

YOUR FAITH HAS MADE YOU WHOLE



*Poems and Inspirational
Writings for Spiritual
Transformation*

Tracey L. Moore

***Your Faith Has Made You Whole: Poems and Inspirational Writings
for Spiritual Transformation***

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All Scripture quotations are from the King James Version of the Bible.



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INTRODUCTION

I can't remember a time when wholeness hasn't been the cry of my heart. When I joined Calvary Revival Church in Norfolk, Virginia, a prophet named Kent Christmas prophesied over me and each new member participating in the confirmation service. I'll never forget what he said to me: "You are on the potter's wheel, God is sealing up the cracks, and you will be made whole!" That was confirmation to me that God was going to heal my wounded soul. It was simply a matter of time.

In my early years, I had no self-esteem, no self-confidence, and was very shy. I had bouts of anxiety and could have become an agoraphobic (a person who has fear of open spaces which renders her homebound) at one point if it wasn't for the grace of God. In 1982, I was dating a guy who was full of self-confidence, and I saw a big contrast between him and myself. Therefore, I decided that I needed to change. I wanted some of what he had, so I drew up and signed a contract with myself about the changes in my life I was going to make and new ways of thinking that I was going to adopt. Unfortunately, I did not ask God about it, nor did I seek His help or healing. Finally, when my plan wasn't working, I decided to believe God for the healing of my emotions and determined in my heart to follow His instructions. Slowly but surely, I made progress. However, I was growing at a snail's pace, and that made me feel that change would never come.

After many years of fasting, praying, counseling, journaling, and reading, I am on my way to wholeness, praise the Lord. I haven't arrived yet, but I am well on my way to my destination. God has been faithful to His Word to heal my wounded soul. I give Him praise and glory for any progress I have made spiritually and emotionally. Facing myself and my

shortcomings has not been easy, and the journey has been long and difficult, but I'm still here, and I am better than I use to be, by the grace of Almighty God. That's my testimony. Our Father wants all of His children to be whole emotionally, and also physically.

When we seek the Lord in order to receive healing, it can be physical or emotional in nature. For example, Jesus asked the infirmed man that lay by the pool of Bethesda if he wanted to be healed of His sickness. In John 5:6, our Lord asked the man, "Wilt thou be made whole?" That's the question that He asks all of us. What is your answer? If your answer is "yes," Jesus can and will do it, but know that it *will* cost you. Wholeness comes with a high price. You pay the price through obedience. You pay the price through fasting and prayer. You pay the price through accepting solitude for a period of time so that you can spend time alone with God. If you are willing to pay the price of faith coupled with corresponding action, you will be like the woman with the issue of blood who heard Jesus say, "Your faith has made you whole" (Matthew 9:22).

Faith, the key to wholeness, "... is the substance of things hoped for, the evidence of things not seen" (Hebrews 11:1). If you want to be whole, whether it be physically or emotionally, you must have faith that God can, indeed, make you whole. As Hebrews 11:6 states, "But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." When we are not experiencing wholeness in our present reality, we must see it by faith if we are to ever experience it on a personal level. The truth of the matter is that you are already whole in the realm of the Spirit. However, realities that exist in the Spirit realm, but not yet in the natural realm, cannot be perceived by the five senses. Consequently, spiritual realities must be perceived through the "sixth sense" of our faith until they manifest as a reality in our natural world.

Therefore, I encourage you to pay close attention to what you believe. Is your “sixth sense” picking up wholeness in your future? If you want to be whole, you can be. Only believe. Persevere. Never give up until you see victory, for it will surely come. God has already sent His Word to heal you (Psalms 107:20), and it will certainly not return to Him void (Isaiah 55:11). He always causes us to triumph in Christ Jesus our Lord (II Corinthians 2:14). It’s just a matter of time before you hear Jesus say to you, “Thy faith hath made thee whole” (Matthew 9:22).

This chapbook was written to encourage you to pursue wholeness. As you read, please keep a journal or paper and a pen handy, and be ready to respond to the journaling exercises that follow the poems and inspirational entries. That way, you will get the maximum benefit from reading ***Your Faith Has Made You Whole***. I want to challenge you to renew your mind and do those things that will facilitate wholeness. When you are the best you can be for the Master, He can use you in mighty ways for His glory. Without further delay, let’s get started on our poetic journey together.



An unrenewed
mind will cause
you to miss your
destiny.



