



My testimony in

Surviving Trials

by Peter Goulter

Lean on and into the Body of Christ

The Principle behind
the Healing of the Paralytic
Luke 5:17-20

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ISBN 978-0-473-52382-4 (Soft cover)

ISBN 978-0-473-52384-8 (iBook)

ISBN 978-0-473-52383-1 (Epub)

Special Thanks:

Joanne Wiklund for editing my story
to be more readable than it otherwise would have been.

Deborah Filmer for design and typesetting

Cover photo by Dorothy Lin - Unsplash

This edition first published in 2020 by JHY Printing Ltd, China

www.jhy-print.jsinghua.com

Scripture quotations are generally taken from an NIV translation of the Bible.

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Foreword

I have known Peter for many years. I met him through Promise Keepers, (conferences for men). We have developed a great friendship and it has been my privilege to be a part of this journey he is sharing in this book.

Peter is a man of integrity, humble, faithful, successful in business in his own right, but most importantly a man after God's own heart. You are about to read his pathway in overcoming cancer. Along this road he has learnt a lot about healing and he shares many keys that you can apply to your own situation to your benefit.

This is not theory or preaching, but testimony and reality. You will be able to look into the mirror and see reflections of issues that you can address in your own life, because we all face trials. Take particular note of Peter's stand on what he allowed to be spoken over him. He would only accept the will of the Lord and would confess that. I recall one time I prayed for him and interestingly I found out afterwards that what was prayed tore down specific words of the diagnosis that had been spoken and indeed we saw the situation reversed.

I have sat across the table from Peter and listened to him bring forth wisdom and knowledge in our meetings. This book is going to bring wisdom into your situation. We read in the prophet Isaiah 33:6, "Wisdom and knowledge will be the stability of your times, and the strength of salvation; the fear of the Lord is His treasure."

Can I suggest to you that there is the stability for your own situation if you have ears to listen.

Pastor Geoff Wiklund

1. Reason for this book

Since 2018 I have had three people prophetically say I should write a book about God's supernatural answers to my years of knocking, standing and refusing to leave His door. Two of these people didn't know me or my story. For a person who struggled to pass 5th Form (Year 11) English the thought was "yeah right" – me write a book.

Other individuals also proclaimed that I have a story worth sharing which would bring encouragement to those in times of trial.

My story is really HlStory, or God's involvement in my life, for which I want to give Him all the credit. So, I write this for His Glory and hopefully for your encouragement.

At the time of writing, it is the 26th March 2020 and we are in a period of shutdown in New Zealand with the Covid 19 virus, and my question is naturally, "What am I going to do with this time?" The answer seemed obvious – write the prophesied book. So here goes....

Just a word – my use of scripture is my own understanding of that scripture for my journey. The Word of God is living and active and God is a Master at fitting a particular verse to our personal situations. I say 'personal', not 'scholarly'. If you find some of the following a challenge to your own understanding or experience, please bear with me. Yes, we can have similar journeys and with possibly different outcomes – only in heaven will all become clear. But I have a feeling anyway that the different details of our lives will pale beside the wonder of beholding His beautiful face.

Peter Goulter

26.03.2020

2. Spiritual Overview of My Life

I am now 67 years of age and I believe I have been living in 'miracle territory' for at least a year - perhaps 11 years! To be honest I am not really sure which but you will judge as you read further.

My earliest memories include going to Sunday School as a four year old, and there a foundation stone was laid down in my life that there is a God. My understanding was somewhat tainted with Colonial Christian attitudes – probably typical for those days – and I still remember thinking as an eleven year old that I would be a 'Missionary to Darkest Africa'.

My first real spiritual challenge came when I was nine years old during my Christmas holidays in Paihia. I was playing on the beach when a young man who was part of a nearby mission team came up and began talking to me about believing in God. He asked me if "I had asked Jesus into my life". I had to admit that I hadn't actually done so, but I knew deep within me that this was the

right thing to do. While I can't remember his prayer for me I certainly remember the experience of a personal encounter with the Spirit of God. It was very real and I was hungry for more.

Our family were "Church of England" and I was a regular at Sunday School. I enjoyed it and was impressed with the leaders and their faith in God. From about eleven years of age I was going through the process of becoming an Anglican, and I was looking forward to my Confirmation at 12 years old. I loved the preparation and had a great expectation to be filled with the Holy Spirit and transformed at the Confirmation event.

However, it turned out to be a time of confusion. I was looking for an immediate notable change. Looking back now, I should have given God 'room' to do it His way, whatever the outcome. Unfortunately, this wouldn't be the first time that I would struggle with this concept in my life!

When the Bishop laid his hands on me, I had a similar experience to that on Paihia beach some three years earlier. BUT it so happened that at the time of my Confirmation there was a battle going on in the Anglican Church between the Traditionalists vs the Evangelicals. It was 1964 and in the early days of the Charismatic renewal sweeping the churches. The Bishop at the

Confirmation seemed to be a Traditionalist and he said that when he laid his hands on us if we felt anything, not to think any more about it – it was nothing. You tend to think that those in authority must always have it right, and as his words echoed in my mind over the following days, I made the mistake of following my mind's understanding instead of the spiritual revelation and touch of God.

How a seed sown, whether good or bad, can quietly grow, mature and bear fruit! In my case, I travelled the road of filtering anything spiritual through my critical mind and within a year I had lost my faith and even became openly antagonistic towards believers. My world view became very right wing and if I had been living in mid-1930's Germany I could see myself as a zealot within the Hitler Youth Movement.

Oh, what a drastic change! At least, looking from the outside. What was on the inside was built on generations of upbringing.

Our family were early settlers in New Zealand in the 1830-40's. They were originally Huguenots from France and were expelled in the Catholic uprising. Consequently, we had a family prejudice against Catholics. I had a prejudice against those of a different colour too – I wasn't brought up with them, didn't

understand them and somehow instinctively felt we had a superior method of living. To add to these narrow views, we were prejudiced against Jews. Looking back, I know most of the mainline churches were against them; they certainly never felt kindly towards them or prayed for their plight. I look back on these roots of hatred with shame, but God will risk bringing the flaws in our character to the surface for a very good reason - to challenge us in how we line up with His love. All these roots I had to deal with later in life.

I was not an exceptional scholar, sports person, business leader or leader in society. I see myself as an ordinary guy who has battled in establishing a journey in life with God. It took me twenty years to build on my original foundation in God, and then another sixteen years successively dealing with past and generational issues that showed themselves over time. After that I found myself on a more purposeful journey with God.

These issues have been mentioned as they have some relevance to my battle over the last fifteen years where I have had to deal with a Lung Cancer diagnosis. It is this later time period that has prompted me to write words of encouragement for you.

Again, your personal journey may be very different, but we're all a Work in Progress, aren't we? And God's

grace is going to happen in a whole variety of ways according to each person.

3. My Salvation Experience

By the time I was eighteen, I was confused, my complex world view made no sense and I couldn't see any point to living. At this personal low point during the mid-second year at University studying for a Bachelor of Commerce, I had another encounter with God on the back lawn of our home of all places. I can only explain it this way. God drew my attention to the minuteness of His creation as I looked at some ants working in the grass, and then as I looked up, He showed me the immensity of the heavens. Perhaps I needed to understand again how great God is. (Years later I remember listening to Chuck Missler speak at a Promise Keepers conference in Auckland, about the four macro dimensions of God and the ten micro dimensions of God. As he shared this complex information that even then I struggled to grapple with, I remembered that encounter with God on the grass at the back of our home. God was reinforcing His challenge to my understanding.)

After this encounter on the grass I had a renewed focus

to find God again. To have the minuteness, and also the immensity, of His creation shown in this way began to dissolve my attitude of keeping Him at a distance. It didn't change all at once however. My critical thinking was still a stumbling block and regretfully I travelled a rocky road until I was born again in June 1978, some eight years later. Many things happened during this time that I regret. I will cover some of these things later and hopefully you will come to understand that regrettable incidents don't define us and we can get past them.

I would like to add that in the fourteen years that I walked in disobedience to God after my Confirmation, He was always with me. I knew it in part back then but I have seen it very clearly for many years since. Like most prodigals there is a season in the wilderness until we come to our senses. Check out the book of Luke 15: 11-24. If you know of a prodigal – never stop praying for them. Pray that they will come to their senses. Stop rescuing them. It will slow the return process!

So, what happened in June 1978 you say? Well, our Pastor at St Margaret's Anglican Church where we were attending at the time, recommended we attend a "Life in the Spirit" seminar at a church in Kohimarama. Mid-way through the course on a particular Wednesday, I was woken in the middle of the night consumed with an experience similar to that which I had at Paihia and

at my Confirmation, but this time I was “in the spirit” praising God, and in a place of brightness, babbling in some unknown language. I was transformed. The next day I knew I was different. Two days later even my Mother said to me, “You are different.” All my confusion and anger were gone. I had a peace within me that I couldn’t explain except to say God transformed me by His Love, Grace and Power.

4. Foundational Lies

I want to cover this very important topic as I have come to believe that we all have foundational lies in our life that will be stumbling blocks at some time in our faith journey, or in a time of trial, say for example, to find healing.

So, what is a foundational lie?

Firstly, it is a foundation stone of wrong understanding that is referenced to, or added to, as we journey through life. It is called a foundation because we build upon it. Ideally our lives should be built upon the foundation stone of truth as found in the Word of God. But for most of us we have a mixture of both truth and lies and only the Holy Spirit's revelation can identify the difference between the two.

Secondly, these lies that we embrace are accepted by us as the truth, sometimes for years. However, we have to come to an awareness that we live in a fallen world and each of us are fallen people. On top of that we have an enemy which scripture describes as a being who intentionally angles for our downfall:

1 Peter 5:8 says, "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."

He is the master of lies so that as we reflect in and on our own understanding about an event, a trial, or a truth upon which we want to build our lives, the devil is on hand to deceive and plant a lie if he can. As these lies are often so close to the truth, and in fact sound plausible, they may start just one degree off course but end up well away from the mark.

