



**HE SAYS...**

# HEALING THROUGH HIS WORD

**A SCRIPTURAL GUIDE TO HEALING  
BREAKTHROUGH**

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BY JENNIFER KUSCHEL

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# ABOUT THE AUTHOR



**Jennifer Kuschel**

Hi, I'm Jennifer and I'm so excited to share my heart with you. I never imagined myself writing a book dedicated to teaching others about the declarative authority we are given through Christ to change our situations, including our health. Nonetheless here I am!

I have been married now for over 22 years and have two amazing, beautiful daughters. My journey through faith and developing a relationship with Christ hasn't been the smoothest. We spent years not fully understanding the love of God, his desire to bless us, or the power He bestowed upon us through the redemptive blood of Christ. It wasn't until battling years of autoimmunity and also losing my mom abruptly and unexpectedly, that my eyes were finally opened.

Since that time, I have experienced what it is to know the Lord on a personal level. I've been introduced to the power of the Holy Spirit through prophetic words of knowledge, visions, and a communication with God that I never knew existed. Through this period of growth I learned one of the most powerful gifts given to us as Christ's followers...declarations. Declarations have changed my life!

I have started a ministry, completely Holy Spirit lead, that gets the promises in the Word of God out there along with declarations to powerfully declare His Word with our God given authority. We have the power to move mountains! Check out my website [speakhiminministries.com](http://speakhiminministries.com).

My hope and desire, and now life's purpose, is to teach you to harness this power and bring God's desire for change to life!

# INTRODUCTION

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"SO IS MY WORD THAT GOES OUT FROM MY MOUTH: IT WILL NOT RETURN TO ME EMPTY, BUT WILL ACCOMPLISH WHAT I DESIRE AND ACHIEVE THE PURPOSE FOR WHICH I SENT IT."

– ISAIAH 55:11 (NIV)

Isaiah 55:11 very clearly states that no word that comes out from my mouth returns void. If we pray and declare in complete faith, anything that aligns with God's will, will be accomplished. Not maybe or might, it WILL accomplish the purpose for which it was sent. This verse is powerful and provides us with the confidence we need to bring forth the change we so desperately desire.

In John 1:1 (WEB) we are told "In the beginning was the Word, and the Word was with God, and the Word was God." That's right, our Bible is the living God in written form. He provided Himself to us so that we may know His nature and better understand how to walk in relationship with Him.

Through knowing Him (reading His Word), we gain clarity into God's over 8,000 promises and we can then extract from them meanings directly applicable to our lives and situations. Within this vast array of promises are ones specific to our healing. The Bible mentions physical, emotional, mental and spiritual healing over 150 times. The promotion of health and healing to this degree can only mean one thing...God wants us healed!

If you're like me though, you may be wondering why sickness and pain exist if it is not God's will. While this remains a mystery of God, God formed this world and gave man free will to manage His creation. We fell from grace through sin and still live in a fallen world. This means we will experience trouble in our lives but through the grace of God and sacrifice of Jesus we can return to righteousness and God's will.

## INTRODUCTION

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The Lord's Prayer, a prayer that was given for us to model, clearly states, "His kingdom come, his will be done, on earth as it is in heaven." This means that His kingdom is here now, just not fully manifested until He returns. Everything which is promised in heaven is here now. With faith, we can see this and begin to live our lives according to His will, not ours. This is where breakthrough occurs.

This guide is structured in a way that highlights God's truths about healing directly from scripture, and then teaches you to speak life to His promises, in alignment with His will, through declarations.

In the He Says... section, several key verses related to healing have been provided for you to read and meditate on. Meditation on scripture has powerful and profound impacts on our faith. Through building our faith in God's promises, we are able to pray and declare with expectation, not hope. Don't get me wrong, hope is a beautiful thing, but we want to shift from hope to overwhelming faith.

In the You Say... section, several declarations for healing have been provided to guide you in this practice. At this point, you may be wondering "What is a declaration?" Declarations speak God's living word, with our God given authority, to powerfully manifest change. Declarations are spoken aloud with confidence and repetition. These declarations should be expressed daily, and repeated multiple times per day. When you start the practice, you may not notice much of a difference, but as you continue to faithfully declare, a shift will begin to happen. You will start believing what you are saying, you will have conviction, you will start to expect healing, and through all of this, your faith will be promoted and change will begin to occur.