A CONVERSATION WITH THE DEVIL

The devil says all kinds of things
 To the children of God everyday.
 You know that he's the father of lies,
 You can't believe what he says.
 He speaks in your mind and through people,
 That's his strategy of attack.
 You can't let him talk that trash to you
 Without you talking back!
 He bombards you with negative thoughts galore;
 Don't listen to a word you've heard.
 You must counteract those "thought bombs"
 With the power of God's Word.
 If he says, "You will never make it.
 You know you are going down."
 Tell him, "My God has got my back,
 And He'll never let me drown."
 If he says, "What you want is not coming!"
 Then you say, "It's on the way."
 If Satan tells you, "You'll never be healed."
 Tell him, "Healing is mine today."
 If he talks about your children and says,
 "Your kids don't read the Word,"
 You counter that mess with a one-two punch
 And say, "My kids serve the Lord."

If right now you don't have any money,
 And he says, "You will always be broke."
 Tell the enemy that you are prosperous,
 And his nonsense is merely a joke.
 If he tells you, "You'll never have enough."
 "Right now, you don't have jack!"
 Stand up and stomp your holy foot,
 Tell him, "God says I will not lack."
 If he whispers to you, "You're gonna die.
 Your health will not be restored."
 Tell him to his face, "I will live and not die
 And declare the works of the Lord."¹
 You must speak out the Word of God
 Every time your thoughts go south.
 The power of life and death are in
 The Words that come out of your mouth.²
 So don't let the devil whisper to you
 And fill your head with lies.
 You tell him exactly where to go,
 You fight back whenever he tries
 To contradict the Word of God,
 To tell you you're not going to win.
 You must wield the sword of the Spirit
 To encourage yourself in the end.
 So whatever he says, say the opposite,
 You know what you say will come true.
 If you speak according to God's Word,
 God's Word will work for you.



¹ Psalms 118:17

² Proverbs 18:21



**Death and life are in the power of the tongue:
and they that love it shall eat the fruit thereof.**

Proverbs 18:21

We constantly have thoughts flowing through our minds. Some thoughts are positive and some are negative. Sometimes it is hard to discern where these thoughts are coming from. Are they thoughts from God? The devil? Ourselves? The answer is fairly simple. Anything positive, uplifting, encouraging, and lines up with the Word is from God. Anything that is negative, degrading, discouraging, and contradictory to the Word of God is the devil. Most thoughts that don't fall into either category are probably ours.

Many times the devil speaks to us, and then we speak those things out of our mouths. In Proverbs 18:21, the Bible says the power of life and death are in the tongue. Thus, it is imperative that we continuously monitor our speech because we will have whatever we say, either good or bad.

When we receive thoughts that are contrary to God's Word, first of all we must identify those renegade thoughts as coming from the devil. Sometimes, Satan speaks, we think those are our thoughts, and we just accept them. But if we know that they are satanic, then we can counteract them. We should never let the enemy speak words of death to us without counteracting them with God's Word. We have to speak out the Word of God in order for it to be effective in our lives. Don't ever let Satan speak negative words of failure, lack and doom into your mind without countering it with the Word of God expressly spoken. Thoughts are not good enough. As you speak out the Word, you will build your

faith and confidence in God, and also overcome the negative power of the words of Satan that are intended to kill, steal and destroy.

REFLECTION

1. Write down any negative thoughts that have entered your mind lately. Who do you suppose is injecting these thoughts in your mind?
2. Write down scriptures which counteract these thoughts to inject truth into your mind.
3. Purpose in your heart that for the rest of the day, when you catch yourself thinking or saying negative thoughts, you will repent, ask God for forgiveness, and counteract it on the spot with the Word of God.

PRAYER

Lord, I thank You for Your Word that You have given as a defense and a weapon against the enemy. Please help me discern when negative thoughts come to my mind, and help me reject them and not accept them as my own thoughts. Help me identify and destroy them with the truth of Your Word spoken out of my mouth. In Jesus' name I pray, amen.





GOD IS A RECYCLER

God is a Recycler.

He allows nothing to be wasted.

*When Jesus fed five thousand people
with two fish and five loaves of bread,³*

*He told His disciples to gather up the fragments
that remained so that nothing be lost.*

Wastefulness is likened to ungodliness.

Why? Because God is a Recycler.

Nothing that happens in our lives is wasted.

*God uses every event, every hardship,
every situation for an express purpose.*

All things work together for good to them that love the Lord.⁴

Those things that we would like to throw out of our lives,

God uses for His glory.