We have all developed a World View, which serves as a foundation as to how we live out our lives. It is established and built up over time, as we lay hold of perceived truths for our lives. As mentioned, if the devil has his way, he will establish a World View that is not God's. In my journey in the wilderness from twelve to twenty-six years old, I accepted many ungodly foundational truths with the help of the enemy. All these had to be ripped out and for me this largely occurred in the subsequent years until I reached the age of forty. However, now at sixty-seven I am still a 'work in progress' ever lining up my thinking with God's truth.

If you struggle with this concept, google "foundational lies" for better understanding, or talk with trusted people who have knowledge in this area.

There are limitless foundational lies but some common ones can include, "I am not worthy", "I am unloved", and "There are others who need God's help more than me".

Can I give you an illustration of one of my foundational lies? I trust that in sharing this with you, it may help you to unmask lies that operate in your own life.

As a thirteen year old I made the observation that to be noticed you had to have money. I tucked this little lie away as a brick in my understanding and by the time I was fifteen I was firmly convinced that you had to become rich, so that you were a person of worth, respect and reference. The earlier brick that was placed in my life had become a foundational lie. I can remember scanning the newspapers to see how you could become rich and decided that in order to do so I had to become a CEO within an industry. To reach this goal I became an accountant although my interest at the time was in science. I think without this foundational lie I may have chosen a career in engineering. The quest for money was firmly established and along with it, the need to have a flash car and build an asset base. By my last year at university I had purchased a flash Holden Monaro, which as a three year old sports car was quite an accomplishment for a non-working university student. Such is the power and drive of a foundational lie. Once I entered the work force as an accountant for a publicly

listed company, I then observed the pathway to the top of the company. It was 'every man for himself'; 'there are no rules' and 'the company doesn't matter; it's all about me'. I changed jobs several times over the next few years looking for growing influence and income.

But then came that experience in July 1978 when God transformed me, and you guessed it - the first thing God put His finger on was my love of money. The scripture is very clear – you cannot serve God and Money.

Matthew 6:24 says, "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money".

Over the next year I completely changed in this area and I am now firmly convinced that tithing (giving a tenth of your income to God) is a foundational truth that sets us free from the love of money. Tithing is a truthful foundation for our lives. For me the concept of tithing is tied in with New Testament teaching found in

2 Corinthians 9:7, "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver"

linked to Old Testament teaching summed up in

Malachi 3:10, "Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it."

My experience has led me to believe that I should tithe 10% of my gross income (the first fruits of my labour) to the storehouse (the Church) and over and above that, gifts as the Holy Spirit guides and directs. While there is a promise in the Malachi scripture, that should not be the motivation to give and tithe. This is where errors arise, such as the 'name it and claim it' gospel, or control of congregations by Pastors forcing levels of giving, etc., and hence follows the potential for other foundational lies.

Now this may be my experience only, but from what I have observed I have yet to be convinced otherwise. I am thankful to God for dealing with my deceived thinking. Not only did it set me free, it stopped me from becoming a financial monster that could have done untold damage to many people and investors in the finance markets if I had continued unchecked.

Every foundational lie has to be replaced with a biblical truth so that the captive can be set free. Never hesitate to redeclare those truths out loud from time to time as the devil knows our historical weaknesses and never gives up his chase to take us down. I will intentionally declare sometimes that "I am unimaginably valuable because there is no one like me. I am unique, made in the image of God. I am loved by Him. That is my value, NEVER MONEY".

So, our foundational truths and/or lies create our world view, which in turn determines our morality, how we make decisions and how we live and behave. Ideally, if we maintain we are a Christian, our foundations must align with scripture that supports God's world view. We live in a time in New Zealand when the laws of the land conflict with scripture. We must be vigilant to make sure we aren't duped by what appears to be general public opinion by the media, or by these laws which have often been forced as being 'necessary' governing what is right or wrong. The Holy Spirit will shine His light on any lies we have accepted, as well as thoughts and ideas that do not align with His Word. All lies need to be rooted out. They are like weeds in a garden, and as we know, weeds eventually take over.

Why have I shared this? Well, what you believe suddenly becomes important in times when you seek healing or

need to find help in a time of trial. Your core beliefs will sooner or later come out of your mouth when you speak to God, and they will either help or hinder. I have actually heard people in need declaring foundational lies such as, "God doesn't heal today" or "God is causing this" or "I am not worthy of His blessing", "there are more needy people than me" etc. So, my encouragement to you is – don't let a foundational lie stop you receiving a touch from God when your time of trial comes. We are His children. We are precious to Him and He wants to be part of our lives every day. Prepare your heart before that day of trial comes.

He is with us always, in the good times and in the trials. You are precious and worthy of His presence and touch, always. Continue to fine-tune your world view so that it aligns with scripture. Listen to the song "You are a good, good Father". Allow the lyrics to soak into your spirit and understanding. Don't tolerate any foundational lies, but rather combat them with truthful statements and verses.

5. Seeking God

My search for God in my early twenties was guided by a number of interesting experiences and decisions. I had a hunger to find God, but as can often happen I started looking in wrong places.

For a season I lived in Hamilton and travelled to other places from Hamilton regularly. On many a Sunday night as I drove, I listened to a radio programme lead by Herbert W.T. Armstrong. I didn't know at the time that his ministry was outside mainstream Christian theology however his teaching nurtured my spirit. This experience makes me confident that a heart searching for truth will find it even when looking in the wrong places.

Also, at that time I was going out with a young lady who had a Catholic background and the faith of her family was both an encouragement and a challenge to me. I attended Mass often with her and her family but while these experiences nurtured my soul, they didn't provide the answers I was looking for. They provided a structural Christianity but seemed to be missing the heart of it, and I knew there had to be more.

She was the first person I had dated that had a meaningful faith however. Around this time, I had said to God I couldn't make this life journey of faith without a believing wife so in the background I began to think about marriage. Marriage was a big issue for me. As I said earlier, in our family heritage there was a prejudice towards Catholics. One day my father said to me "If you are going to think about marrying this girl you better give me plenty of time to get used to it." Strange as this may sound, with a backdrop of prejudice, I found his feelings quite profound. As I said before, God can use unusual means to speak to us, and it was virtually overnight I came to the conclusion that as lovely as this person was, I needed to move on.

The next area I looked at for spiritual meaning was with Masonry. My Father was a Mason. He was a good man. He believed in God. He was a good citizen and a moral businessman. He was a good Dad and husband. His mates were good men. So, I asked my Father if I could join. I didn't tell my Father why I wanted to join. It wasn't to be a Mason per se but to find God. Well, it was an interesting journey. The very first night, God had an encounter with me outside the Lodge room while I was waiting to be initiated. It was like an audible voice that I knew was His. This revelation continued until my exit from Masonry some years later. The events that took place in Masonry are a story in itself but it has no

relevance here. Over the next two years I came to the conclusion (with God's help) that the Masonic Lodge was a place of evil. It had all the typical hallmarks of the devil – subtle deceptions that have led many good men away from a relationship with God. For me there were irreconcilable conflicts in Masonic practices and beliefs with that of the Christian faith. My exit was a drawn-out process. I wanted to respect my Father in his beliefs and he was concerned about my decision. He asked me to speak with a number of people about my decision to leave Masonry, which I did. From memory most were clergy. What I found in talking with these men was that they only had head knowledge about God and once again I was left feeling certain there had to be more.

At that time, I thought leaving Masonry and openly sharing why I had left was enough as a form of repentance towards God. But because involvement with false religions employs our worship, whether we think so or not, their hold is incredibly strong, right down into your spirit. You have to repent and renounce all your decisions and agreements. These are enormous situations of spiritual battle. Our enemy the Devil doesn't like losing members. In the case of Masonry, all the curses you have uttered over yourself and family need to be broken through prayer in the Name of Jesus Christ and by the power of His blood shed for us to be free.

My involvement in Masonry came back to bite me over the next forty years as it left me open to bodily sickness. I lost a salivary gland, had an attack on my thyroid, and suffered another sickness. (This was undiagnosed as to name by the doctor but it ceased after following a word of knowledge to fast for three days. As I ended my fast the sickness lifted off me.) More recently I was diagnosed with lung cancer.

Men who have left Masonry often suffer sicknesses from curses they have proclaimed over themselves. In my situation one of the curses included a willingness to have one's throat cut if one ever divulges the truths of Masonry. Sicknesses of the throat and lungs are common. With the help of others, I have renounced all the curses and I am now set free.

In summary, we may ignorantly stumble into places of error when trying to pursue a journey of faith with God. Sometimes within our family lines there are historical connections to spiritual error and these will come to the fore. Regrettably, there are often consequences to these situations which need to be dealt with and they tend to arise when a time of trial comes along or when we try to press into God. We need to get revelation about what's going on. In my situation the tentacles of Masonry were cut off as they came to light during my time of trial with lung cancer, when words of knowledge

from the Holy Spirit continued to point back to this season in my life.

Remember that Jesus died to set us free. He said "It is finished". There is nothing He can't deliver you from that relate to connections you've made in your life or with issues coming down your generational line.

6. Marriage

As I said earlier, marriage was a big issue for me. I can trace my marriage concepts back to a talk our Headmaster gave to our Standard 4 class (Year 6) when I was ten years old! What he said so impressed me, that I laid a brick, in fact a foundational stone, into my world view. From that age I was looking for a wife (but can I say I wasn't looking to get married at that age). It made me look at girls differently because out there was a lifetime mate and I had to find her.

In my adolescent years I started the dating cycle late compared to my peers, being a 17-year-old. A friend once said to me "Peter stop looking for a wife. Just enjoy a girlfriend." I never realised how obvious my pursuit was. I went out with a lot of girls relative to my peers' but the big difference was I only went out once with most of my dates. I was looking for MY wife and I wasn't going to waste time with just any girl! Prior to going to Hamilton, I think the most I had gone out with anyone was about 3 or 4 weeks. Needless to say, I had many weeks where I attended social events as a solo. In essence this didn't really worry me as I was looking for MY wife.

There are many things I did in my dating years that I regret and in the fourteen years after being born again I repented of such actions and prayed blessings on those that the Lord showed me.

