacted terribly, and it took me weeks to recover, in spite of the meds.

Once I began working in the office of Love Joy Church, I determined not to let sickness keep me from passionately serving the Lord. Countless people, including Pastor Ron Burgio, prayed for me to be healed. On several occasions, I thought God had answered our prayers and healed me because I could go a few days without the medications. Sadly, my respiratory struggles always returned. I continued to pray and read the Bible to find strength for my fight. On many occasions, God used a Bible verse to pull me out of my pit, but my health struggles continued. I wanted God to heal me instantly. I had seen Him heal others, so why not me?

Dr. Mark Virkler once said something to me about asking God for healing that I took to heart, and it changed my life. He said, "If God healed you, but you continued to do the same thing that harms your health, what good would it do?" I realized that I was not taking very good care of myself. I did not make wise choices regarding my food, rest, exercise, or strengthening my immune system through supplements. After struggling with chronic bronchitis for nearly 30 years and asking God for instantaneous healing, I began praying a different prayer: Lord, give me wisdom for becoming healthy.

This new focus on praying for wisdom caused me to make wiser decisions regarding my health. I started going to the chiropractor and doing Pilates. After recognizing that swimming was easier on my lungs than jogging, I began praying for a place to swim that was along my commuting route. Soon, I learned about a new YMCA that would be opening halfway between work and home. I signed up before it opened and began swimming three times a week.

Soon, Bob joined the YMCA as well, and we expanded my exercise program to include the stationary bikes, even though I could not go more than two miles at a time. I began searching for breathing techniques for improving lung function in asthmatics, and I found the Buteyko method. This technique involves taking in slow breaths through the nose rather than hyperventilating through the mouth during exercise or an asthma attack.

After retraining myself in this technique, I was able to stop using Proventil. I learned that embracing the discipline necessary to begin swimming, riding a stationary bike (even if I couldn't go very far yet), and new breathing techniques gave me power I never realized I possessed. Soon I joined a cycling group at the YMCA and continued to become stronger.

After a few years, I no longer suffered from asthma attacks unless I got a cold or bronchial infection. I improved enough that even in the frigid weather of Buffalo, New York, I was able to help Bob shovel the snow from our long driveway. I still used Flovent twice a day to control my lung inflammation.

As I continued praying for wisdom, I considered the connection between the burning in my lungs and my food choices. I noticed that my lungs felt better when I fasted for a few days. When my doctor conducted a blood test for food allergens, I found out that I was highly allergic to cow's milk. Why had no one ever suggested that to me before? I practically lived on cheese, yogurt, and cereal with milk.

I started following a strict dairy-free diet, and it made a huge difference for me. My lungs improved so much that I was able to reduce the Flovent to once a day. In November of 2019, I caught a cold and the infection went into my lungs. It took two months to clear up. The pandemic hit in 2020, which motivated me to start taking multivitamins and D3 to strengthen my immune system. Even though my lung health placed me in the vulnerable population during the pandemic, when I had COVID in November 2020, it did not affect me as much as the common

cold I experienced twelve months earlier. This was thanks to the new wise choices I had implemented.

Because we have now moved into an apartment in Indiana, one of the benefits is no longer having to shovel snow from the driveway like we did in Buffalo. However, an even better selling point for the apartment is the stationary bikes that are available in the fitness room on the first floor. Remember that initially I couldn't manage more than two miles? Now I am able to ride almost eight miles a day, five days a week.

The final piece of the puzzle came in April of 2023. To lose a little weight, I started to reduce my intake of refined sugar and carbs. Within a few weeks, I was surprised to find my lung inflammation had lessened greatly. As my breathing function continued to improve, I had days when I forgot to use my inhaler. Bob and I like to go for walks in the park behind our apartment. Before, the steepness of some of the hills along the path forced me to stop in order to catch my breath. I still remember how difficult this path used to be for me, but now I am able to walk right alongside Bob while breathing normally.

My story may not be as shocking or dramatic as an instant healing, but I still see it as a gift from an amazing God. I also believe the fact that my healing took place over decades causes me to be even more grateful than if God had instantly healed me 40 years ago. The appearance of the number 40 in the Bible often indicates a season of testing. God sent rain on Noah for 40 days and nights. The Israelites wandered in the desert for 40 years. Jonah preached that Nineveh had 40 days before God would destroy them. Jesus fasted and fought temptation for 40 days in the wilderness. I wonder if I finally passed my "forty" test.

Skeptics may refute my story and say that God didn't heal me at all. They may say that I could have made all of those changes without prayer or intervention from God. I don't think so. I needed God's all-sufficient grace to be with me all of those years. I needed the encouragement of preaching, Bible reading, friends, and prayer to keep from growing despondent. God is the one who made the impossible possible.

I'm now 68 and still feel amazing! In fact, I feel better now than 40 years ago.