He takes the bad, and turns it into something good

because He is the Master Recycler.

When we get off track and trash our lives,

God doesn't just throw us away.

When we cry out to him for help,

He picks us up off the trash heap, recycles our lives,

and makes them into a thing of beauty.

He is the God of the second chance

Who makes all things beautiful in His time.⁵

You see, recycling is nothing new; Our God is the original Recycler.

³ John 6:1-14

⁴ Romans 8:28

⁵ Ecclesiastes 3:11



**...He said unto his disciples, Gather up the fragments
that remain, that nothing be lost.**

John 6:12

God is “green.” Think about it. God invented recycling. Jesus told His disciples after feeding the five thousand, “...Gather up the fragments that remain, that nothing be lost” (John 6:12). If He didn’t care, He would have told them to throw it away, or feed the birds. But he told them specifically not to waste any of it. Therefore, I’m quite sure that He does not like it and is not pleased when His children are wasteful.

If we are to be like God, we must make sure that we do not waste His resources. How often do we waste the resources of God? I am guilty of this myself. I have allowed food to stay in the back of the refrigerator until it is unrecognizable, and then I have to repent. When we waste things in our lives, sometimes it can be a mistake or oversight on our part. However, in some cases, it can be a sign of disrespect or an attitude of ingratitude for what God has provided for us. When we waste water in our homes, God sees it. When we throw out food, and other people in third world countries are starving, God sees it. When we waste money on things that we never even use or wear, God is aware of that too.

Have you ever heard the saying, “Waste not, want not?” What does that mean? It means that when we are careful with the resources that God has given us, we will not lack later on. This may sound a little crazy, but I save the cotton that comes in the bottles of the nutritional supplements that I purchase. One time, I ran out of cotton, and I was able to use the cotton from my stash to tide me over until I was able to get to the store. Waste not, want not, right? When a bar of soap gets

down to a little sliver, I save it and press it together with the new bar of soap. Waste not, want not. I am not saying that everyone should do this. Let your conscience be your guide. But I am saying that we need to be aware of eliminating the waste of God's resources.

Another resource that we need to be good stewards over is our time. When we waste time, it's gone forever, and we are basically wasting a portion of our lives. Therefore, we must fight to use our time wisely and make our lives here on earth count in the finite time span that God has given us. The good news is that God, the Master Recycler, can redeem a life that has been seemingly wasted and use it for His purposes to ultimately gain glory for Himself.

Whether we choose to conserve what God has given us or not is really a stewardship issue. If we are not good stewards over what He has given us, then He will not be eager to give us more to mismanage. We have got to remember that what we have is all His, and just like in the parable of the talents (Matthew 25:14-30), our Father desires a good return on His investment in us.

God has given each of us resources to manage, and we must strive to be effective stewards. For example, when I had to take over my mom's finances when she became ill, I was determined to manage her resources effectively because I was a steward over her assets. I wanted to make sure that I was managing her money to the best of my ability because I had to answer to God. Likewise, we have to answer to God about how we manage His resources. If a crust of bread is important to Him, then how much more important to Him are the things that we absent-mindedly waste on a daily basis? In the coming days, let's focus on reducing, minimizing or eliminating waste in our lives. If we do, then we will be able to free up money that can be used to further the Kingdom and spread the Gospel.

REFLECTION

1. Are there any ways that you have wasted God’s resources recently without really thinking about it?
2. How do you think God views the wasting of His provision by His children?
3. In light of what you have read, are there any changes that you feel that your need to make?

PRAYER

Dear God, I want to be a good steward over the resources that You have placed in my care. Please forgive me for any times that I have been wasteful without giving it a thought. Please help me to be mindful of how I can conserve what I have so that I can free up money to build Your Kingdom. In Jesus’ name I pray, amen.





