Rest Your Way Into HEALING



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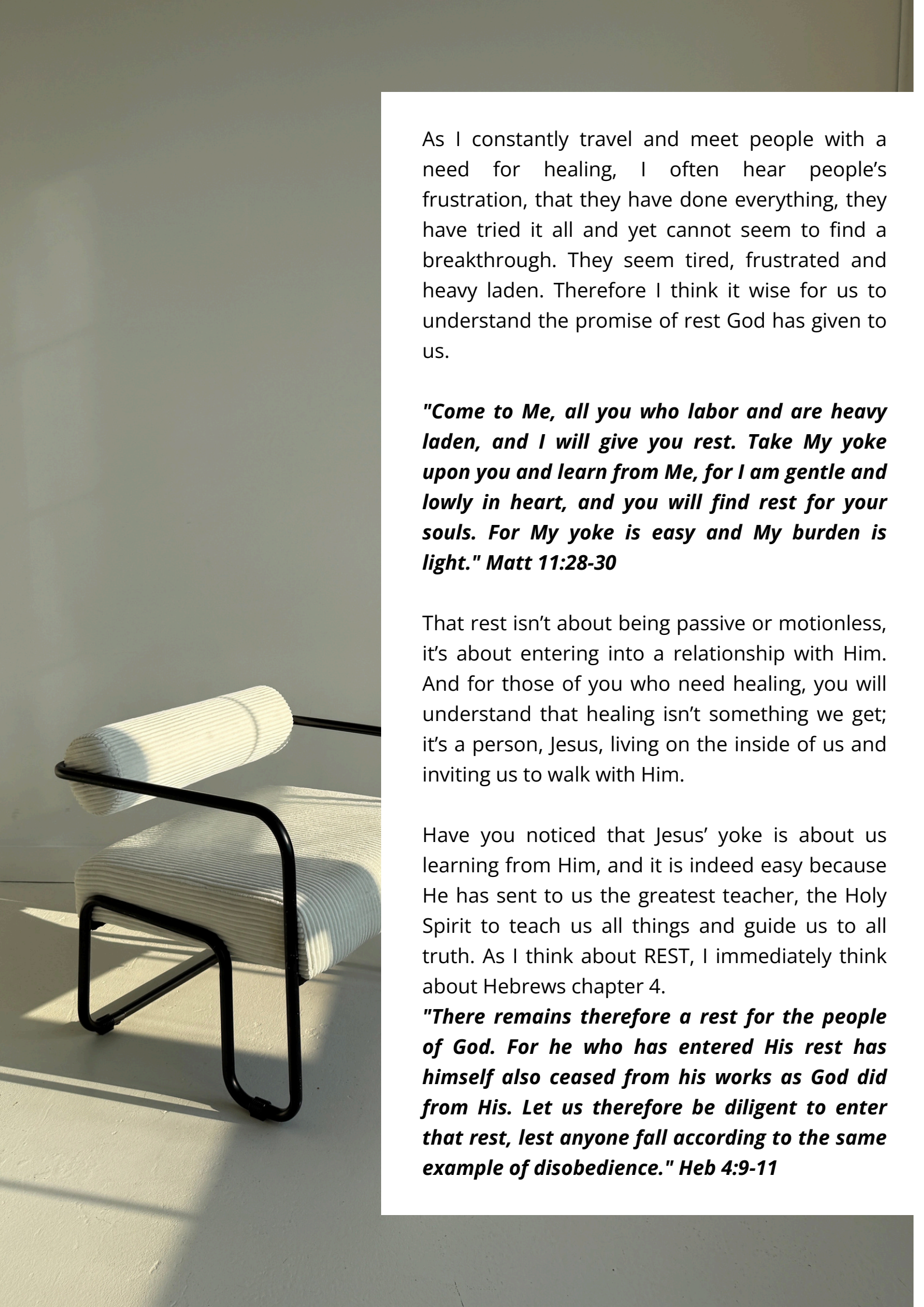

As I constantly travel and meet people with a need for healing, I often hear people's frustration, that they have done everything, they have tried it all and yet cannot seem to find a breakthrough. They seem tired, frustrated and heavy laden. Therefore I think it wise for us to understand the promise of rest God has given to us.

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." Matt 11:28-30

That rest isn't about being passive or motionless, it's about entering into a relationship with Him. And for those of you who need healing, you will understand that healing isn't something we get; it's a person, Jesus, living on the inside of us and inviting us to walk with Him.

Have you noticed that Jesus' yoke is about us learning from Him, and it is indeed easy because He has sent to us the greatest teacher, the Holy Spirit to teach us all things and guide us to all truth. As I think about REST, I immediately think about Hebrews chapter 4.

"There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His. Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience." Heb 4:9-11



What I gather from this passage is quite simple. I must stop from my own works and efforts and start leaning upon God, allowing Him to lead me into His perfect will and ways. If you look further into the context of this passage, the author continually sends a stern warning.
"Today, if you hear His voice, do not harden your heart." Heb 3:7,15 & Heb 4:7

Today. Not tomorrow. Not yesterday. TODAY! The invitation is clear...come to Jesus, listen to Him, and let Him guide your healing journey because Jesus is the author and the finisher of your faith, a faith that is simple, a faith that comes by hearing and hearing by the word of God. This indeed is what they did at the wedding of Cana when they needed a miracle. They had no more wine but Mary, the mother of Jesus, told the servants,"Go to that Man, and whatever He tells you to do, just do it!" On the other side of their obedience was the first miracle witnessed in the New Testament.



I've seen firsthand how this works in real life.

Once God woke me up and told me I had cancer, but with the warning came specific instructions of what to do and what not to do. A few days later the doctor announced that I had metastatic bone cancer because it had spread to my spine. I was not taken by surprise because I heard His voice. I simply obeyed and there was no striving, no anxiety, no fear... only REST, walking with Him, step by step. I heard, I obeyed, and I was declared completely healed without treatment after nine and a half months.

Sometimes His instructions seem small, even strange. Take carpal tunnel syndrome, for example. I couldn't close my hand much less use it. I exercised authority in the Name of Jesus, and the pain left—but a tiny tinge remained. The Holy Spirit whispered, "Drink more water, slow down on sugar." It seemed so unspectacular but I obeyed—and the next day, it was gone completely.

The key to REST is relational, it is not a formula. It's about coming close to Him, listening, and obeying—even when it feels impossible. Today's "word" may be different from yesterday's as His guidance is always specific for each moment. This reminds me of the question I was once asked : "My father had cancer, he prayed and God spoke to him on how to receive his miracle. A year later, the same cancer came back, and my father did the exact same thing but died, why?" This question seemed daunting but weeks later, I received the answer. The first time, the man went to God and received fresh instructions. The second time, the man used yesterday's Word as a method or formula, and it had no life with it. Healing and rest aren't about what you do—they're about who you walk with. Draw close, lean on His heart, and let Him show you the way.

Your Call to Action:
Take a quiet moment today. Open your Bible. Close every distraction. Ask God: "Lord, what would You have me do today to walk in Your healing and rest?" Step into your journey with Him, and share your story. Your experience of walking in His rest could inspire someone else to trust Him today.



