



Praying for Healing

23 And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people. 24 So his fame spread throughout all Syria, and they brought him all the sick, those afflicted with various diseases and pains, those oppressed by demons, those having seizures, and paralytics, and he healed them. 25 And great crowds followed him from Galilee and the Decapolis, and from Jerusalem and Judea, and from beyond the Jordan.

- Matthew 4:23-25

14 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. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. 16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

- James 5:14-17

"When Jesus expels demons and heals the sick, he is driving out of creation the powers of destruction, and is healing and restoring created beings who are hurt and sick. The lordship of God, to which the healings witness, restores sick creation to health. Jesus' healings are not supernatural miracles in a natural world. They are the only truly 'natural' thing in a world that is unnatural, demonized and wounded."

- Jurgen Moltmann

Praying for Healing

The same Holy Spirit that empowered Jesus to heal hundreds, if not thousands, of people during his ministry on earth, is the same Holy Spirit that now lives in all followers of Jesus. That means we are both commanded and invited to step into desiring and praying for miraculous healing of those around us.

Though God heals according to His purposes and plans - we humbly and confidently step into the practice of Christians for thousands of years in praying for those who need healing.

The following is a step-by-step guide for what praying for someone might look like:

PRAYING FOR HEALING - STEP-BY-STEP GUIDE

STEP 1 - GATHER

Gather together with the person who is physically sick, as well as a group of like-minded Christians who have faith God can heal. It is best to set aside enough time to adequately pray for the individual. Make sure that all participants are on the same page of why you are gathering together and what the following steps might entail.

STEP 2 - CONVERSATION

Take some time to ask the individual some pointed questions. The group is trying to discern as many specifics about the situation as possible.

Some questions you can ask include:

- What specifically hurts?
- How long have you struggled with this?
- Have you seen a medical professional? What did they say?
- How can we help and pray specifically?
- Do you have any sins you need to confess?
- Are there other problems you have not shared about?

The goal is to discern what specifically you need to pray for and how the group can direct their prayers for healing.

STEP 3 - DISCERNMENT

As much as possible, discern what could be causing this ailment and if there are any outside factors besides the physical sickness itself.

These outside factors could include:

- Family history
- Unconfessed or unresolved sins
- Stress and pressures of daily life

This will help the group know any additional things they should pray for or about.

STEP 4 - PRAYER

Gather around them in a circle. Appropriately lay hands on them. If a pastor is present, have them anoint the individual with oil. This is an act that sets them apart for this sacred moment.

Then begin to pray. You can have individuals take turns praying aloud while others pray silently, or you can have everyone pray aloud together.

It is best to have the individual receiving prayer keep their eyes closed to focus, while those who are praying should have their eyes open, looking for any signs from the individual (twitching, straightening up, etc).

Folks in the group can pray *to* God, asking Him to heal in specific ways. They can also pray *from* God, meaning Spirit-empowered commands of faith, like “In the name of Jesus, be healed!”

Be patient in this step. Do not rush, but give space for the Holy Spirit to speak and to work.

STEP 5 - FOLLOW UP

After prayer, immediately ask the individual how they are feeling and what they are thinking.

If the individual was healed, take time to thank the Lord and celebrate as a community.

If the individual was not healed, take a few moments to encourage them and care for them. Never suggest or imply or state that the lack of healing was due to a lack of faith in the individual. It could be your lack of faith. It could be the sovereignty of God. The Bible is full of examples of folks with incredible faith and God said “no” to their healing.

Encourage the entire group not to grow disheartened or disillusioned if the response is not what they were hoping for or seeking. Don't be afraid to pray again for the individual at a later date. There is nothing wrong with going to the Lord continually as a group or as individuals asking Him for healing. He delights in our persistence.

Whether or not the individual was healed, encourage continued humility and obedience from them and the group.

RESOURCES

The following are recommended resources if you would like to journey further into this practice:

- **Healing Sermon** by Bridgetown Church
- **Practicing the Power** by Sam Storms