

# The Spiritual

**EMERGENCY**  
**EMERGENCY**

# Manual

**Jim Ballew**

## The Spiritual Emergency Manual

All of us at one time or another have circumstances that can seem overwhelming. We want to be encouraged in God, but feel we can't hear from Him. Or we forget where all those promises are in the Bible. The Bible *IS* God's promises. You can believe them as if they were written to *you*. If you struggle with that, read the section, *Who Really Cares About Religion?* to help you decide if the Bible is valid and *powerful*. Here are few thoughts to remember in times of crisis.

### Booklet Contents

|   |    |
|---|----|
| Don't FEAR!.....                            | 3  |
| God WILL help .....                         | 5  |
| So, what do I do?.....                      | 7  |
| A Matter of Faith .....                     | 8  |
| Lack of Faith = Lack of Results.....        | 10 |
| Using FAITH in your circumstance .....      | 11 |
| How do I get faith?.....                    | 12 |
| Be Patient.....                             | 13 |
| What else do I do?.....                     | 14 |
| Why do troubles happen? .....               | 18 |
| God's Word on Health .....                  | 21 |
| God CAN heal you.....                       | 21 |
| He desires health for you.....              | 22 |
| How do I know He will? .....                | 22 |
| God is faithful to His promises .....       | 23 |
| What heals or keeps me from sickness? ..... | 23 |
| Is FAITH important?.....                    | 24 |

### Don't FEAR!

*It is my experience when troubles come, my mind races to just how bad things **could** become. And, despite 99% of those things never happening, I am continually surprised that I still **leap** to all these negative conclusions. And God tells us...Just Don't Do It!*

Isa 41:10-13 **So do not fear, for I am with you;** do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. "All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish. Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all. For I am the LORD, your God, who takes hold of your right hand and says to you, **Do not fear; I will help you.**

Ps 46:1-3 **God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear,** though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Selah.

Isa 35:3-4 Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, "**Be strong, do not fear; your God will come,** he will come with vengeance; with divine retribution he will come to save you."

Phil 4:4-8 Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. **Do not be anxious about anything,** but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy— think about such things.

Ps 27:1 **The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?**

Ps 27:3-6 Though an army besiege me, **my heart will not fear;** though war break out against me, **even then will I be confident.** One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. **For in the day of trouble he will keep me safe in his dwelling;** he will hide me in the shelter of his tabernacle and set me high upon a rock. Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice

with shouts of joy; I will sing and make music to the LORD.

Ps 62:1-2 My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, **I will never be shaken.**

Prov 3:25 **Do not be afraid of sudden fear**, nor of the onslaught of the wicked when it comes; 26 For the LORD will be your confidence, and will keep your foot from being caught. (NAS)

I Jn 4:16,18 And so we know and rely on the love God has for us. **God is love. Whoever lives in love lives in God, and God in him. There is no fear in love.** But **perfect love drives out fear**, because fear has to do with punishment. The one who fears is not made perfect in love.

### **God WILL help**

Rom 8:28 And we know that in **all things God works for the good** of those who love him, who have been called according to his purpose.

Heb 6:10-12 For God is not unjust so as to forget your work and the love which you have shown toward His name, in having ministered and in still ministering to the saints. And we desire that each one of you show the same diligence so as to realize the full assurance of hope until the end, that you may not be sluggish, but imitators of those **who through faith and patience inherit the promises.** (NAS)

*I know there are times where troubles have been my fault. Other times, I feel bad for having ignored Him. I felt He might have given up on me and these scriptures didn't apply to me. I was wrong.*

Ps 69:32-34 **For the LORD hears the needy, and does not despise His who are prisoners.** Let heaven and earth praise Him, the seas and everything that moves in them. (NAS)

I Jn 1:9 If we confess our sins, **he is faithful and just and will forgive us our sins** and purify us from all unrighteousness.