I TRUST YOU, LORD

*Why is it so hard to trust You Lord?
 Why do I think You're not faithful to Your Word?
 Is it because I can't see You?
 Is that why I fret when bills are due?
 Is that why I'm concerned what the future holds,
 Though in Your Word Your plans are foretold?
 Your plans are for good and not evil for me,⁶
 A plan for a bright future is what You see.
 My doubts make not one bit of sense,
 For You've proven Yourself again and again.
 I see that Your faithfulness is unsurpassed,
 But, for some reason, my care I cannot cast.
 I see what all that You have done,
 You have never failed one time, not one.*

*So why is it that my faith continues to falter?
 The Words from Your lips, You will never alter.
 Every one of Your promises, You will keep,
 For You are not like man that slumbers and sleeps.
 For this, to You, my hands I must raise,
 I must worship You, You deserve my praise.
 For You have promised to take care of me,
 You've promised to meet my every need.*

⁶ Jeremiah 29:11

*When I can't resolve issues with my mind,
I can't see how, so peace I can't find.
I keep asking You for answers galore,
But faith requires that I trust You more.
I must listen intently to hear Your voice,
I must make sure I make the right choice,
And that is to follow all of Your instructions,
I'll trust you as director of this production.
I will not fear, You're my strength, my shield,⁷
I know I'll be OK, no matter how I feel.
I must rest in the knowledge that You will not fail,
I must trust You, my faith must prevail.
Then all will be fine; I know that it's true,
I trust You, Lord; I do trust You.*



⁷ Psalms 28:7



**For the Lord God will help me; therefore shall I not
be confounded: therefore have I set my face like a
flint, and I know that I shall not be ashamed.**

Isaiah 50:7

God is so faithful. Sometimes I just cannot understand myself. All throughout my life He has come through for me. He has NEVER failed me. Unfortunately, because I can't see Him, sometimes, in my mind, He is not as real as my problems. But if the truth be told, my heavenly Father is more real than anything I can see.

My problem is that I have to be able to figure everything out. I have a need to fill in the blanks when I don't know something. I have to "know" how something is going to get done. I see that I am in desperate need, but can't see how the issues will be resolved. So, if they cannot be resolved in my finite mind, then I panic. Does this sound familiar?

Why do we panic? Why do we lose our peace? Because we have factored God out. We have taken our own problems on our own shoulders (a weight we were never meant to bear). We refuse to trust and rely on Him because deep down in the recesses of our soul, we think He may not come through for us anyway. The devil would tell us that anybody we can't see certainly can't be trusted. But we know that Satan is the father of lies anyway (John 8:44).

God can be trusted, and, very often, He will put us in situations where He can earn our trust as we see how consistently faithful He really is. For example, I used to work at a major credit union as a financial counselor. When I first got there, I was so overwhelmed; I didn't know how I was going to do all that was required of me. One night, I had a

dream. My father and I were walking over a rickety wooden bridge that fed into a big tall beautiful bridge. As we walked, the wooden bridge broke down, and we fell into the water below. The next thing that I knew, my dad and I were at home. I told my dad, “Thanks for getting me home,” and then I woke up. God used that dream to show me that I don’t have to know how he would get me from point A to point B. I need to just trust Him to get me to my destination. When it was all said and done, thanks be to God, I was able to do what was required of me. Somehow, God came through again, as usual.

The fact of the matter is that our God can, indeed, be trusted. You know in your “knower” that it’s true. If you listen for the voice of the Holy Spirit and refuse to let the voice of the devil drown out that still small voice, you will hear Him say, “I’ve got this. I will not let you down, My child.” Whatever that burden is that you are struggling with, take this moment to exhale, relax, release it to Him, and free-fall backwards right into His loving arms. He will not fail you. You can trust Him. You don’t have to know how He will work it out. Just know that He will.

REFLECTION

1. Is there any situation that comes to mind where you know that you are not trusting God and attempting to resolve the situation on your own through worry and reasoning?
2. Can you think of a time when you thought that you were not going to make it, and God stepped in and rescued you? Write about it in your journal.
3. Think of the thing you are wrestling with right now and purpose in your heart that this will be an experiment for you. You are going to do a

free fall by trusting God. Tell God right now, “Lord I trust You.” If you have done all you can do, you can’t do anything more anyway. If you haven’t done all that He has told you to do or that you know to do, then it’s time to get busy. Tell God that you cannot see how it will be worked out, but you fully expect Him to work it out and come through for you. Then observe what happens. When he does work it out, write down the outcome in your journal, and then give Him a shout of praise.

PRAYER

Lord, please help me to trust You more and more. I recognize when I refuse to trust You, that is an insult to You. You fully deserve my trust based on Your impeccable track record. I must admit, I have been worrying about [your situation]. This moment, I purpose in my heart to trust You. I promise to do my part that You have assigned to me—to follow Your instructions, and believe. Please help my unbelief. I cannot see my way right now, but You can, and I expect You to shield me and help me according to the promises in Your Word. Thank You for Your faithfulness to me. In Jesus’ name I pray, amen.





