



*Meditations
On
Healing & Health*

DAVIDS OLUWASEYE

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Dedication

For in Him I live, and move, and have my being (Acts 17:28). This Book is dedicated to Jesus the Healer.

Acknowledgement

This book is not just written, it was taught and lived. I had the privilege of mentoring an exceptional team of young men and women over different times on certain onsite and online platforms. It is relevant parts of the content taught over the years at these platforms that were worked into the books, of which this is one. I want to appreciate these uncommon proteges and everyone at the Wisdom Place, House of Insights, and other mentoring platforms, most of whom were the first set of people I shared the insights that are harvested into the pages of this book.

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I appreciate God the Father for His Love. Jesus the Son for His Grace and the Lord Holy Spirit for His Fellowship.

Preface

Prov 4:20-22 says, *“my son, give attention to my words; incline your ear to my sayings . . . for they are life to those who find them, and health to all their flesh.”* The Word of God is life and health. The word translated health in this scripture also means ‘medicine’, ‘cure’ and ‘wholesomeness’. This means that the Word of God is the spiritual panacea that cures all and every sickness. So, if there is need for healing, the Word of God is medicine enough, it is surgery enough and it is immunity enough for all and every kind of sickness. Furthermore, the word of God is not just for healing; it is for health. The daily ingestion of the Word through the mouth-gate of your spirit is all you need to walk in perpetual health and enjoy the God-kind of life and health. These scriptures are to be daily and consistently declared as your health and healing assurance scheme. They are to be spoken intentionally and with vital connection between your health and your mouth. Find a suitable atmosphere and engage effectively, repeatedly, continually and routinely. It takes time for the things of the spirit to crystallise so the health and life benefit of these meditations will become tangible in your lives after a length of time of use.

Meditations On Healing and Health

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I obey the word of the Lord my God and do what is right in His sight, and give ear to His commandments and keep all His statutes. God does not allow any disease to come on me which is present in the world for He is the Lord who heals me. (Ex. 15:26 NIV)

I serve the Lord my God. He blesses what I eat and drink. He takes sickness away from the midst of me and my loved ones. No one is barren or miscarries among my people. God fulfills the number of my days in long life. (Ex 23:25-26 NKJV)

I declare that I live in obedience to the word of the Lord. I walk in all the ways which the Lord my God has commanded me. I live - I prolong my days in the inheritance He has given me. (Deut. 5:33 Paraphrased)

The Lord loves, blesses and multiplies me. He blesses my children and my produce/possessions in the land of the living. I am blessed above all nations;

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There is no one barren in my family or among my people. . The Lord takes away from me and my house all sickness, and none of the terrible diseases of the people comes near my house. (Deut 7:13-15 NKJV)

I (Insert Name) am an hundred and twenty years old when I die: my eyes are not dim, nor is my natural strength abated. (Deut 34:7 KJV Paraphrased)

God guards all my bones and not one of them is broken. (Ps. 34:20 KJV)

The Lord sustains me from the sickbed; when in illness, He restores me to full health.
(Psalm 41:3 NKJV)

The Lord is my light and my salvation (and my health), I fear nothing. The Lord is the strength of my life, I am afraid of nothing. When the wicked, my enemies and foes (including sickness and diseases) came against me to devour my body, they stumbled and fell. (Ps. 27:1NKJV)

But as for me, God redeems my life. He has snatched me from the power of the grave. (Ps 49:15 NLT)

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My soul blesses the Lord and does not forget all His benefits for God has forgiven all my iniquities and healed all my diseases (Ps. 103:3 KJV)

There is not a feeble or sick person among my loved ones. (Ps. 105:37 KJV)

God sends His word and heals me and He delivers me from destruction. (Ps. 107:20 KJV)

The Lord upholds me according to His Word and I live. (Ps. 119:116 KJV)