Sometime after the age of twenty-one during my search for God, I cried out to Him that I needed a wife, a woman of faith. I felt I couldn't find Him without this helpmate. I also felt I couldn't find her in my own strength and He would have to help me. Well, things changed and for the first time in my dating experiences I started to meet women of faith. But all too often their faith was religious or ritualistic and the one-date nights continued. My move to Hamilton led me to my longest relationship and then came this battle of decision, 'Was she the right one?'. We went out for several months but after that encounter with my Dad as related earlier, I knew I had to move on.

In late 1977 I made the decision to start going to church regularly. The timing was the end of the Charismatic Renewal that had swept the churches throughout the country. I was going to St Margaret's in Hillsborough and wow, what an amazing time that was! I was consumed with what was going on in the church and felt that I had found what I was looking for. I was attending many meetings a week and like blotting paper soaking it all up. I thought that this was normal church, but discovered

later this was an outpouring of an extraordinary move of God for a particular season of time.

What I have noticed in other people's lives and in my own is that if we put God first, everything else falls into order.

Within a short period of time during this experience at St Margaret's in seeking all that God had for me, I found that God had brought alongside my future wife. Frances had started attending St Margaret's a few weeks before me. As a new believer she was also hungry for all that God had to offer her. After three weeks of going out with Frances I felt God was saying, "Here is your wife". So as the ever-romantic, in the third week I told her what God was saying to me and how did she feel about this? Wonderfully, she also had the same revelation, so I asked her to marry me.

So, the foundation laid at the age of ten, the seeking of a wife, was sealed in May 1978, just a month before becoming a born-again Christian. The restlessness within me was beginning to ease. My asking God for a believing wife to help me find Him was answered. So started a journey of truly becoming one with God and Frances. We were married a year later in May 1979. Now forty-one years on we are still one in Spirit and doing our life together.

Why do I tell you this? Well, while we have had a great life in our forty-one years of marriage, with four wonderful children and a growing blessing of currently five grandchildren, it is Frances's support that has got me through my fifteen year journey diagnosed as a lung cancer patient. In a time of trial, we need to lean on the body of Christ (more on this later) to get us through, and I am doubly blessed as I have a soulmate who has carried me through some challenging times that no one else sees or understands. The hardest times for both of us were the months of chemotherapy where for weeks on end I was just enduring its poisonous effects and Frances had to survive a season with a sick body (me) that gave nothing back in return.

Marriage was an important foundation stone in my world view and it has turned out to be not only most enjoyable but pivotal in how my life has lived out. Thank you, God, for your provision and blessing!

7. Stinking Thinking

You may wonder why I have raised this topic let alone the amount of space I am going to give it. The longer I live the more I can see that this is a massive area of bondage in itself and a potential blockage to gaining breakthroughs in times of trial, or may even be a contributing cause to a time of trial. Hence the reason for sharing what I have learnt in my fifteen year journey with a cancer diagnosis. It has been a constant battleground for me personally.

This has taken the form of see-sawing between relying on my own understanding versus trusting in the Word of God. 1st Peter 2:11 warns us about the desires of the natural man, "for they are always at war with your souls." When we lose ground, (such as giving way to discouragement, self-pity etc.) it is often the fruit of "stinking thinking".

In my working career I had a successful Australian Sales Manager who in motivating his salesmen often used this term "stinking thinking". His challenge to his individual team members often referred to the fact

that their performance was influenced by how they thought about themselves, the market, the product range and various other 'red herring' influences. Bad results in selling are often linked to stinking thinking by the salesman.

I have found on my Christian journey that both saved and unsaved people suffer to a greater or lesser degree from what I will also call "stinking thinking" or thinking that is negative, ungodly and non-scriptural. So, if you want to be a person of faith, you cannot be consumed by "stinking thinking" if you truly want to be victorious in your season of trial.

For example:

1. I went skiing recently ... the first time in four years... and I had some doubts, caution about hitting the slopes.
2. I was about to cross a road the other day ... when suddenly I heard the noise of a bus coming and I pulled back onto the footpath.
3. I was due to go in for my operation ... a frightening fear consumed me.
4. When I was working, I would often wake at night in a state of half awake/half asleep. I would be disturbed and ponder various issues at work.

5. I have never been sky jumping or bungy jumping.

6. When I go away, I can get constipated.

So, what is normal and what is abnormal in these thoughts about illustrations of every day living? Let us look at my examples:

1. I went skiing recently ... the first time in four years... and I had some doubts, caution about going again.

Four years previously I had a business trip to Switzerland to purchase a second-hand machine for the company. While away I had planned two days' skiing in the mountains. 'Why not use this magnificent opportunity to the max I thought?' After about an hour into the first day I slipped on an icy slope onto one of my poles and cracked a rib. Needless to say, that ended the skiing and I was sore for two months while the rib damage healed. This created doubt about my future skiing ability. Was this doubt, God-given rational fear, or ungodly fear?

It starts off being a challenge in your thinking. There is a choice to face the fear or not to. I chose to face the fear. My next time skiing I had a few cautious runs down the mountain and after several more runs I was then back to my normal confidence levels. The issue at the heart of the matter was an issue of confidence - weighing up risk vs believing "stinking thinking" and

giving in to an unnecessary fear that would reduce life enjoyment. My skiing-freedom has not been lost.

2. I was about to cross a road recently ... when I suddenly heard the noise of a bus coming and pulled back onto the footpath.

This is an example of Godly-given fear for our protection. This type of reaction comes in many ways as we judge risk, to the minimizing of harm. The process involves making a decision to act or not to act. Our risk profiles (or resilience) will differ based on personality and upbringing. However, our resilience levels shouldn't be so low that we stop doing things. When you notice that your levels are way below normal levels of resilience on an issue, look at ways of breaking through to widen your life experience.

Many years ago, I took our Management team on a team-building exercise at a weekend away. One of the activities was abseiling. One manager sat at the top of the cliff face for over half an hour as she battled her irrational fears. With the encouragement of the team she finally made it over the cliff edge and down the cliff face. To see the joy on her face afterwards was a wonderful reward for the team and for that individual. Her fear of heights was overcome. An "unbearable feeling" or "foundational lie" was unlocked.

If my fear of a bus running me over kept me isolated at home, then that would be an unnatural fear.

As a footnote, we all have "unbearable feelings". Can you identify yours? What untruth are they built on? This is another area of enemy attack that he makes use of to hem in our life experience.

To parents:

It is important that you raise your children with healthy levels of RESILIENCE. Too many parents limit the boundaries of their children's experiences and by default they can train fear into their children. As a simple way to demonstrate this to yourself, borrow a dog and take it for a walk and compare differing parent-child resilience levels to that dog. Some parents allow their children total touch with the animal, even receiving licks from the dog. Others pull their children back as a fear kicks in. Then there are all the variations in between.

3. I was due to go in for my operation and a frightening fear consumed me.

The background here related to my first surgery for the removal of one of the right-side lobes of my lungs. I had to be in hospital the night before as I was 'first on the block' at 7.30am next day. As I entered the lift another couple joined us and I could tell the

man was consumed with fear. Next morning, I was told my operation was deferred to 'second on the block' as another patient who was agitated was going to be operated on first. I knew whom they were talking about as I had seen him in the lift the night before. Then a strange event happened. At 7.30am on the dot, a dark fear descended on me. I knew what this was. It was a spirit of fear and I knew where it came from. So, I commanded it to go in Jesus' name and it left. Sometimes our fears have a name - in this situation, a spirit of fear. I know that some people may struggle with this because they believe Christians can't be attacked by a demon. Well in my experience you can. I was saved by the blood of Jesus and I was proclaiming Him as my Lord and Saviour but that didn't stop the devil from trying to attack me. But "He that is in me is stronger than he who is in the world".

In life there are times to counter-attack and not be submissive. What's your thinking on this subject?

4. When I was working, I would often wake at night in a state of half-awake/half asleep, I would be disturbed and try to ponder or solve these various work issues.

This is anxiety – a worrying about a future event that may never occur. There was a need to address the anxiety by saying, "Yes these may be real issues, but I can't solve them now," and I would cast the cares onto

the Lord and ask him to set me free from the troubling thoughts. In

1 Peter 5:7, the scripture says " Cast all your anxiety on him because he cares for you."

Too many people, including Christians, are crippled by anxiety and fear. The root is "stinking thinking". Stop and obey the above scripture. Replace the lie with a biblical truth.

5. I have never been sky jumping or bungy jumping.

So, what is the issue here? Is it a big deal? I don't like the sensation of free falling. The sense has been worse as I've got older. I don't like the free-fall sensation in a plane, or the free-fall of a roller coaster or big screen 3D movies or simulators. I once tried gliding and while it was a wonderful experience, unfortunately as you climb in a thermal you experience many free fall situations. I just don't like the feeling so I avoid or minimise the opportunities to have this physical sensation.

I think I could sky jump but I'm not sure about bungy jumping - the thought of the bounces! Having said that, I recently did "The Screaming Kiwi" at Tui Ridge Camp in Rotorua. Nah, I didn't enjoy the free-falls and yes, I was a screaming kiwi.

6. When I go away, I can get constipated.

In my case this constipation has a root in fear. For me it is a fear associated with a strange toilet. It had its root (foundational lie) established in my early school days, where I was unsure how to use a urinal which always stunk and the toilet pans were often dirty. So, I have to work on this consciously when I go away to overrule fear and consciously allow myself permission to use a strange toilet.

So, what is the difference between helpful natural fear, ungodly fear and anxiety?

Here are some definitions I found:

Fear is a vague unpleasant emotion that is felt in anticipation of something unpleasant. Fear is to be afraid, uneasy, anxious or apprehensive about a real, possible or probable situation or event.

Anxiety is a discomfort over a vague, imagined threat, or a threat that does not involve physical harm. It is a psychological and/or biological response to stress.

I would suggest these may possibly have spiritual roots. (As an example, a foundational lie laid in younger years can be added to as the years go by, until they operate in later life whenever an event is anticipated.)

