

How You Can Strike Down Negative Declarations Over Your Health

If you just received a bad health report, what would you do first? React in shock? Retreat into fear and anxiety? Plan on that outcome becoming a reality? I hope you would do none of those things because of the powerful information you are learning.

However, almost by default most people become fixated on the doctor's report, the chemistry report, the CT scan report, the Internet report and what family and friends report. Before we get too excited or go into shock, we should always ask ourselves a few questions: What is God's report? What does He have to say? Am I going to include Him and what He is offering in my healing journey?

What if you automatically reacted to man's report with the following: "I respect your education, your findings and that you are trying to help, but I serve a powerful God, and He has something to say about my health also." This is not about disrespecting your doctor or well-meaning family and friends. This is about respecting God.

What if, after you received the report and any accompanying prognosis, you proclaimed this personalized verse?

"No weapon formed against me shall prosper, and every tongue that rises against me in judgment I shall condemn. This is the heritage of mine, and all servants of the Lord, and our righteousness is from God, says the Lord" (Isaiah 54:17, paraphrased).

Do you see the mountain being spoken to? How powerful would it be to put these mountains into their proper place at the very

beginning of a crisis? Remember, your body reacts to the words coming at it. Make sure it receives the right words for your health's sake so it can react in harmony with your goals and God's Word.

When anyone tells me I can't, wont, don't have, or will never, I condemn those words. I call them "voodoo curses," and I absolutely refuse to receive them. I command them out of my being and counter them with "I can, I will, and I am able to do all things through Christ who strengthens me. Nothing is impossible with God." Why would I allow man's words to govern my cells instead of the superior power of God's Word?

Do you need a little practice countering any negative proclamations made over your life? Let's try it. What would you put in these blanks if any person—your spouse, family, doctor, teacher, employer or anyone else—spoke a negative proclamation over your body or your person? Try this:

"You say to me _____, but my God says
_____."

Do you see why you need to be equipped with the Word of God to take your stand? You need to know what God says in order to counter any false words with truth.

What's more, this type of response usually quiets the conversation pretty quickly. People don't like to argue with God and His Word. Neither does the devil. But again, you have to be knowledgeable of God's truth and bold to adopt this stance. Sometimes you may be the only one saying anything life-giving in the situation.

Can you come up with 10 healing verses or promises you could boldly declare if you were challenged? I asked several Christians this very question and they sheepishly admitted that they could not.

Don't be caught unprepared. Make a list of all that God says about you, your health and your circumstances.

Keep your focus, faith and speech centered on those healing words. {eoa}

*Excerpted from Healing Words by **Sylvia Rogers**; published in 2016 by Siloam/Charisma Media/Charisma House Book Group. To order the book, [click here](#).*

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