You may notice that these declarations do not speak to a specific physical, emotional, mental or spiritual healing you need. That's ok! I encourage you to make each declaration your own. If you are battling cancer...be specific when you declare. If you deal with depression....speak that depression out. The beauty in declaration is your ability to make it fit whatever situation you are experiencing. Use these declarations as blueprints to develop your own. Remember to always make sure it's biblical, which is why the bible verse references are so important.

God wants to heal you. He loves you and wants what's best for you. Take control through surrendering your situation to Jehovah Rapha...The Lord Who Heals!

# HE SAYS...

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## HEALING THROUGH HIS WORD

These scriptures are straight from God's Word. They are His truths and promises about healing and the divine health He created each of us to walk in. Read over, meditate on, and memorize these scriptures to fully understand and comprehend His truths for your healing.

- **“Heal me, O Yahweh, and I will be healed. Save me, and I will be saved; for you are my praise.” – Jeremiah 17:14 (WEB)**
- **“For I will restore health to you, and I will heal you of your wounds, says Yahweh...” – Jeremiah 30:17 (WEB)**
- **““Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”” – Jeremiah 33:6 (NIV)**

Yes, our God saves, heals, and delivers. Jeremiah trusted that God would heal a nation turned against Him and caught up in acts that were not pleasing to the Lord. Just as Jeremiah had faith that God would heal and restore a nation to Him, we should have complete faith that His will is to restore our physical, emotional and spiritual health. Trust and praise Him through it all.

- **“But he was pierced for our transgressions. He was crushed for our iniquities. The punishment that brought our peace was on him; and by his wounds we are healed.” – Isaiah 53:5 (WEB)**

Isaiah was a prophet of the Lord. He foretold the coming of Jesus in great detail, including the power his sacrifice would carry in terms of healing. His sacrifice is too often diminished and underappreciated, the emotional impact on us far too little. The payment for our sins and the act it took to bring about miracles and wonders, and healings, was significant. Our Christ was beaten unrecognizably, lashed with leather and metal, whipped, pierced by nails, mocked and ridiculed, and left to hang in agony until His spirit left his body. He did that for us...so we can experience salvation and all the miracles of God, including healing!

- **“He heals the broken in heart, and binds up their wounds.” – Psalm 147:3 (WEB)**

Psalm 147 begins with “Praise the Lord.” Praise should precede every encounter and communication we have with the Lord. The Hebrew people knew this, hence why they started this psalm with praise! They followed this with their own declaration. They didn’t send up a request or plead with God for mercy. They declared that he heals and that their wounds were already relieved. We too should speak with expectation and thanksgiving, not uncertainty or doubt.

- **“Yahweh my god, I cried to you, and you have healed me.” – Psalm 30:2 (WEB)**

There is no shame in crying out to the Lord. He is our comforter. If you are dealing with health issues, reach up to the Lord and find comfort in His promises. The psalmist here is sending up thanksgiving for deliverance from sickness or wounds. They were in an obvious place of need for God’s intervention. Just as the psalmist was healed, it is God’s desire to heal anyone who places their faith in His power.

- **“He himself bore our sins in his body on the tree, that we, having died to sins, might live to righteousness. You were healed by his wounds.” – 1 Peter 2:24 (WEB)**

Jesus sustained wounds so that your wounds could be healed. Let that truth envelop you...you were viewed as worthy for God to give his life so that you may be redeemed. We are made new through that conversion. We are new beings spiritually, but also physically. Remember, “You were healed by his wounds.”

- **“He gives power to the weak. He increases the strength of him who has no might...But those who wait for Yahweh will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not be faint.” – Isaiah 40:29, 31 (WEB)**

There is power in the name of Jesus. We are weak, but He is strong. All we need to do is lean into Him and He will carry us on His wings...our burdens, our hurts, our sickness. He will give us the strength to run without tiring. He gives us complete victory. His only requirement...complete faith in Him and His will. So, soar like the eagle. You are His!

- **“Jesus went about all the cities and the villages, teaching in their synagogues and preaching the Good News of the Kingdom, and healing every disease and every sickness among the people.” – Matthew 9:35 (WEB)**

## HE SAYS...

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Whether blind, lame, sick, or diseased, people with affliction sought after their only hope of deliverance, Jesus. Their faith in Jesus outweighed everything in their lives. His promise of healing consumed them. There was nothing more important, no barrier too great for them to encounter the Healer. We must exhibit a similar level of faith. We must pursue HIM...and Him alone. He will guide your steps if you take His hand. He will open doors and lead you down the proper paths. Place your faith in the healing power of Jesus just as those in biblical times. His power is still the same yesterday, today and forever.