People can feel anxious even if there is no outstanding

reason. It is a state of restlessness and agitation, often accompanied by a sense of oppression or tightness in the stomach. Psychiatry defines anxiety as a relatively permanent state of worry and nervousness which may increase to a variety of mental disorders, usually accompanied by compulsive behaviour or attacks of panic. It is an abnormal sense of fear, nervousness, and apprehension about something that might happen in the future.

What is the Difference between Fear and Anxiety?

Fear and anxiety are similar emotions with similar effects. But they are categorized differently by the psychological community. Fear is a normal and healthy reaction. Fear is a good protection for humans and animals. It tells us to avoid dangerous situations. Anxiety is also normal but it is unhealthy. Anxiety can immobilize people with worry and concern about something that might happen. The specific cause of the worry might be difficult to identify. Anxiety can be considered abnormal if it becomes chronic, ie. When it is almost constantly with you, and as such, chronic anxiety often takes longer to get rid of. (A locked-in lie).

Both anxiety and fear can cause shortness of breath, rapid heart rate and muscle tension. Chronic anxiety also causes fatigue, irritability, restlessness and difficulty sleeping.

I would suggest to you that God's plan for our lives is for natural fear to operate for our protection and that any unnatural fear and anxiety are Satan's attack on God's good order to bring about chaos and theft of our peace and wellbeing. It starts with "STINKING THINKING" or unbelief in what God has said in His Word. Fear is meant to be a servant not a master! Unreasonable fear is based on a lie! I would say fear and anxiety are at epidemic proportions in our society and regrettably it is a problem even in the Church. They are a major cause of mental and physical ill-health.

But if fear and anxiety are physically and mentally devastating, how much more spiritually devastating are these problems? Fear and anxiety rob the believer of many of the benefits of the Gospel. Not only does it rob us of our blessing, but it can paralyse us for service. We find that our usefulness is diminished because we are in the grip of fear and worry.

Do you know how many categories of fear there are? Time magazine April 2nd 2001 listed over 4,000 types of fear.

Starting with the letter A- there are OVER 60 here alone!

- Ablutophobia – Fear of washing or bathing
- Acarophobia – Fear of itching or of the insects that

cause itching

- Acerophobia – Fear of sourness
- Achluophobia – Fear of darkness
- Acousticophobia – Fear of noise
- Acrophobia – Fear of heights
- Aerophobia – Fear of drafts, air swallowing, or airborne noxious substances
- Aeroacrophobia – Fear of open high places
- Aeronausiphobia – Fear of vomiting secondary to airsickness
- Agateophobia – Fear of insanity
- Agliophobia – Fear of pain
- Agoraphobia – Fear of open spaces or of being in crowded, public places like markets; fear of leaving a safe place
- Agraphobia – Fear of sexual abuse
- Agrizoophobia – Fear of wild animals
- Agyrophobia – Fear of streets or crossing the street
- Aichmophobia – Fear of needles or pointed objects
- Ailurophobia – Fear of cats

- Albuminurophobia – Fear of kidney disease
- Alektorophobia – Fear of chickens
- Algophobia – Fear of pain
- Alliumphobia – Fear of garlic
- Allodoxaphobia – Fear of opinions
- Altophobia – Fear of heights
- Amathophobia – Fear of dust
- Amaxophobia – Fear of riding in a car
- Ambulophobia – Fear of walking
- Amnesiphobia – Fear of amnesia
- Amychophobia – Fear of scratches or being scratched
- Anablephobia – Fear of looking up
- Ancraophobia – Fear of wind (Anemophobia)
- Androphobia – Fear of men
- Anemophobia – Fear of air drafts or wind (Ancraophobia)
- Anginophobia – Fear of angina, choking or narrowness
- Anglophobia – Fear of England or English culture,

etc.

- Angrophobia – Fear of anger or of becoming angry
- Ankylophobia – Fear of immobility of a joint
- Anthrophobia or Anthophobia – Fear of flowers
- Anthropophobia – Fear of people or society
- Antlophobia – Fear of floods
- Anuptaphobia – Fear of staying single
- Apeirophobia – Fear of infinity
- Aphenphosmophobia – Fear of being touched (Haphephobia)
- Apiphobia – Fear of bees
- Apotemnophobia – Fear of persons with amputations
- Arachibutyrophobia – Fear of peanut butter sticking to the roof of the mouth
- Arachnephobia or Arachnophobia – Fear of spiders
- Arithmophobia – Fear of numbers
- Arrhenophobia – Fear of men
- Arsonophobia – Fear of fire
- Asthenophobia – Fear of fainting or weakness

- Astraphobia or Astrapophobia – Fear of thunder and lightning (Ceraunophobia, Keraunophobia)
- Astrophobia – Fear of stars or celestial space
- Asymmetriphobia – Fear of asymmetrical things
- Ataxiophobia – Fear of ataxia (muscular incoordination)
- Ataxophobia – Fear of disorder or untidiness
- Atelophobia – Fear of imperfection
- Atephobia – Fear of ruin or ruins
- Athazagoraphobia – Fear of being forgotten or ignored or forgetting
- Atomosophobia – Fear of atomic explosions
- Atychiphobia – Fear of failure
- Aulophobia – Fear of flutes
- Auophobia – Fear of gold
- Auroraphobia – Fear of Northern lights
- Autodysomophobia – Fear of one that has a vile odour
- Automatonophobia – Fear of ventriloquist's dummies, animatronic creatures, wax statues - anything that falsely represents a sentient being

- Automysophobia – Fear of being dirty
- Autophobia – Fear of being alone or of oneself
- Aviatophobia – Fear of flying

The command “FEAR NOT” is found 365 times in the Bible – once for every day of the year. This would indicate something very specific about FEAR.

“Stinking thinking” is a daily battleground for every Christian and our walk in faith. It is any form of thinking that is not aligned to the Word of God. As mentioned before, it is usually based on UNBELIEF.

Summary of Most Common Fears:

- | | |
|-----------------------------|-------------------------|
| 01. Fear of flying | 13. Fear of dogs |
| 02. Fear of public speaking | 14. Fear of dentists |
| 03. Fear of heights | 15. Fear of snakes |
| 04. Fear of the dark | 16. Fear of needles |
| 05. Fear of intimacy | 17. Fear of being alone |
| 06. Fear of death, dying | 18. Fear of water |
| 07. Fear of failure | 19. Fear of god |
| 08. Fear of rejection | 20. Fear of abandonment |
| 09. Fear of spiders | 21. Fear of long words |
| 10. Fear of commitment | 22. Fear of clowns |
| 11. Fear of flowers | 23. Fear of falling |
| 12. Fear of driving | 24. Fear of change |

Let us look at some scriptures:

Luke 21:34 "Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap."

We need to be on guard against anxieties creeping into our lives. An anxiety is usually based on some projected future event that may happen, and often evidence for the event is not even seen. In contrast, faith is trusting in God and trusting God with our future.

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

This has to be a deliberate daily prayer activity! Like the middle of the night wake-up issues.

Matthew 6:25-27 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

To ignore this command, is to be anxious. All FEAR comes from not trusting God and His Word. Remember,

God designed us to obey His Word because in doing so we stay under His protection and guidance.

Matthew 13:22 "The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful."

To continue in patterns of anxiety will not only impact your physical and mental health, but it will impact your value to extending God's Kingdom and can even result in total unbelief. How could such a thing happen? Because worry, fear and anxiety choke the Word! The English word "anxiety" comes from the root word for "anger" and actually refers to the physical act of choking!

Proverbs 12:25(NKJV) "Anxiety in the heart of man causes depression, but a good word makes it glad."

This spells out the importance of the power of using GOOD words. They bring life. Think about and speak GOOD things. Our words set in motion either blessing or curse!

Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests

to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

If you suffer from stinking thinking then you need to write out this scripture and put it on your wall or mirror. Until peace is restored, keep reading the Word, pray, and stay in constant contact with God in thanksgiving. Being thankful takes your eyes off future worry and brings to remembrance past deliverances and victories.

Psalm 111:10 "The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise."

Following the Word and learning to see God in his full glory, changes how we think, from stinking thinking to good understanding.

Numbers 14:6-9 "Joshua son of Nun and Caleb son of Jephunneh, who were among those who had explored the land, tore their clothes ⁷ and said to the entire Israelite assembly, "The land we passed through and explored is exceedingly good. ⁸ If the Lord is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us. ⁹ Only do not rebel against the Lord. And do not be afraid of the people of the land, because we will

devour them. Their protection is gone, but the Lord is with us. Do not be afraid of them."

This is a well-known Bible story, where most of the people relied on their own understanding rather than listening and obeying the Word of God. The result was that fear ruled and consequently they spent a great deal longer in the desert, let alone all the nay-sayers eventually dying off!

Psalm 34:4 "I sought the Lord, and he answered me; he delivered me from all my fears."

This is a wonderful promise to write down. When fear, worry, or anxiety rule, speak it out and look to God to deliver you.

2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

This gives us another action point when stinking thinking threatens – take captive every thought and throw it away. Identify the foundational lie, take it captive, and speak the truth of God into that situation. This is bringing the thought into alignment with Christ's thoughts.

2 Timothy 1:7 "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

This scripture invokes the Trinity – Power is the Holy Spirit – Love is the Father heart of God – a Sound Mind is the result of the Living Word which is Jesus. If God hasn't given us a spirit of fear then who has? Satan. Our minds need to be protected with the helmet of salvation, (part of the armour of God spoken about in Ephesians 6 – put it on every day). Our mind is the place of the spiritual battle and therefore needs to be washed in the Word of God. Ephesians 5:26 confirms this. Proclaiming scripture gets the truth into our minds and builds faith. Failure to protect our minds leaves us more vulnerable to demonic influence and control.

Hebrews 4:12 "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

The Word of God, because it is living, has the ability to separate soul and spirit. So, we need to get the Word of God into our human spirit allowing our minds to be renewed, washed, and cleansed by that Living Word which is Jesus Himself in you. Then it follows that our spirit and minds will be one in Godly thinking.

Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."

We have to accept that our minds are flawed and well able to go off on unhealthy tangents. I have noticed that this is a more challenging area for people living alone and also those unequally yoked in marriage, possibly because they do not have someone close to share their spiritual thoughts with. So if this is your situation, make an effort to attend regular, small accountability groups to expose your current thinking. It is easy for our thinking to slip gradually into unbelief and error.