YOU ARE ALL THAT I NEED

You are all that I need, Oh Lord;

You are the All Sufficient One.

You are El Shaddai, The Many Breasted One.

You are the One who takes care of me.

You are the one who sustains me.

I cannot depend on a job.

I cannot depend on my bank account.

I cannot depend on the government.

I cannot depend on the economy.

I cannot depend on man.

You, my God, are my Source. All I need is You.

You, and You alone, provide for me, Jehovah Jireh.

When I am afraid, I will trust in You.⁸

You are my Shepherd, and I shall not want.⁹

You have promised me, Holy One, that I shall not lack.¹⁰

Therefore, I rest in your promise of provision. You are all that I need

because You promised to supply all my need.¹¹

I need not fret, I need not worry.

I need only to seek Your Kingdom and Your righteousness;

All will be provided for me.¹²

Therefore, I am free from anxiety, and my care is cast.

The peace that surpasses all understanding is mine, indeed.¹³

You are all that I need. Selah.

⁸ Psalms 56:3

⁹ Psalms 23:1

¹⁰ Psalms 34:10

¹¹ Philippians 4:19

¹² Matthew 6:33

¹³ Philippians 4:6



**But my God shall supply all your need according to his
riches in glory by Christ Jesus.
Philippians 4:19**

The current economic situation has tested God's people in a massive way. Some of us have lost jobs or have experienced a reduction in household income. Some of us are living under the threat of downsizing at our place of employment. Most Americans have no emergency savings and are one paycheck away from being out on the street and homeless. Those who do have an emergency fund are blessed, but that money is finite. The unemployment situation is such that people are running out of savings and unemployment benefits. How do we keep the anxiety from overwhelming us in those times?

Those who are in the household of faith are unlike individuals in the world who do not know Jesus as their personal Savior. We, the children of God, have the promises of God at our disposal. He has promised to take care of us. However, we will start to become anxious when we depend on ourselves and our own resources. In order to stay peaceful and free of anxiety, we must put God in the proper perspective. He is the Source of our sustenance. He is our provider. Our employer is NOT our source. Even if we have money in a bank account, circumstances can happen that can wipe it out in an instant. Therefore, we must see God as the One Who provides everything we are in need of.

I was forced out of my job for medical reasons. I had emergency savings in place, but anxiety still plagued me. I constantly was plagued by a generalized anxiety about the future. I felt that God forced me out of my job to work on projects and to develop ideas that He had given me to generate money to fund the Kingdom. However, progress was slow and

the money was quickly draining from my bank account. How would I keep my peace?

- I had to come to the place where I recognized that my anxiety stemmed from the fact that I was not dwelling “in the now.” That is where God dwells (not in the future), and in His presence there is fullness of joy. There is peace that surpasses all understanding in “the now.”
- I had to admit to myself I did not trust Him. I did not expect Him to keep His promise to me to supply all of my need. I was depending on myself to provide for me—as evidenced by my worry. My worry was my attempt to solve my own cash flow problem and circumvent dependence on God.
- I had to begin to trust God to provide for me on a daily basis just like He did for the Israelites in the wilderness. The manna that God sent for them to eat was only to be gathered daily. If they gathered more than they needed for the day ahead, it rotted (Exodus 16). My attempt to figure out a way to provide for myself is like trying to gather manna for the future. The anxiety that I feel in the process is the result and is analogous to the manna that at rotted and became filled with maggots.

Conclusively, in order to stay peaceful, we all must finally come to the realization that God is faithful. He is a good Father. He will take care of His children, He will not leave or forsake us, and unlike man, He will never let us down. As David said in his Psalm, “I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread” (Psalm 37:25). In this moment, let faith rise up in you, believe God, and know that everything is going to be alright. Just because you can’t see how He will provide, does not mean that He won’t provide. He chooses not to share that with you right now. He’s God, and

you must make a quality decision to simply trust Him every step of the way and stay “in the now.”

REFLECTION

1. Have you ever worried or been fearful about how you would be provided for in the future? What was the circumstance?
2. What was the lie that Satan was telling you in that situation? What was fueling the fear that you were experiencing? Write down every thought that you can think of that was coming to you at that time.
3. How did God provide for you in the circumstance? What was the outcome?
4. What keeps you from trusting God to provide for you “in the now”?