- **“Yahweh will sustain him on his sickbed, and restore him from his bed of illness.” – Psalm 41:3 (WEB)**

Notice the word choice in this psalm. The word “will” is used. It doesn’t say may or could if He wants to...it says will. We must hold onto this promise the psalmist so purposefully penned. It is with expectation that we seek His healing. We enter into the seeking of healing with faith that deliverance will follow. It may not be today. It may not be tomorrow. But, through constant prayer and declaring His healing power over your situation, change will follow!

- **“Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. She said to herself, ‘If I only touch his cloak, I will be healed.’ Jesus turned and saw her. ‘Take heart, daughter,’ he said, ‘your faith has healed you.’ And the woman was healed at that moment.” - Matthew 9:20-22 (NIV)**

She didn’t ask, by faith she believed and pursued. So many times we wonder if God will really heal us, or that maybe God wants us to go through this for a particular reason. Maybe you believe that God isn’t ready to heal you yet... these are all lies of the enemy. We have to have the same faith the bleeding woman had in knowing Jesus WILL heal.

- **“By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus’ name and the faith that comes through him that has completely healed him, as you can all see.” - Acts 3:16 (NIV)**

In what do you place your faith? It is far too easy and convenient to place our faith in the things we can see and touch. But is that really faith? No! Faith requires belief in that which is unseen...those things we cannot touch, see, taste or smell. It is this faith that is necessary to achieve the healing we so desperately seek and He promises to so readily give. Place your faith in your Healer, Savior and Deliverer. Declare His healing over you and expect the miraculous.



# YOU SAY...

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## DECLARE YOUR HEALING

Healing Declarations are simply declaring God's already spoken word and speaking it into existence based on faith. Say each of these declarations every day. If it's too many, choose 10 declarations and say them every day, 1-3 times a day. The more you declare, the faster your mind shifts and heart transforms. Don't just take my word for it. Try it for yourself!

- By the stripes of Jesus I am healed. He took my sickness; He carried my pain. I believe it is Your will, God, for me to be healed.
- I release miracles of healing in my body in the name of Jesus.
- Thank You, Lord, for healing me and delivering me from ALL sickness, ALL disease, and ALL pain in Jesus name.
- I am in the hands of my Healer and the arms of my Savior.
- God is doing great things in me, around me, and through me.
- Thank You, Lord, that health and healing are coming now.
- I reject and repel: infirmity, infection, pain, disease, inflammation, viruses, and any form of sickness in my body in Jesus name.
- I declare every organ and every tissue in my body functions in the perfection to which God created it to function.
- My immune system grows stronger every day.
- I am strong in my body; I am walking in divine health.

## YOU SAY...

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- Sickness, pain, and disease have no authority over my body in Jesus name.
- I am seated with Christ in heavenly places; therefore, I say to anxiety, fear, torment, heaviness, and depression to get under my feet in Jesus name.
- Father, I give You any negative emotions, trauma, unforgiveness, and toxicity in exchange for hope, healing, and joy.
- I put on the full armor of God to resist any sickness... spiritual, physical, or mental.
- I am a pure vessel! The power of God flows through me.
- I command all pain, inflammation, and sickness to leave my body in the name of Jesus.
- I declare that all strongholds impacting my health and my body are now broken.
- By the blood of Jesus Christ I am healed! I am delivered and set free, Thank You, Lord!
- I am happy, healthy, and whole.
- I believe I receive ALL of God's promises.

# CONCLUSION

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My hope is that you experience breakthrough in your healing journey, and that through gaining an understanding of God's promises you can see the value in making declarations a daily practice.

Through more practice and continually relying on your faith to bring you through anything, you will enter deeper relationship and reliance on God. You will experience more moments where you can clearly see God at work in you, around you and through you. Seek His will for your life and watch Him work wonders in and through you.

Declarations are not only for health and healing. Declarations can be used at any time for any circumstance. If you are looking for more declarations on faith, breaking strongholds, strength, surrender and protection, visit the website at [speakhiminministries.com](http://speakhiminministries.com)

I pray this book blesses you and changes your life in amazing ways. God is powerful and loves us so much. The more we lean into Him, study, meditate on and declare His word, the deeper relationship we have with Him and we are able to fully experience His kingdom on earth as in heaven.