At a prayer meeting a few years ago there was a single lady who had pondered too long over an issue by herself, and ultimately it became a burden. She came for prayer and as a result of the prayer time you could see the spirit of heaviness lift off her and peace being restored. She had no awareness of the spirit leaving except by the return of peace. (Refer Phil. 4:6-7 above.) But before that her own understanding had drifted into "stinking thinking" and demonic influence.

Proverbs 15:13 "A happy heart makes the face cheerful, but heartache crushes the spirit."

Proverbs 17:22 "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

These verses point to sickness. Fear is a major pathway into disease of the body. A broken heart or a crushed spirit, if not healed, will cause physical issues at some stage. There is plenty of medical research on this area if you choose to seek it out. In a general way many New Zealand doctors are aware of correlations between certain medical issues and sin, although they may not term it quite like that.

Worry, fear and unforgiveness will cause stress and sickness to the mind because they release 'negative' chemicals into the body. God didn't design us to carry these things. He designed us to abide in his Word and in his peace; to forgive and be forgiven.

A cheerful heart – continue in praise to God. Soak in praise to God. Listen to worship music and let it wash over you. Soak in God's presence.

1 John 4:18 "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

There are four points here:

1. There is no fear in love.
2. Perfect love casts out fear. Fear involves a breach

in relationship. Reconciliation is required with God, with yourself and your fellow man. This is the basic Gospel message.

3. Fear involves torment. Torment results from the distortion of truth. It is chaos. Chaos is Satan's attack on God's good design. The full-blown version of "stinking thinking" where no peace can be found.
4. He who fears is not made perfect in love.

I would like to suggest to you that if you can't give or receive love, then fear is operating somewhere in your life. This is probably true for all of us to a greater or lesser extent. We can have fear to receive love, fear to give love, or both.

John 14:27 "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Isaiah 26:3 "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

Peace is lost when we think in a "stinking" way.

Philippians 4:7-9 "And the peace of God, which

transcends all understanding, will guard your hearts and your minds in Christ Jesus.⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

My encouragement to us all is to challenge our thinking. Do we suffer from “stinking thinking”? Do we need to repent and receive a renewed mind? Don’t hesitate to seek prayer from others as you journey this road to recovery.

8. Who Said?

As a young married couple, God taught us some significant truths in our pursuit for healing for one of our children. There is no better place to learn than real life situations in our own lives.

Our second child, a son, had a traumatic birth. He was caught in the birth canal and got into distress. Our Specialist was a Christian and he said to me that 'now was a good time to pray if I wasn't already'. I was a bit caught off balance in the moment not knowing how or what to pray, so I placed my hand on my wife's stomach and prayed in tongues. The monitor measuring our son's heartbeat was recording something like 60 but as I prayed in tongues the monitor jumped to just under 100. Seeing that success, I stopped praying. The monitor dropped back to 60 again. I began to pray again and the near-100 reading was maintained. In the background they had actually begun to prepare my wife for surgery. However, during my short time of prayer, the specialist then declared the baby was ready to come naturally so the surgery was shelved.

Before our son had left hospital however, he exhibited a high temperature and was diagnosed with a urinary tract infection. The hospital was concerned about his kidneys and so placed him on an antibiotic until his kidneys could be rechecked at six months. We asked if this was a good idea and the reply was along the lines that it was better to have the antibiotic than risking damage to his kidneys. Well that left us little room to move so we submitted. What we didn't know was that going down this pathway increased the probability of severe impact on the development of our son's immune system. At six months the tests showed he had a simple duplex on a kidney and so the antibiotics were dropped.

This moved us into a new season of sickness. It never took much for our son to catch an infection which would spiral quickly into breathing difficulties. Over many hospital and doctors' visits and the occasional stay in hospital the final diagnosis came that our son was a chronic asthmatic with some weakness in the lungs.

This diagnosis was given to me when I was in hospital with my son and Frances was at home with our eldest child. Independent of each other that night, we asked God were we to accept this diagnosis? He clearly told us "NO", so we moved forward proclaiming that while our son had a diagnosis of asthma, we were looking for God to heal our son.

So, my question to all of us is, "WHO SAID?" I don't believe sickness is of God. My Bible says God is a very good Creator. Why would he choose to make someone less than perfect? We live in a fallen world and sickness is part of that dominion not the Kingdom of God. Does that mean we Christians should never be sick? Alas, no. There is no 'Get out of jail free' card. We live in a fallen world and we are people on a journey to completeness. My encouragement to you is to never accept sickness unless God says so, ie. Do not accept it as final. We need to be bold and ask God bold questions. We see in scripture the Apostle Paul asking a bold question in

2nd Corinthians 12:7, "I was given a thorn in my flesh, a messenger of Satan, to torment me.⁸ Three times I pleaded with the Lord to take it away from me.⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

In your health trial, expect an answer. Sometimes we need to hear with the help of others. It is this principle that this book is all about: Leaning into God and on the Body of Christ.

Going forward, our son was on a regular dose of medications again which caused us concern. I myself am okay with medication for short term benefit but not

happy about the permanency of their use. Regretfully, all medications, while they have benefits, usually also have downsides. I understand the fourth biggest killer of people in the United States of America is the side effects of medications. But as you will see below, we need to work with the doctors.

In this season we actioned the following principles:

1. Our issue and subsequent verbal declarations concerned the word 'diagnosis'. We never called our son or labelled him as an asthmatic. We learnt in this season the power of our words. They are either creative or curse-bringing. On our son's file in the Auckland Hospital records it says that the parents would not accept the diagnosis on religious grounds.
2. I believe in obeying doctors. They are gifted by God and used by God in the healing process. Over the years I have heard God speak through the doctors but at the same time I have heard the words of the enemy through those same people. We have to be discerning. We need to look for the doctors to eventually be able to declare the healing of God. We step out in faith and wait for God to change the physical condition and the doctor's opinion. I think it is unwise to step outside the guidance of doctors. However also at this time, we did seek and find a doctor who would work with us with a goal of getting our son off all medication.

3. We regularly practised claiming the promise in

James 5.14 "Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord".

As soon as our son would start to collapse in another cycle of sickness, we would take him to the Pastor for anointing with oil. Sometimes we needed to take it further and go to hospital but at other times he changed before our eyes. Our Pastor at that time didn't really believe in the healing of the sick in our day, but because we asked, he responded. I remember one time in particular as he anointed our son with oil, you could see a positive physical change coming over him. I have never been quite sure of the impact of that event on the Pastor.

4. We regularly sought prayer for our son at church and from our network of believing friends. In such times we need to expect and listen for a word from God.

One day when our son was about two, we received a word from a person that our son's sickness was the result of a demon of fear entering our son at birth. Well as soon as I heard this word, I knew it was true. I knew it was a rhema word from God. I remember the battle for our son's life in those final delivery hours and the distress he got into. Now I know this will rock the foundations of

some Christians' theology but let me finish. The person went on to say to ask the Pastor and Elders to pray for my son and anoint him with oil - the James 5.14 promise. I went to my Pastor and shared this rhema word from God. He didn't really believe in or trust the person who gave the word but said he would go away and pray about it. About an hour later he said God had confirmed the word and he would call the Elders to come to the hospital to anoint our son. Well it was a bit of a battle. One elder said it was the most difficult prayer time he had encountered. But my son was delivered of a demon that day.

Over the next week and months, little by little, our son grew stronger and medications were used less and less. By the time he was just over four years old his medications were stopped. X rays confirmed his lungs were in fact stronger and healthier than most people who walk this earth. He never had another cold until he was in his early twenties.

God had healed his lungs and rebuilt his immune system. It is irrelevant what part of the sickness was caused by the demon and what by the early antibiotics. The reality was, by applying Biblical principles and with the grace, love, and power of God our son was healed. PRAISE GOD!

One lesson that has taken me a long time to learn is this issue of 'time'. In reading scripture, my interpretation

and expectation were that the miraculous intervention of God should be instant. But as I look back over most of the miracles I personally have witnessed, they have come about over time rather than being immediate. I have heard of many immediate miracles but seen few myself. A proper study of the recorded miracles in scripture apparently indicates a time approach to some of these miracles. So never be disappointed. God is always working, even when we can't see it or perceive that he is.

Can I encourage you to listen to the worship song "Way Maker" by Leeland.

9. The Healing Power of Proclamation Prayers

Over forty years as a follower of Christ I have grown in using the power of the spoken word. While I would like to say I have mastered the art, regretfully I am still a work in progress but I share below some insights learnt from the application of scripture and revelation.

The Power of Speech

As Christians we should not be surprised about the power of words. We are made in the image of a Creator who spoke and created the universe from nothing.

The medical profession has known for a long time the destructive power of words spoken over people and in particular, over children who absorb them as the truth and do not have the knowledge to refute them.

“STICKS AND STONES WILL BREAK MY BONES BUT

WORDS WILL NEVER HURT ME." Often chanted as children but it is such a foundational lie!

Our spoken words are powerful:

They are either a **CURSE** or a **BLESSING**.

They **CREATE** or they **DESTROY**.

They bring **LIFE** or **DEATH**.

They are **POSITIVE** or **NEGATIVE**.

Words of powerful effect can be spoken over other people and even over yourself. Therefore, beware of negative talk.

Matthew 12:34-35 (NIV) "You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of. ³⁵ A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him."

Proverbs 18:21 (NIV) "The tongue has the power of life and death, and those who love it will eat its fruit."

As a matter of self-discipline, we have to move from uncontrolled speech to good speech, and then begin to cultivate **BLESSING**. Part of the advantage of having

the Holy Spirit dwelling inside us is that He will begin to transform our speech if we ask for His help.

We need to be BORN AGAIN and transformed by the Spirit of God. Then we can be a blessing in our speech. The dictionary definition of BLESSING means: speech, or a prayer asking for God's divine favour.

1 Peter 3:8-9 (NIV) " Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. ⁹ Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing."