Rom 8:35-39 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." **No**, in all these things we are more than conquerors through him who loved us. For I am convinced that **neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.**

Ps 91:1-16 He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." **Surely he will save you from the fowler's snare and from the deadly pestilence.** He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. **You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.** A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. **If** you make the Most High your dwelling— even the LORD, who is my refuge—then **no harm will befall you, no disaster will come near your tent.** For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread upon the lion and the cobra; you will trample the great lion and the serpent. "Because he loves me," says the LORD, "**I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation.**"

Ps 94:14-19 **For the LORD will not reject his people; he will never forsake his inheritance.** Judgment will again be founded on righteousness, and all the upright in heart will follow it. Who will rise up for me against the wicked? Who will take a stand for me against evildoers? Unless the LORD had given me help, I would soon have dwelt in the silence of death. When I said, "My foot is slipping," your love, O LORD, supported me. **When anxiety was great within me, your consolation brought joy to my soul.**

## So, what do I do?

James 5:13-20 Is anyone among you suffering? **Let him pray.** Is anyone cheerful? Let him sing praises. Is anyone among you sick? Let him call for the elders of the church, and **let them pray over him**, anointing him with oil in the name of the Lord; and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and *if* he has committed sins, they will be forgiven him. Therefore, confess your sins to one another, and **pray for one another**, so that you may be healed. **The effective prayer of a righteous man can accomplish much.** Elijah was a man with a nature like ours, and he prayed earnestly that it might not rain; and it did not rain on the earth for three years and six months. And he prayed again, and the sky poured rain, and the earth produced its fruit. (NAS)

Ps 34:4-10 **I sought the LORD**, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. **This poor man called**, and the LORD heard him; **he saved him out of all his troubles.** The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him. Fear (*sic: worship, revere*) the LORD, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but **those who seek the LORD lack no good thing.**

Dan 10:12 Then he continued, “Do not be afraid, Daniel. **Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard**, and I have come in response to them.

*First, don't fear. Prayer is the next thing. Not just words to express your pain, but a conversation respecting His power. Imagining Him listening (as I talk) helps me to remember that He really is there. I won't just be talking AT Him but, TO Him. Seeking the Lord means we don't just talk, we open our minds to Hear His perspective. Respect Him, set your mind to learn and believe (trust, rely on) He loves and listens to you.*

### A Matter of Faith

Mark 5:35-36, 41-42 While Jesus was still speaking, some men came from the house of Jairus, the synagogue ruler. “Your daughter is dead,” they said. “Why bother the teacher any more?” Ignoring what they said, Jesus told the synagogue ruler, “**Don't be afraid; just believe.**” — He took her by the hand and said to her, “Talitha koum!” (which means, “Little girl, I say to you, get up!”). Immediately the girl stood up and walked around (she was twelve years old). **At this they were completely astonished.**

Ps 55:22 **Cast your cares on the LORD** and he will sustain you; he will never let the righteous fall.

*Notice the requirement is to “cast your cares on to the Lord” AND THEN He will sustain you. This requires an effort on YOUR part. It is called FAITH. Trusting or relying on something you don't have control over. How do you know that if you give the Lord your cares, He'll do anything about them? FAITH. You use a form of it everyday. Eating those leftovers that are a few days old. Taking drugs (you can't even pronounce) and trusting your Doctor it isn't poison.*

Prov 3:5-6 **Trust in the LORD with all your heart** and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Your understanding (on which you are leaning) says every-thing is falling apart. DON'T LEAN ON IT. Your understanding lets you down constantly. Like when you expect someone to act one way, but they do something else. The key in knowing God and receiving His help, REQUIRES you to believe something that isn't obvious right now. 2 Cor 5:7 **We live by faith, not by sight.**

Heb 11:1 Now faith is **being sure of what we hope for** and **certain of what we do not see.**

Heb 11:1 Now faith is the substance of things hoped for, the evidence of things not seen. (KJV)

Mark 11:22-25 “**Have faith in God,**” Jesus answered. “I tell you the truth, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ **and does not doubt in his heart** but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.”

*JFK said we were going to the moon. How did he know? We'd never done it before. **But nothing would have happened if NO ONE worked toward it -believing it would work. He told us we could. We all believed it and got to work figuring out how to do it. Here are other examples of faith.***

Matt 14:29-31 "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "**why did you doubt?**"

Matt 9:28-30 When he had gone indoors, the blind men came to him, and he asked them, "Do you **believe** that I am able to do this?" "Yes, Lord," they replied. Then he touched their eyes and said, "**According to your faith will it be done to you**"; and their sight was restored. Jesus warned them sternly, "See that no one knows about this."