PRAYER

Dear God, thank You for being faithful to Your Word and supplying all of my needs. Forgive me when my concern crosses the line and turns into worry. I know that faith comes by hearing the Word of God (Romans 10:17), but I also gain faith by seeing you come through time after time. Please show me Your glory. I believe, but help my unbelief (Mark 9:24). In Jesus’ name I pray, amen.





YOUR FAITH HAS MADE YOU WHOLE

*There's a healing Balm in Gilead¹⁴
 In spite of what Satan tells me.
 The Word I'll believe for as long as it takes,
 Divine healing is my destiny.
 My God, I know in Your Word there is truth,
 You're not a man that You should lie.¹⁵
 I believe that I'll see my body healed,
 I shall live, and I shall not die.¹⁶
 The symptoms I have may fiercely resist,
 The pain relentless be,
 But, Satan, you will never win,
 God Almighty will surely heal me.
 Discouraged but for a moment,
 I vow to continue to fight,
 Joy will come in the morning
 Though weeping endures for a night.¹⁷
 No matter what my senses tell me
 I know that God's Word is true.
 Faith is the evidence of things not seen,¹⁸
 And faith will, indeed, see me through.*

¹⁴ Jeremiah 8:22

¹⁵ Numbers 23:19

¹⁶ Psalms 118:17

¹⁷ Psalms 30:5

¹⁸ Hebrews 11:1

*I may be under fire right now,
 But I will come forth as pure gold.¹⁹
 Depression, I'll not let you overtake me,
 For I know that God's still I control.
 I believe You, Lord, no matter what,
 You're restoring me to full health.²⁰
 You're healing my body of all disease,
 When I'm whole, therein lies true wealth.
 I renounce and reject this sickness,
 On the Word I'll stand so tall.
 Many are the afflictions of the righteous,
 But You deliver me from them all.²¹
 You are my Jehovah Rapha,
 You are the Lord Who Heals,²²
 My God, I know what a healer You are,
 To You only, do I appeal.
 I'll speak Words of health over my life
 While I wait for my breakthrough.
 No matter what, I'll stand this test,
 Oh Lord, I trust in You
 To heal me and deliver me,
 To do only what You can do.
 You've sent Your Word to heal me,²³
 And it won't return void unto You.²⁴*

¹⁹ Job 23:10

²⁰ Jeremiah 30:17

²¹ Psalms 34:19

²² Exodus 15:26

²³ Psalms 107:20

²⁴ Isaiah 55:11

*You've forgiven all my iniquities,
And You heal my diseases as well,²⁵
I know all too well what the Bible says,
And I'll soon have a story to tell.
It's simply just a matter of time,
No matter how I may feel.
Your Son died on a cross for me,
By His stripes, I know that I'm healed.²⁶
So just as the woman with the issue of blood
Touched His hem and was so very bold,
I'll hear You say, Lord, as You told her,
"Your faith has made you whole."²⁷*



²⁵ Psalms 103:3

²⁶ Isaiah 53:5

²⁷ Matthew 9:22



**But he was wounded for our transgressions, he was bruised
for our iniquities: the chastisement of our peace
was upon him; and with his stripes we are healed.**

Isaiah 53:5

My faith was being sorely tested. It seemed that the enemy was attacking my body from every angle. I have suffered with high blood pressure for years, and after trying every herbal supplement under the sun, I ended up on blood pressure medication. I thank God that the hypertension is under control, but I don't want to have to take pharmaceuticals. Then there was acid reflux that steadily got worse. I tried every natural cure I could find to no avail. Then my hormones went out of balance. The hot flashes were relentless. I started to get depressed and discouraged, and then one day I suddenly said to myself, "Enough is enough! I refuse to take this!"

My God said in His Word that we, His children, can walk in divine health. Scripture after scripture supports this. I became determined that I was going to have everything that God says I can have as a child of God. Here I found myself in the throes of sickness, and realized that I had two choices: Either I could passively take it and say, "What will be will be;" or I could make a quality decision to fight with all that is within me, and say, "No!" to the devil.