Abraham was blessed by God to be a blessing. Read Genesis 12:1-3. As 'children of faith' like Abraham, we also carry that blessing and are called to be a blessing. We are commanded in Genesis 1:28 to have dominion over the earth. This is part of God's blessing on us and for us. This scripture says,

"God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

Let us now look at the Great Commission Jesus gave His disciples but with renewed eyes. Understand the requirement to bless because we are blessed. You can't "make or create" anything without the use of words.

Matthew 28:18-20 (NIV) "Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."

John 15:16 (NIV) " You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you."

John 14:12-14 (NIV) "Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. ¹³ And I will do whatever you ask in my name, so that the Father may be glorified in the Son. ¹⁴ You may ask me for anything in my name, and I will do it."

We have been given the instruction to go.

We have been given authority to bless.

We have been commanded to bear good fruit.

We have authority to invoke (or bring about the power of) the name of Jesus.

Luke 10:19 (NIV) "I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you."

We have authority over all things including spiritual forces.

Ephesians 6:12 (NIV) "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

We have authority over MOUNTAINS in whatever form they present themselves in our lives or in the lives of others.

Mark 11:23 (NIV) "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them."

So, what do we do to MOUNTAINS? We speak to them. In fact, we do more than that; we COMMAND them to go.

Scripture goes on to say:

Matthew 10:8 (NIV) "Heal the sick, raise the dead, cleanse those who have leprosy,[a] drive out demons. Freely you have received; freely give."

Mark 16:17-18 (NIV) "And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; ¹⁸ they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well."

So, Jesus has given us authority to use His name, the Name above all names, to speak COMMANDS that will invoke blessing. When we do these things, we are being the blessing we are called to be, as a response to God's blessing on our lives.

To produce FRUIT in our lives we need FAITH. For me the battlefield for faith is in the mind. To have the conviction and power of faith is to believe that "mountain circumstances" are opportunities, and not be consumed by unbelief or 'trusting in our own

understanding'. Biblical faith is to put our complete TRUST IN THE LORD and nothing else. Our whole life has to be dependent on him. He is to be sovereign in our heart. I personally believe we all need more faith and need to be pro-active in building our faith. Can I say it again - I don't believe we all have enough faith. As we take responsibility to build FAITH, we will be ready when we confront a mountain that needs to be moved.

I think that until I came to the situation at sixty-five, where doctors said they could not heal me, I could not truly say that I TRUSTED THE LORD. But when everything else including my own understanding was stripped away, all that was left to me was to TRUST HIM completely. And I can say, thank God that I have entered that place of total trust.

The History of Proclamatory Prayer

Proclamatory Prayer, (proclaiming God's will and Word), is not new. Derek Prince was a great encourager of the concept. It is joining in God's creative work of bringing heaven to earth. We are speaking God's will here on earth, not our own will.

The concept can be a challenge to any demonic influences involved and to this end we shouldn't be surprised about this, as it is battle prayer, praying for the lost, the sick, the broken and the robbed.

Proclaim – Shout Forth

So Proclamatory Prayer is speaking out with authority into and over a situation. We are commissioned to speak out. This process of speaking out builds FAITH.

Romans 10:17 (NIV) “Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.”

Speaking brings about hearing (the kind of hearing which brings our agreement deep down inside), which in turn subdues unbelief in the mind. The battlefield of FAITH is in the mind. To be strong in FAITH we need to declare the Word.

Proclaiming Releases Blessing

The proclamation of scripture releases authority into and over a situation and blessing flows. The Bible covers every situation and event that can be experienced by man and there are relevant scriptures for all of it, but sometimes revelation from the Spirit of God is needed to find the scripture for the particular event and season of time. In all times of trial, you need to lean on the Word, find what is personally applicable, and proclaim it over your life or situation.

How Do We Practice Proclamatory Prayer?

- (a) We build faith by standing with the giants of faith (men of long standing in the faith who operate by Kingdom principles). Get involved in ministry opportunities. Watch, observe, train, expect revelation, act.
- (b) We build faith by proclaiming scripture out loud, especially scripture that proclaims your identity and authority. Speak/listen/absorb the Word into your brain. We have to subdue thoughts of unbelief in our minds.
- (c) We listen and expect a rhema (quicken word) from God for a situation. Record it. Note the reference if it is a scripture. Proclaim it over the situation and continue to do so until resolution comes.
- (d) Make up a prayer that covers the situation, ideally using scripture. There are over 6,000 promises in the Bible. Use them. Proclaim them with your God-given authority over the event or situation.
- (e) When we speak from the God-given standpoint, realise you have authority and command action.
- (f) If we have doubts or negative thoughts, declare the specific word of the Lord for that situation to bring your mind into alignment.
- (g) Build a team of faithful warriors around you when you are ministering. Battlefields are not a place for solo

adventurers – alone, you make yourself vulnerable.

(h) When you are in a season of trial, lean on the Body of Christ unashamedly; you are in a battle. There is power and diversity of spiritual gifts in numbers. None of us have it all sorted, and ministering in a group builds confidence and faith. It also provides the Spirit of God opportunity to release all His giftings through the diversity of the body.

Testimony

We have used proclaiming prayers and declarations for most of our Christian Walk. Examples include:

I have shared in Chapter 8 the journey of healing for our first son who was born sick. Over four years of declaring healing he was set free.

Our first daughter and husband had trouble conceiving a second child, because of a specific medical issue so we wrote a prayer of declaration. They now have a miracle child.

My personal declarations over fifteen years with my challenges following a cancer diagnosis. We leant on the body of Christ with weekly prayer meetings. We recorded the words of the Lord. We proclaimed scriptural promises over my life. We declared we had

a diagnosis but never taking ownership of the words of doctors. We cut off all the medical edicts.

The word in the first season of cancer in 2006 was about a shadow of death over my life.

Psalm 23:4 (KJV) "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me."

This I proclaimed- not death but a shadow. The doctors didn't expect me to survive beyond five years but after three and a half years they declared I was healed.

The word in the second season in 2016 was also about 'shadow' but now I rested in the shadow of the Lord's covering.

Psalm 91 "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

The medical edict this time was more severe than the first edict. My declaration of Psalm 91 still continues to this day. I believe I am healed but I am waiting for the doctors to come into alignment again with this word.

I also proclaim the scripture found in

Psalm 139:16 (NIV) " Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

To live all the days ordained for me, only God can get me through.

The Placebo Effect

I was having lunch one day with Sy Rogers who also experienced a journey with cancer. He said, "You know why you are healed don't you?" Well I gave him my religious response and he said, "Yes but it is explained in the Placebo Effect."

The placebo effect is where two groups of people with the same issue are given treatments. One group is given specific medication appropriate to the condition. The second group are given sugar tablets.

The results for both groups are often the same.

Why should this be?

Research has concluded from the placebo effect that THE BODY WILL FUNCTION TO THE HIGHEST LEVEL OF AUTHORITY IT IS PLACED UNDER.

As a Christian this reflects the understanding that our Creator God has designed our bodies to function under the authority of Jesus Christ and His Word.

So, this research supports the authority of the Proclamation of God's Word over our lives. As we do this our bodies will respond and will align with the power and promises of the declared Word.

Be encouraged. Proclamatory Prayer is important and should be practised by believers, inspired and led by the Spirit of God.

Proclamation and blessing are similar concepts. We should also proclaim BLESSING. We blessed my body with a strong immune system and with good health. Use words of blessing, (proclaiming) as often as possible every day. For great teaching on blessing can I refer you to a book by Richard Brunton, "THE AWESOME POWER OF BLESSING".

www.richardbruntonministries.org/blessing-book.html

10. March 2006 – My Testimony

Regretfully the Bible doesn't promise Christians 'Get out of jail free' cards from times of trial. Trials come in many forms but mine was a season of battle for my life.

John 16:33, "I have told you these things, so that in me you may have PEACE. In this world you will have TROUBLE. But take heart I have OVERCOME the world."

God's plan for us is that we be overcomers.

Genesis 1:28 says, "God blessed them and said to them, be fruitful and increase in number, fill the earth and subdue it."

God's plan for us is that we build a firm foundation into our lives, so that when times of trouble come, we will not fall. See Luke 6:48-49.

God's plan for us is to know his presence.

Matthew 28:20, "...I am with you ALWAYS, to the very end of the age."

God's plan for us is that we don't stand alone.

Matthew 7:7 says to SEEK Him and we WILL FIND Him. We do not distance ourselves from God during the pressures of life.

God's plan for us is that we

"trust in the Lord with all our hearts and we lean not on our own understanding." Proverbs 3:5.

That is, we claim the truths of His Word over the situation we are in.

AT ALL times, but especially in times of trouble or trial we need to turn to God and have an expectation of His involvement in helping us to be an overcomer, even in that time of trial. We stand on His Word (hold on to; don't swerve from). By faith, we expect His action, His personal intimacy and His guidance for us personally for our situation.

Psalms 103:2-5 says, "Praise the Lord, O my soul and forget not all His benefits, Who forgives all your sins and heals all your diseases, Who

*redeems your life from the pit and crowns your
with love and compassion, Who satisfies your
desires with good things so that your youth is
renewed like the eagle's..."*

*Isaiah 53:5 says, "But He was pierced for our
transgressions, He was crushed for our iniquities;
the punishment that bought us peace was upon
Him, and by His wounds we are healed."*

Many Christians believe part, but not all, of these two verses. But think about this: if He died for our sins He also was wounded for our healing. These verses say so.

My time of trial was also a season of great intimacy with God. My experience may be different to others who have similar circumstances, but the principles will be the same. Looking back, God was already involved in my situation before I knew that I had a problem.

2002

When I was just over fifty I had a medical check-up, which was something I did every five years. Part of that check-up was a Colonography as I had a history of constipation. I was being too much of a male and I was slow in getting around to doing it. However, a couple of years down the track I felt a nagging to get this procedure done. It so happened that I also needed

a CT on my wrist for an issue so I decided to do both procedures at the same time.

Monday 13th March 2006

I had the Colonography. That night my doctor came visiting with news that they suspected I had a lung tumour. To be honest it had little effect on me. I just moved onto the next recommended action point which was to have an X-ray.