Heb 11:11 Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised. (KJV)

### Lack of Faith = Lack of Results.

Ps 27:13-14 I would have despaired **unless I had believed that I would see the goodness of the LORD** in the land of the living. Wait for the LORD; be strong, and let your heart take courage; yes, wait for the LORD. (NAS)

Matt 13:58 And he did not do many miracles there because of their lack of faith.

Heb 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**. (NAS)

*So in seeking (inquiring, asking) God for help, the prayer must be **in confidence** that God is listening, He wants to help and He will respond if you see Him as wanting to help you in His time and way.*

1 Pet 5:6-11 **Humble yourselves**, therefore, under God's mighty hand, that he may lift you up in due time. **Cast all your anxiety on him because he cares for you**. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, **standing firm in the faith**, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen.

### Using FAITH in your circumstance

Heb 10:35-39 So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, **you will receive what he has promised**. For in just a very little while, "He who is coming will come and will not delay. But my righteous one will live by faith. **And if he shrinks back, I will not be pleased with him.**" But we are not of those who shrink back and are destroyed, but of those who believe and are saved.

Rom 4:18-25 Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, "So shall your offspring be." **Without weakening in his faith, he faced the fact that his body was as good as dead** -since he was about a hundred years old -and that Sarah's womb was also dead. **Yet he did not waver through unbelief** regarding the promise of God, **but was strengthened in his faith** and gave glory to God, **being fully persuaded that God had power to do what he had promised**. This is why "it was credited to him as righteousness." The words "it was credited to him" were written not for him alone, but also for us, to whom God will credit righteousness— for us who believe in him who raised Jesus our Lord from the dead. He was delivered over to death for our sins and was raised to life for our justification.

Rom 5:1-5 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

### How do I get faith?

*Eating junk food will make you fat. Watching depressing news or crime shows all the time won't increase your faith. Aren't you encouraged by stories about people who overcame long odds to win, survived cancer, were victorious in competition, etc.? Faith comes from surrounding yourself with positive input of God's promises and examples of those who received those promises.*

Rom 10:17 Consequently, faith comes from *hearing* the message, and the message is heard through the word of Christ.

Dan 10:19 "Do not be afraid, O man highly esteemed," he said. "Peace! Be strong now; be strong." **When he spoke to me, I was strengthened** and said, "Speak, my lord, since you have given me strength."

John 16:33 "I have **told** you these things, so that **in me you may have peace**. In this world you will have trouble. But take heart! I have overcome the world."

1 Sam 30:6 And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but **David encouraged himself in the LORD** his God. (KJV)

### Be Patient

Rom 12:12 Be joyful in hope, **patient in affliction**, faithful in prayer.

Isa 40:29-31 **He gives strength to the weary**, and to him who lacks might He increases power. Though youths grow weary and tired, and vigorous young men stumble badly, Yet **those who wait for the LORD will gain new strength**; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. (NAS)

Ps 40:1-3 **I waited patiently for the LORD**; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD.

Lam 3:24-42 "The LORD is my portion," says my soul, "Therefore I have hope in Him." **The LORD is good to those who wait for Him**, to the person who seeks Him. **It is good that he waits silently for the salvation of the LORD**. It is good for a man that he should bear the yoke in his youth. Let him sit alone and be silent Since He has laid it on him. Let him put his mouth in the dust, perhaps there is hope. Let him give his cheek to the smiter; let him be filled with reproach. **For the Lord will not reject forever**, For if He causes grief, then He will have compassion according to His abundant lovingkindness. For **He does not afflict willingly, or grieve the sons of men**. To crush under His feet all the prisoners of the land, To deprive a man of justice in the presence of the Most High, To defraud a man in his lawsuit— of these things the Lord does not approve. Who is there who speaks and it comes to pass, unless the Lord has commanded it? Is it not from the mouth of the Most High that both good and ill go forth? Why should any living mortal, or any man, offer complaint in view of his sins? Let us examine and probe our ways, and let us return to the LORD. We lift up our heart and hands toward God in heaven; We have transgressed and rebelled, Thou hast not pardoned. (NAS)