Uta Milewski

Check out Uta's ebook: *God's Heart for You*<sup>1</sup>

### **Misdiagnosis meant my pain did *not* go away.**

**Testimony received in an email:** While the doctor diagnosed the pain in my shoulders as an overuse of my shoulders, the Lord revealed that it was an “overuse” of my mind/thoughts, sending me spinning over anxieties and fears, deferred hopes, and self-expectations. Through prayer, the great weight and entanglement I have been carrying on my shoulders were lifted off as I released these things to God.

**Mark's reflections:** Life *only* works if you are hearing and responding to God's voice. He is a Wonderful Counselor Who provides wonderful counsel that heals the anxieties of the heart and mind and restores one to joy and peace. “The kingdom of God is...righteousness and *peace* and *joy* in the *Holy Spirit*” (Rom. 14:17 NASB95).

### **Notice the centrality of needing to receive revelation?**

In the above stories, we discovered that receiving and acting on divine revelation was **key** to receiving healing. Psychologists believe 75 percent of illness has an emotional root, so I turn to the Wonderful Counselor to help me discern this emotional root and remove it, so that His healing power can flow. This should take care of 75 percent of illness!

### **How about a “prescription”: Master the skill of living by the Spirit.**

It was quite a battle for me to learn to hear God's voice, see His visions, and receive His revelation so I could live by the Spirit (Gal. 5:25). It is not hard to do. It is very easy. It is just that it is completely different than what my culture and religious background taught me.



This means I had to identify the lies I had been taught, repent of them, rebuke them, replace them with truth, and then learn the skill of walking in this new way of living, which the Bible calls walking by the Spirit (Gal. 5:16,25).

Thankfully, it will not take you anywhere near as much time as it took me, as I have written about what I needed to learn.<sup>2</sup> I guarantee that your life can become fun, meaningful, and joyful! Mine has!

Life is far too precious to squander in fear, anxiety, and pain. What I learned *will* remove the emotional and spiritual strain and pressure in your life and train you to walk by the Spirit.

### **Wow! Do I want to invest nine months?**

In order to master the skills, you need to spend three months learning and integrating each of them. Guess what? You are going to be nine months older nine months from now whether you embrace this teaching or not! Why not learn to *let Jesus heal your heart and mind* over the next nine months, so the rest of your life you can experience His Kingdom realities of righteousness, joy, and peace in the Holy Spirit? You will discover healing springing up through your spirit, soul, and body and then out through your relationships. That is what has happened in my life.

This could be an even better learning experience if you opened your home to your family and friends, watched a video each week, and did the exercises together, praying and ministering life one to another. Why not spark a revival in people's lives and bring transformation to your family and friends? This can even be done through a Zoom group that meets weekly.

### **There is health and healing in experiencing God's names:**

*For I am the Lord, I do not change* (Mal. 3:6 NKJV).

*Jesus Christ is **the same** yesterday and today and forever* (Heb. 13:8 NASB95).

## Let's review the four keys to hearing God's voice:

These allow anyone to have two-way conversations daily with God, which are captured in two-way journaling (Hab. 2:1-2).

1. **Stillness:** Quiet myself in the presence of God (Isa. 30:15; Eccl. 5:1-2; Ps. 4:4; 46:10; 62:5).
2. **Look for vision:** Picture Jesus Who is present with me (Heb. 12:1; Matt. 28:20; Eph. 1:17-18; Ps. 16:8; Acts 2:25).
3. **Spirit flow:** Recognize His Spirit which is flowing as a River within me and sensed as flowing thoughts, flowing pictures, flowing emotions, flowing physical sensations which light upon me, and flowing power (Jn. 4:14; 7:37-39; Jer. 2:13; Rev. 22:1-2).
4. **Record and act:** In faith, write down what I am receiving and act on it (Hab. 2:2; Rev. 1:9-11). (In live situations you may simply act without first writing things down.)

**Summary:** I quiet myself down, picture Jesus at my right hand, ask for His input, tune to flowing thoughts and pictures and emotions and feelings, and journal these out using childlike faith.<sup>3</sup>

**Another way to state the four keys is:** 1) Stop, 2) Look, 3) Listen, 4) Write. Many people in Scripture used these four keys (including Jesus), and together they wrote more than half the Bible.<sup>4</sup> So these four keys are the *standard* biblical protocol for communing with God.

We have provided you with a free download called "Sea of Galilee."<sup>5</sup> This is a five-minute visualized walk with Jesus, where we guide you into stillness, seeing yourself present with Jesus, tuning to flow, and writing down His flowing thoughts and pictures. Let us take you by the hand and coach you into using these four wonderful, biblical keys to set up your morning devotions so you are easily hearing from Him. Soft music will continue to play as you journal out what Jesus is speaking to you.

## **Going Deeper<sup>6</sup> and Journaling Application**

- Lord, what would You speak to me?
- Lord, please remind me of some instantaneous healings in my life as well as some process (therapeutic) healings.
- Lord, what would You speak to me about healing?
- Record what God speaks in a separate notebook or file.