Tuesday 14th March

X-rays confirmed I had a lung tumour. As you will see below this drove me to asking God- "What is going on here Lord".

Wednesday 15th March

Fortunately, my doctor managed to get me a visit to a specialist (who was no longer taking new patients), who advised us that immediate surgery was necessary, and he could fit me in the next day or Friday week. I accepted the Friday week opportunity using my Private Health cover because of the proclaimed urgency.

My Specialist declared, "... there is a shadow of death over your life. There is a tumour in the lower right-hand side lobe which is millimetres away from breaking out of the lung. If it gets into open territory you are dead meat.

Someone must be looking after you!" I took courage and told him politely that while that was correct my God would heal me; that I would follow his advice, but I would not accept his cancer diagnosis. This default setting was rooted in our experience with our son. Refer to the chapter headed Who Said?.

In my Quiet Time that night I said to the Lord, You have my attention Lord. What are you saying? Am I meant to be sick? Am I meant to have cancer?" I have asked these types of questions before and if we have no revelation as the apostle Paul did, about the thorn in his flesh and God's response that His grace was sufficient for him, then we must stand on the promises in God's word.

Well, God spoke to me in an unusual way that night. He directed me to

Psalm 23:4. "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me."

The words of the doctor rang in my ear, "There is a shadow of death over your life." It seemed the Word of the Lord and the words of the doctor agreed, so I took the Word of the Lord as my comfort and I proclaimed His Word for me. My trial was but a shadow of death - NOT DEATH.

I told the family that we were all to proclaim that Dad has a cancer diagnosis - he does not have cancer. I shared the living Word given to me by God with them. This was our proclamation. We cut off the diagnosis of the doctor over my life.

When I listened to what the doctor told me about this disease and in particular, my cancer, I knew this was not of God. Cancer was described as a BIG ME, that is a bully, raging in your body, directing life forces, obtaining the best blood and food supply. It was overcoming the immune system. Like all BIG ME'S (SIN) in life, it had to be put to death. God made our bodies to overcome cancer rather than be overcome by cancer. As there is a battle going on beyond the natural, we stand on the Word.

Genesis 1:31, "Then God saw all he had made, and it was VERY GOOD". So, we do battle with the BIG ME.

About a month later my daughter was in Church and the teaching was on the ability to prophesy. People came forward to receive the gift. After they had been prayed for, they were told to turn around and face the congregation. They were then told to go out amongst the congregation and prophesy. A girl younger than my daughter came up to her and said, "The Lord has told me Psalm 23 verse 4 is special to you". It was my verse,

Psalm 23:4, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me."

My daughter explained and cried; both girls were exceedingly encouraged.

Friday 24th March

I had surgery. I proclaimed to the surgeon that God was going to heal me and not to be surprised if when he opened me up, he would find no tumour.

This took courage and determination as earlier that day I had a FEAR attack. I had never experienced such a feeling before. (Described in an earlier chapter.) This was further confirmation to me that I was in a spiritual battle for my life.

Saturday 25th March

The surgeon visited and gave me a strange look, and detailed that the removal of my right lower lung lobe was successful and that the post-surgery cancer biopsy confirmed the original diagnosis, that my tumour was fast-growing and nasty. They also found cancer cells in 3 out of 5 lymph nodes so I was prescribed chemotherapy. What they couldn't guarantee was when I would be accepted for treatment, but first I had

to recover from surgery and that would take at least twenty days. Needless to say, this disappointing news was not what I had hoped to hear.

About three weeks after surgery I was accepted by the public health system for chemotherapy and the person who was watching over my case was regarded as the top lung specialist of Auckland Hospital. This specialist proclaimed over me what my future life within the health system would be like and gave a possible life expectancy measured in percentage chances. He said, "You will never hear from us THE WORDS THAT YOU ARE HEALED". But God was on the case too. I told him politely that my God would heal me - I would follow his advice, but I would not accept his diagnosis. I cut off from over my life these new medical proclamations.

The finding of the biopsy had dropped my medical percentage chance of surviving the first five years from 85% to 75%, and finding the floating cancer cells in the lymph nodes dropped me to 55%. Having chemo increased my chance by 15% so it seemed to me the right call BUT I wasn't focused so much on percentages, but on the proclaiming that God was the one who was going to heal me. God does use doctors in the healing process. He specifically spoke to me through the lung specialist. The doctor's explanations helped me see that cancer is not of God. Their diagnosis helps us to

be specific in prayer. God has gifted us all differently for the furtherance of His Kingdom. Some are gifted as doctors and surgeons but we need to cut off any utterance over our lives that doesn't align with the Word of God. I believe in obeying the guidance of doctors unless you and another person have a specific witness from God to the contrary.

I had about five months of Chemo. Not a highly recommended experience! It was a time that was a largely a blur for me, of surviving one day at a time. I was not there for my wife or family and it was a time of great trial for them. There is a need to saturate caregivers with prayer and encouragement because normal life has been tipped upside down for them. In many ways they are impacted more than the sick person. They are in a state of constantly giving out but receiving little back in return. The sick person provides little communication nor affirmation or touch so it is a very emotionally draining time for caregivers. Remember to pray for these people in times of trials.

From the time of recovering from my surgery in April 2006 the prayer fight started. Prayer chains were advised of our need. Potentially, thousands were praying for us. Our local Christian friends met weekly in our home proclaiming the truths of God's Word. We surrounded ourselves with people of faith and the Word. Dare I say it

-no 'flakes' were allowed! Each week at church I sought prayer and anointing with oil. My wife wrote out for me a PROCLAMATORY PRAYER which I prayed for many years. The battlefield is in the MIND. We conquer the mind's unbelief with the Word of the Spirit.

Romans 10:17, "Faith comes by hearing the message, and the message is heard through the Word of Christ."

***Refer to Appendix 1: Prayer of Declaration**

The word CANCER generates interesting responses in people but generally it is a manifestation of FEAR. For many CANCER = DEATH. When you have a diagnosis, well-meaning people, including Christians, ask how you are from a very negative perspective. It is for this reason you need to be PROCLAIMING scripture over your life to quell doubt and fear in the mind. In times of trial, NO 'FLAKES' ARE ALLOWED. (By this I mean, people who don't necessarily hear from God but have their own pet theories and may quote their feelings as 'prophetic fact'.) They will drain you of faith.

My time going through chemo was dotted with many personal encounters with God. They were usually via His people, specific words from scripture, verbal encouragements or people who prayed for me at

random. This was an amazing time of intimacy with God amidst a time of great testing of my faith. One such situation was a lady who came up to me and said that when she comes to church each week, she asks God, "Who should I pray for?" God told her to pray for "Mr Goulter". She didn't know who I was and asked those around her. She prayed a simple prayer of healing for me which just blew me away. It was another confirmation that God loved me and was walking with me in this trial. Thank God for praying saints.

September 2006

After chemo finished, I was on a regular cycle of follow up by the Hospital. Every quarter I would have a lung X-ray or CT scan. My specialist would comment on how well my recovery was and how the residual lungs had filled the total cavity. My oxygen levels were very good etc. Why should I be surprised? My God was with me. I was proclaiming my healing.

August 2007

The X-rays identified two new growths on the right-hand lung. They were believed to be of the same type as the earlier tumour and in fact were found to be in existence pre-surgery. I straight away changed my daily proclamatory prayer to include a focus on these two tumours and cursed them in Jesus name, commanding

them to die.

Mark 11:14 (NIV) "Then he said to the tree, "May no one ever eat fruit from you again. And his disciples heard him say it."

Mark 11:20-21 (NIV) "In the morning, as they went along, they saw the fig tree withered from the roots. Peter remembered and said to Jesus, "Rabbi, look! The fig tree you cursed has withered!"

The next X-ray showed these tumours had died! They were still there but were now dead tissue and no longer growing. The specialist just ignored what had happened. For me this was my proof that God had healed me of cancer. Could He have healed me on Day One pre surgery? Of course. Could He have avoided the chemotherapy for me? Of course. But He was no less God because He didn't. Trouble and trials come in all manner of ways, but let's seek Him and trust in His ways and His Word and not on man.

September 2009

The next series of quarterly X-rays continued to show amazing recovery and three and a half years after surgery my specialist declared that only a very skilled radiographer would be able to determine that I had had surgery. He went on to utter those words he said I would

never hear. I have to declare that you are healed and he discharged me from further hospital follow up!

I was meant to be monitored for five years and if I was still alive after five years, they would review the future at that stage. The reoccurrence that was found in 2007 was their expectation for me. But my expectation was that every day ordained for me in the Lamb's Book of Life (a promise in the Bible) would come to pass. The enemy would not rob me of a day of my life. I had a vision of wholeness and health, not a state of deterioration.

In May 2011 we had planned a trip to Peru. We went to a travel doctor to get the required medications and while filling out forms it came to her attention that I had had lung surgery. She said I would need to get a specialist's opinion as to whether I should go into high altitudes. This raised issues regarding insurance so I made an appointment with my lung specialist who had seen me - yes - five years earlier. More X-rays were taken and I got further confirmation as to what wonderful lungs I had. I asked the specialist, 'Did he remember my case?'. He agreed that he did, so I told him that God had healed me but more than that, that God spoke to me through him. With this he went on to say how he sometimes has these 'awarenesses' about medical things that are beyond normal understanding. For instance, he was in Auckland Hospital one day passing a person who was not his

patient. The person had a foot issue but my specialist felt to demand that this person needed a lung X-ray. The X-ray result showed that the person had a tumour. The staff were mystified and asked him, "How did you know?". He could only answer that he had a feeling. On another occasion one of his patients who had had a successful lung surgery was due to be released, but he refused to release the patient that day. Two hours later that person had a massive heart attack. If they had been released to go home, they wouldn't have survived the attack. Again, people ask him how he knew and again he could only confess that he had a feeling.

I believe that God speaks to doctors more than we realise or even that they realise. That is why we listen carefully to doctors with a discerning mind. We follow their advice and leave them to God to sort out their understanding.

So, to summarise, I want to outline some principles we learnt in this second season of trial:

1. God is good all the time.
2. Sickness is not of God.
3. God uses doctors in the healing process.
4. Listen to what doctors say as prayer pointers.
5. Cut off all pronouncements over your life by doctors

- many are unintended curses.