### What else do I do?

Ps 37:1-13 **Do not fret** because of evildoers, be not envious toward wrongdoers. For they will wither quickly like the grass, and fade like the green herb. **Trust in the LORD, and do good**; dwell in the land and cultivate faithfulness. **Delight yourself in the LORD**; and He will give you the desires of your heart. **Commit your way to the LORD, trust also in Him, and He will do it**. And He will bring forth your righteousness as the light, and your judgment as the noonday. **Rest in the LORD and wait patiently for Him; do not fret** because of him who prospers in his way, because of the man who carries out wicked schemes. Cease from anger, and forsake wrath; do not fret, it leads only to evildoing. For evildoers will be cut off, but **those who wait for the LORD, they will inherit the land**. Yet a little while and the wicked man will be no more; and you will look carefully for his place, and he will not be there. But the humble will inherit the land, and will delight themselves in abundant prosperity. The wicked plots against the righteous, and gnashes at him with his teeth. The Lord laughs at him; for He sees his day is coming. (NAS)

Heb 3:7-13 Therefore, just as the Holy Spirit says, “Today if you hear His voice, **Do not harden your hearts** as when they provoked Me, as in the day of trial in the wilderness, Where your fathers tried me by testing me, and saw My works for forty years. “Therefore I was angry with this generation, and said, ‘They always go astray in their heart; and they did not know My ways’; As I swore in My wrath, ‘they shall not enter My rest.’” Take care, brethren, lest there should be in any one of you an evil, unbelieving heart, in falling away from the living God. But **encourage one another day after day**, as long as it is still called “Today,” lest any one of you be hardened by the deceitfulness of sin. (NAS)

1 Cor 16:13-14 Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love.

Heb 4:15-16 For we do not have a high priest who cannot sympathize with our weakness’, but One who has been tempted in all things as we are, yet without sin. **Let us therefore draw near with confidence to the throne of grace**, that we may receive mercy and may find grace to help in time of need. (NAS)

Heb 10:23-25 Let us **hold fast the confession of our hope without wavering**, for He who promised is faithful; and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but **encouraging one another**; and all the more, as you see the day drawing near. (NAS)

## **Why do troubles happen?**

1 Pet 4:12-13 Dear friends, **do not be surprised at the painful trial you are suffering**, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

*Why do problems happen? As best I can tell, the Bible gives us four reasons:*

### **Reason #1:**

You brought it on yourself. If you’ve not admitted your shortcomings and trusted in God’s forgiveness, you have to deal with the consequences. “God is not mocked, a man reaps what he sows”. If you go over the speed limit, don’t be so surprised you got a ticket.

Prov 19:3 **A man’s own folly ruins his life**, yet his heart rages against the LORD.

Prov 28:14 Blessed is the man who always fears the LORD, but **he who hardens his heart falls into trouble**.

### **Reason #2:**

God is trying to improve you. He loves you too much to leave you the way you are. If your child starts growing and still cries when he or she doesn’t get their way, YOU would take action. You know that though it’s not comfortable at first, they need to learn that behavior isn’t the best for their character in the long run.

Heb 12:5-13 And you have forgotten that word of encouragement that addresses you as sons: “**My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son.**” Endure hardship as discipline: God is treating you as sons. For what son is not disciplined by his father? If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. “Make level paths for your feet,” so that the lame may not be disabled, but rather healed.

*Sometimes discipline isn’t punishment. It may merely be to grow and teach a new virtue in you. Just as you care more about the **character** of your kids than if they get a new bike, your heavenly Father is willing to sacrifice your immediate pleasure to make you into something better.*

1 Pet 1:6-7 In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. **These have come so that your faith—** of greater worth than gold, which perishes even though refined by fire— **may be proved genuine and may result in praise,** glory and honor when Jesus Christ is revealed.

