**BE HEALED HEALTH ASSESSMENT**

Our goal is to identify key questions that might help us assess areas where God wants to bring healing. One objective is to highlight our testimony that could be so key to someone else’s breakthrough. Moreover, recalling and declaring it can help reassert our stand of victory in that area. Remembering and testifying of healing is not just a memory to celebrate; it is a weapon to fight with. John Wimber used to say, “The way in is the way on.” How we learned to tap into God’s grace in one area is how we tap into God’s grace for other areas.

God’s increase and blessings on our lives go from faith to faith, grace upon grace, blessing on blessing, layer upon layer. Realizing, being grateful, and stewarding a miracle causes it to be a seed that multiplies more seed.

There’s a verse in I Samuel 7:12, where the prophet Samuel set up a stone to commemorate God’s intervention for the Israelites against the Philistines. Samuel named the stone “Ebenezer” (stone of help) saying, “Thus far the Lord has helped us.” The stone was a monument to remember God’s faithfulness and give faith for future battles (So far - So God). The clearer we can see the mountain top God has brought us to, the easier it is to have faith for the mountain top He is taking us to.

**I. My Healing Journey**

Do you have an example in your life where you have encountered *Jesus,* *The Healer*?

What areas below standout the most where you know He came, He touched you, and you

were changed? Briefly describe your testimony.

**A. Spiritually/Emotionally.**

1. A place of secret shame and bondage that Jesus brought forgiveness and grace. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2. A stronghold that tormented, oppressed, and gave you a feeling of separation from God (ex. fear, confusion, hopelessness, powerlessness, self-hatred, a hatred of others) that Jesus replaced with His love and peace.

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3. A deep inner emotional wound or tormenting memory that held you captive until Jesus healed you (ex. rejection, abandonment, trauma).

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4. An addiction or compulsive desire you couldn’t overcome in your own strength, but by the power and presence of Jesus you were set free.

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5. A crippling identity (unworthiness, victim, powerlessness, better than, disappointment…) that Jesus replaced with His identity (chosen, accepted, forgiven, Christ in me…). What aspect of your new identity have you begun to experience joy?

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6. A demonic oppression, curse, spell, or a tormenting spirit that had a hold on you, until Jesus freed you from its control. (It doesn’t mean you never have to battle with it again; it means you know and experience the power and authority of Jesus that broke its power over you.)

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7. A place of grief and desperation that should have crushed you, but you experienced supernatural hope and relief and were lifted out of a “horrible pit.” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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B. **Physically**. Have you experienced a surprising supernatural miracle or healing in your body?

1. A miracle would be a miraculous intervention that saved your life or an instantaneous miracle in which a pain, disease, or deformity suddenly left.

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1. A healing would be an accelerated healing process in which you recovered in a way that was beyond what natural processes would explain.

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3. A supernatural grace during a physical, mental or other kind of natural weakness, that you know a power so much greater than you was preserving and sustaining you.

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4. A dark painful circumstance. Jesus specializes in showing up in our most painful darkest places. Is there a place He’s done that for you?

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C. **Relationally**. How have you seen God bring healing and reconciliation in a relationship that from the world’s point of view would’ve been considered beyond repair? Have you experienced God giving you a supernatural ability to forgive or have compassion on someone (something you could not have done on your own)?

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D. **Miraculously transformed desire**. Do you have an example of a healthy desire and choice that you completely lacked until God transformed you to be the best version of yourself (an area that you and others might have believed could never changed)?

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E. **In ministry**. Have you ever sensed God using you to bring the healing and redemptive touch of Jesus that was so beyond your natural ability? Has God ever used you to be an instrument of supernatural healing? Is there a specific area of helping people on their wellness journey where you feel God has given you a burden and grace to be His instrument?

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**II. Faith Goals:** Considering your testimony and other testimonies, what are some areas the Holy Spirit might want you to set faith goals for health and healing and have others believe and pray with you? (Remember a health goal isn’t about perfection; it is about progress.)

I believe God wants us to be bold and audacious in asking Him to speak to us about goals and breakthroughs. This is such an important key because as we share some of our goals with our healing group, we greatly increase the possibilities of success because of accountability and mutual prayers.

I would like to challenge everyone to set and establish a Spirit led/faith driven goal in the following areas of wellness: Spiritually (something that would allow you to experience more of God’s favor), mentally and emotionally, physically, relationally (in our ability to bring Jesus’ compassion and healing to others).

**Here are some examples:**

1. By both supernatural healing and wellness practices in my eating, rest, and exercise, I want to believe God to completely reverse diabetes.

2. I want to believe God will bring my family into a new wisdom and unity by having a far healthier schedule, so we can enjoy God, each other, and the life He’s giving us, in the way He wants.

3. I’m believing God that through His grace, leading and the tools I’m receiving, He will lay the ax to the root of inner anger and rage that has held me captive.

4. I’m claiming God will provide the full support and empowerment to keep me in the steps I need to stay in sobriety.

5. God will do a miracle and give grace and tools to completely break down walls between me and estranged family members.

6. I want to grow in my ability to let the Holy Spirit use me and the gifts He has given me to carry out Jesus’ ministry, to dozens of people in the coming days.

I want to set a life course of praying with hurting people in the power of the Holy Spirit that results in multitudes being saved, healed, set free, delivered, and anointed with the Holy Spirit’s power.

*“He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord’s favor.”* (Luke 4:18-19 ESV)

**A PRAYER CHALLENGE FOR THE 40 DAYS OF HEALTH AND HEALING**

1. God will touch the hearts of at least 50 people to want to help host *Be Healed Groups.*

2. The church and its intercessors will really unite behind this, so we see a supernatural release of faith for miracles like we’ve never seen before.

3. God will confirm His word with mighty signs and wonders that will stir the faith for more and more people to participate, and that signs and wonders will become a key catalyst in the growth and establishment of other campuses and ministries as part of HFTW 2.0.