I simply refuse to just roll over. You and I have to actively choose to come against sickness and disease when Satan rears his ugly head. In II Corinthians 10:4, the Bible tells us, "...For the weapons of our warfare are not carnal but mighty through God to the pulling down of strongholds; ... Casting down imaginations, and every high thing that exalthe itself against the knowledge of God, and bringing into captivity

every thought to the obedience of Christ.” That means that I am in a war and must conduct myself as if I know it. In order to pull down the stronghold of sickness, I must speak the Word over my health on a daily basis. Just as I take my vitamins everyday, I must take the medicine of the Word everyday. Just as I eat three meals a day, I should eat of the Word no less than that. So I decided that I would find several scriptures that pertained to healing and speak them out three times during the day, breakfast, lunch and dinner, at the very least. Discipline is required to consistently speak the Word over your situation daily, and it’s not easy.

Surely, I must depend on the Lord and believe Him for healing, but I also must do my part. I purpose in my heart to make sure that when the Holy Spirit shows me something about my health, I take heed. After all, I only have one body. Once that body is messed up, I don’t get another one. Therefore, I must do everything I can to make sure it stays healthy. I have to eat right, drink enough water, and exercise. I have to go to the doctor and get annual screenings. I must forgive every one that has offended me, and I must tend to my emotional health. In 3 John 2, it is written, “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” Thus, I must daily renew my mind with the Word and deal with difficult and painful issues so that nothing will hinder my healing.

I am still battling with my illnesses, but I am determined that I am going to stand against the devil, speak the Word, do everything in my power to stay healthy, and believe God until I’m healed or until Jesus comes, whichever comes first. I have to believe that I will see victory. Sometimes God heals miraculously and instantly and other times He heals slowly over time, but the Word will work if I will simply sow it. I know that it’s true because of the countless times that my body has been healed through the years. I expect God to come through for me, and I am

claiming this promise from God: “Thou shalt come to thy grave in a full age...” (Job 5:26), and I believe that divine health is mine for the asking.

REFLECTION

1. Find several healing scriptures in the Word, write them down and commit them to memory. Recite them on a daily basis. Try looking up Isaiah 53:5 and Jeremiah 30:17 for starters.

2. Does anyone come to mind that you need to forgive? Ask God to reveal that to you now. With the help of the Holy Spirit, make a quality decision to forgive everyone who has hurt you.

3. What is one healthy habit you know you need to start that you have been putting off?

PRAYER

Dear God, I recognize that, according to I Corinthians 6:19, my body is the temple of the Holy Spirit. Help me to get a deeper revelation of that truth to the point where it transforms my behavior. Instruct me in what I should do to keep my body healthy and whole and help me to be obedient. I ask You, Lord, to please heal me, and I thank You for Your healing power flowing through my body right now. You said that Jesus went about the land healing all that were sick and oppressed of the devil (Acts 10:38). Thank You that a healthy body is Your will for me and a part of the salvation package. Father, I believe, but help me to dispel any unbelief and doubt that will keep me from experiencing Your power. In Jesus’ name I pray, amen.





ABOUT THE AUTHOR

Tracey L. Moore, M.A. (a.k.a. The Purposeful Poet™) was born in Newport News, Virginia, and raised in Norfolk, Virginia. She received a Bachelor of Science degree in Industrial Engineering from Virginia Polytechnic Institute and worked for several years as an engineer for a major company in the Baltimore area. Disappointed in an unfulfilling engineering career, she set out to find her niche in life. She initially decided to pursue a career helping people through counseling according to biblical principles, and then obtained a Master of Arts degree in Christian Counseling from Oral Roberts University.

Tracey worked for several years in various social work arenas, such as battered women's and homeless shelters, and also worked as a Housing Counselor. However, her motto is "Do What You Love," and at that point, she still felt she had not quite found her calling in life. Thus, she set her sights on the goal of becoming a teacher, and taught high school math for a brief time until she realized that it, too, was not a good fit for her.

Undaunted and determined to self-actualize, she did much soul searching and decided to leave the teaching profession and try financial counseling, because she was a huge advocate of being a good steward over the finances that God had given her. She thought she might be able to educate others in that area and make a difference in their lives, and God provided the divine opportunity for her to work for the Navy as a Financial Educator. This was a perfect fit because it married her math, counseling, and teaching backgrounds harmoniously, and she was able to hone her craft for several years and become an Accredited Financial Counselor.

After her tenure as a contractor for the Navy, she worked as a financial counselor at a major credit union for three years. She then began to write prolifically, and God orchestrated her departure from the credit union so she could pursue her dream of becoming a published author. She currently resides with her family in Norfolk, Virginia.

Connect with Tracey at:

www.TraceyLMoore.com

Facebook: <http://www.facebook.com/TraceyLMoore2012>

Twitter: @Oasis4MySoul



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