My heart keeps God's command and length of days and long life and peace are added to me. I fear the Lord and depart from evil. God's Word is health to my flesh and strength to my bones. When I lie down, I am not afraid. I keep God's Word and when I lie down, my sleep is refreshing. (Prov. 3:1, 2, 7, 8, 24 KJV)

I hear God's Word and receive them and the years of my life are many. I take a firm hold of God's Word and will not let it go. I keep them for they are my life. (Prov. 4:10, 13KJV)

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I give attention to God's Word and incline my ear to His sayings. I do not let them depart from my eyes but keep them in the midst of my heart for they are life to me and health to my body. (Prov. 4:20-22 KJV)

I fear the Lord and I prolong my days. I keep my heart with all diligence for out of it springs the issues of life. (Prov. 10:27; 4:23 KJV Paraphrased)

I speak pleasant words always and they are as honeycomb; they are sweetness to my soul and health to my bones. (Pro. 16:24 KJV)

Because I fear God's name, the Sun of Righteousness has arisen for me with healing in His wings. I go forth and grow as strong as a stall-fed ox. (Mal 4:2 NKJV)

By His, Jesus cast out spirits out of all demon possessed, He healed all who were sick so as to fulfil the prophecy that "He Himself took our infirmities and bore our sicknesses". Therefore, Jesus has healed me. (Matt 8:16-17 NIV)

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God anointed Jesus of Nazareth with the Holy Spirit and with power and went about doing good and healing all who were oppressed by the devil, for God was with Him. By the finished work of Christ, I am healed from all sicknesses and oppression of the devil. (Acts 10:38 NKJV)

Because the Spirit of him that raised up Jesus from the dead dwells in me, he that raised up Christ from the dead shall also quicken my mortal bodies by his Spirit that dwelleth in me. (Rom 8:11 KJV)

Christ has redeemed me from every curse of the law (sickness inclusive) because He took away the curse for me when I died on the tree. Now the blessings of Abraham (good health inclusive) is mine through Christ Jesus and I receive the promise of the Spirit through faith (Gal. 3:13 KJV Paraphrased).

Since we are human beings—made of flesh and blood—Jesus Christ also became a human - flesh and blood, so that he can die as a human being and by dying, he has broken the power of the devil, who had the power of death. He has set me free from the slavery of living my life in the fear of death. Thus, I live fully and there is no fear of death in me. (Heb 2:14-15 NLT)

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Jesus bore my sins upon the cross and by His stripes I was healed. (1 Pet. 2:24 KJV)

Sin is of the devil but Jesus has forgiven me all sins leading to sickness. For this purpose Jesus, the Son of God, was manifested, that He might destroy the works of the devil (sickness inclusive) in my life.

(1 John 3:8, 1 John 2: 1 - 2 NKJV)

It is the will of God that I should prosper and be in perfect health even as my soul prospers. (3 Jn. 2 KJV)



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About the Book

The Word of God is the source of life and health. Thus, the outflow of the Word of health from the heart through the mouth will heal all and every sickness. Furthermore, the word of God is not just for healing; it is for health. Thus, the continual ingestion of the word of God and its expression through your mouth is sufficient for you to live in perpetual health and enjoy the God-kind of life. This book contains scriptures on health, healing and longevity so that you can sow them daily into the soil of your life and body thereby reaping a rich harvest of health, vitality and long-life.



About the Author

Davids Oluwaseye Ayodele is a trainer, speaker and writer. He is graced with understanding and presenting complex issues with simplicity and clarity for practical application.

He is the founder of several initiatives both within the Church and the workplace, such as The Wisdom Institute of Leadership and Ministry for training and equipping ministry leaders, ENABLED Multiconcept for business and professional leadership development and consultancy, as well as several other platforms for Bible-based teaching ministry. He has a bachelor's degree in chemical engineering and master's degree in engineering management from Ahmadu Bello University, Nigeria. He is married to Deborah OluwaNifemi and they are blessed with children.