*When God led the Israelites out of Egypt into the desert, He did it to deal with their rebellion and train them to*

*look to God for answers rather than just food and money.*

Deut 8:2-5 Remember how the LORD your God led you all the way in the desert these forty years, **to humble you and to test you in order to know what was in your heart**, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. Your clothes did not wear out and your feet did not swell during these forty years. Know then in your heart that as a man disciplines his son, so the LORD your God disciplines you.

### **Reason #3:**

God has something better to come out of your troubles. Joseph was hated by his brothers, beaten up and sold into slavery. As a slave he was unjustly accused of rape and thrown into prison. But in prison the king met him, and liked him so much, he put Joseph in charge of the entire kingdom! Who'd a thunk it? When his brothers (who started this mess) realized their powerful brother could take revenge, they feared for their lives. But **Joseph understood why it happened.** He said, ...

Gen 50:20 You intended to harm me, **but God intended it for good** to accomplish what is now being done, the saving of many lives.

### **Reason #4:**

For some unseen purpose, God just wants to. God was so proud of Job's faithfulness He allowed Satan to torment Job to see if Job would turn from God. It doesn't seem fair to you or me, but He **IS** God. And, God caused Job to be twice as prosperous in his career and family afterwards.

James 5:11 Behold, we count those blessed who endured. You have heard of the endurance of Job and have seen the outcome of the Lord's dealings, that the Lord is full of compassion and is merciful. (NAS)

### **Point #5:**

The devil can't cause you trouble without one of the other previous reasons.

1 Jn 5:18 We know that anyone born of God does not continue to sin; the one who was born of God keeps him safe, **and the evil one cannot harm him.**

Prov 16:7 When a man's ways are pleasing to the LORD, **he makes even his enemies live at peace with him.**

Job 1:9 "Does Job fear God for nothing?" Satan replied. 10 "Have you not put a hedge around him and his household and everything he has? You have blessed the work of his hands, so that his flocks and herds are spread throughout the land. 11 But stretch out your hand and strike everything he has, and he will surely curse you to your face." 12 The LORD said to Satan, "Very well, then, everything he has is in your hands, but on the man himself do not lay a finger." Then Satan went out from the presence of the LORD.

## **God's Word on Health**

*Jesus was very clear that one of the benefits of His death was our ability to live without sin or sickness.*

### **God CAN heal you**

Exod 15:26 He said, "If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for **I am the LORD, who heals you.**"

### **He desires health for you**

3 Jn 1:2 Dear friend, **I pray that you may enjoy good health** and that all may go well with you, even as your soul is getting along well.

Jer 33:6 "Nevertheless, I will bring health and healing to it; **I will heal my people** and will let them enjoy abundant peace and security.



Ps 103:2-5 Praise the LORD, O my soul, and forget not all his benefits—**who forgives all your sins and heals all your diseases**, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

### **How do I know He will?**

Rom 8:11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also **give life to your mortal bodies through his Spirit**, who lives in you.

I Jn 3:21-24 Dear friends, if our hearts do not condemn us, **we have confidence before God and receive from him anything we ask**, because we obey his commands and do what pleases him. And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. Those who obey his commands live in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.

### **God is faithful to His promises**

I Jn 5:14-15 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us - whatever we ask - we know that we have what we asked of him.

IKing 8:56 “Praise be to the LORD, who has given rest to his people Israel just as he promised. Not one word has failed of all the good promises he gave through his servant Moses.

Jer 1:12 The LORD said to me, “You have seen correctly, for I am watching to see that my word is fulfilled.”

### **What heals or keeps me from sickness?**

Prov 3:7-8 Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.

Prov 4:20-22 My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body.

Exod 23:25-26 Worship the LORD your God, and his blessing will be on your food and water. I will take away sickness from among you, and none will miscarry or be barren in your land. I will give you a full life span.

James 5:14-16 **Is any one of you sick?** He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And **the prayer offered in faith will make the sick person well**; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

### **Is FAITH important?**

Matt 9:21-22 She said to herself, “If I only touch his cloak, I will be healed.” Jesus turned and saw her. “Take heart, daughter,” he said, “your faith has healed you.” And the woman was healed from that moment.

Acts 3:16 By faith in the name of Jesus, this man whom you see and know was made strong. **It is Jesus' name and the faith** that comes through him that has given this complete healing to him, as you can all see.