6. Believe the Word of God. Proclaim His truths.
7. Proclaim aloud the Word of God and His promises over your life, especially that God will heal you. This is to quell the stinking thinking!
8. Have an expectancy that God wants to speak to you in a very personal way. Proclaim any words or scriptures given to you during prayer times.
9. Be careful how you speak. Do not take ownership of a sickness.
10. Have a vision of victory.
11. You are in a battle. Put on the full armour of God and surround yourself with prayer.
12. Be anointed with oil. Claim the promise in James 5.14.
13. The battlefield is in the mind so protect your mind from negativity, doubt, fear and worry – yours and other people's!
14. Proclaim authority over sickness.
15. Be aggressive in creating situations of faith- remove the 'flakes' from your circle. We all need more faith.
16. Praise God all the time. He dwells in the praises of his people. Proverbs 17:22 " A merry heart is good

medicine, but a crushed spirit dries up the bones”.

There is a good book that I can recommend if you are in a time of trial. It's called “10 Hours To Live” by Brian Wills, (9781603742436). What we practised is detailed in this book. It works. God really does heal.

11. March 2016 – Life's Sudden Turn

Finding myself free from such devastating ill health was wonderful and with a new lease of life, I enjoyed my family, events and holidays with a new appreciation. Obviously we all have little health 'niggles', so when I experienced some stomach refluxing about ten years later, I went in to have it checked out. It required having a camera inserted down my throat and a scan. The specialist suspected my problem may be due to a new lung tumour starting. Not what I wanted to hear. However, off I went to my original lung specialist for tests. I was thankful to hear that he did not share the viewpoint and scheduled another scan for a year later.

In a year's time he scanned the area again and as it turned out, the stomach specialist was probably right. Virtually ten years to the day after my first diagnosis with cancer, I was diagnosed with a new tumour in the middle RHS lobe. This time there was less optimism and from the very outset I was in 'miracle-required' territory to obtain healing.

In April 2016 I had surgery to remove the second of my RHS lung lobes. With two lobes now removed this left me with about 66% of my original lung capacity. During recovery from surgery, they discovered my residual right hand side lobe had collapsed. A camera placed down into the lung found a small hole had opened in the surgical area which they fixed by stuffing a piece of gauze and high-octane glue. Job done; lung re-inflated. I think the gauze is still there! All this surgery takes its toll on the body which needs to recuperate after such invasion. Hence there was a delay in starting chemotherapy. The drugs this time were slightly different and fortunately the nausea was less. However, I did suffer some nerve damage to the feet from the chemo, which today is a minor sensory inconvenience.

In late 2016 I had my first follow-up scan after chemo and there was still concern about a possible tumour starting on my left hand side lung plus issues around the surgery area regarding the tissue and overall stability. So again, there was the evidence that the chemo hadn't provided healing. After surgery the specialists said that radiation was a non-negotiable option as cancer cells were evident at the surgery face.

Later that year I was preparing a sermon on Psalm 91 as this was the scripture God had given me for this season. It was about 4.30 pm on a Thursday night and

I had prepared up to verse 5. Then at 5pm I received a phone call from the radiologist. The radiation that was to be non-negotiable was cancelled as my lung was deemed too instable. Remarkably this had no effect on me as I now saw what “an arrow that flies through the day looks like”

Psalm 91:5 “You will not fear the terror of night, nor the arrow that flies by day...”.

The reality was at that time only God could heal me. In their opinion the medical fraternity could only offer aids to prolong my life. So, nothing had changed and we moved forward in the comfort that God was with us and in control.

So once again I started to pick up the weapons for spiritual battle cursing these growths and the irregularities in the lung tissue in Jesus’s name and commanding them to die. I received good news in January 2017 where my scan showed the right hand side tissue of concern had died and the wound had shrunk and was stable. The issue on the left hand side was unchanged but declared not dead. My specialist was amazed at the change so I told him what I had been doing. He told me to keep on cursing the issues in Jesus’s name. The change was so dramatic that they changed my quarterly follow-ups to half yearly.

My scan six months later showed that the scar tissue had gone and the lung tissue was in stable and healthy shape. My specialist can't explain what happened and suggested we move from half-yearly to annual scans after the next one in early 2018. I had such relief and joy at this miraculous turn of events, but didn't let up on the warfare.

In early 2018 I was due for further scans. As I entered Mercy Ascot where my Oncologist is based, the Lord asked me, "Do you trust me?". Amazingly, these are words directly out of my scriptural declaration in Psalm 91:2. I said, "Yes Lord. I lean on nothing else". Upon meeting the Oncologist, he said the scan showed continued stability - and then came a "but" - there appears to be a shadow on T7 in your spine and an MRI is called for to investigate further. The language again is negative. However, the Holy Spirit said to me on leaving the specialist that day that "the battle is the Lord's". The MRI raised concern of shadows on T2 and T7 but the scan was not conclusive. The Oncologist however was very definite in his interpretation of the last two scans and his words were very bleak recommending radiation as soon as possible.

To be honest, I was quite disappointed in the diagnosis as I was expecting an 'all clear' and a tracking to a declaration that I was healed. I went straight from that

appointment to the Promise Keepers office asking the team to pray and break off all the negative words and pronounce a blessing. I also asked them to pray for clarity as to what did "trust the Lord" mean? I had come away from the meeting with the Oncologist believing that "trust in the Lord" meant not to go for radiation. However, in the prayer time they felt that God was telling me to have it. Over the next 24 hours I had three significant prayer encounters as I leaned on the body of Christ for confirmation. I asked the same question each time and received the same guidance. What a great thing to be surrounded by wise and Godly friends and to be a committed part of the church. Even though you are going through a life and death situation, you know you are not alone. I agreed to have the radiation.

I had radiation therapy with negligible side effects. The next set of scans showed both tumours had died and new bone had grown into the cavity. I got the impression from the specialist that this was a very good result. So, I was once again "clean". A following scan that year also showed a clear result. I was confident that the battle had been won.

In early 2019 my scan brought the news of four more tumours - two on the spine and two in the brain! The biggest was 32mm on the brain. These brain tumours explained some changes going on in my body such

as losing function on the left hand side of my body and finding it difficult to solve Sudoku. In late 2018 my GP had organised further exploratory tests. With these tests not producing any conclusive pathway the timing coincided with my next regular scan regime in early 2019. My specialist was not surprised by the scan results and said this is what life would be like now. "We are fighting forest fires," he said. His news was that I was riddled with tumours which they couldn't yet see.

Remember that I said before, that a medical diagnosis may be 'correct', but when we take ownership of that negativity it seriously impairs, if not builds a wall against, the Lord's work in healing. Why? Because we believe what we see or hear rather than God's Word and His ability. Basically, we either give Him a chance or we don't, so these words of the specialist I have also cut off me. You have to be vigilant and cut off all unfaithful medical edicts.

So, the Oncologist's next line of attack was to use a drug called Alecensa. It was a new drug and a non-funded Pharmac medication. "Non-funded" was a new reality check for me. We are retired and our planning for this retirement season didn't include an unfunded expensive drug. It challenged my whole thinking on the importance of leaving an inheritance to my children and I could see a large chunk of our savings disappearing.

However, this classification changed and after six months the drug was going to be funded by Pharmac in December 2019. In September 2019 the drug company made it free. So, while the kids' inheritance took a dent we are back on plan.

This drug has had mixed results from nothing happening for some patients, to reducing tumours for others. At that time there were some people who had been using the drug successfully for three years but for the rest, the drug had stopped working. It is classed as an 'inhibitor drug'. That means it inhibits growth, reduces the size of existing tumours, and slows new ones growing, but it is not a cure. After starting the drug in January 2019, I was scheduled for further scans a month later to see what effect the drug was having.

About two weeks after this I had a ring from a prayer warrior at church who said he wanted to bring a team to pray for me and to do what he called a "courts of heaven" prayer time. I said I had an idea as to what this was about and yes that would be wonderful. Well, this group of four saints prayed for me one Sunday afternoon. There was nothing dramatic in the prayer time but I followed their leading and responded to issues they raised while we waited on God. When we were halfway through the meeting a lady said, "I have a strange word for you but it doesn't make sense and

I don't want to bring it". Of course I encouraged her to share it. When she shared this one word, I burst out laughing and told her this word had been with me for fifteen years. You guessed it - the word was "SHADOW". From that moment I knew that everything going on in the prayer time was God at work and whether ordinary or extraordinary it didn't matter. At the end of the meeting I was not aware of anything having changed.

However, exactly twenty-four hours later at 3pm on Monday something changed. I don't know what but I knew something was different. I rang the organizer to tell him God had moved and I believed I had been healed.

At the end of the month my scan showed the extraordinary result that three tumours had disappeared and the biggest on the brain was about 1mm. The specialist was amazed and if there had been a chandelier in his office I know where he would have been. This was not what the drug was designed to do. God was moving.

My next two three-monthly scans showed complete healing. The specialist said if you didn't know where to look you couldn't see anything but with their knowledge, they could see two-minute marks in two of the four locations. The specialist used the terminology

of complete resolution. My scan was pushed out to six-monthly and my first scan in 2020 shows no change, complete resolution. In fact, the specialist said I was the model client for this drug.

So, what has God done, and did He or did He not use the drug? I don't know but I know God has healed me.

In Psalm 91:3 it says, "...surely He will save you from the fowler's snare". I now see my drug as a fowler's snare. Only God can get me off this medication unless it is part of His plan.

Do not accept generational excuses, DNA excuses or chemical excuses in medical edicts. Cast them all off. Christ died to set us free. He said it was finished and it is. My experience is that healing, more often than not, is a process over time. Don't be discouraged or defeated if you are in the process of healing. Press in for a rhema from God out of His Word. Pursue the concept of Surviving Trials by Leaning into the Body of Christ.

As a footnote:

I find going to the doctors at my age, that they have an expectation that I should be on several medications permanently. I have been on medications periodically in my life. I don't believe God designed us to be on medication. I personally struggle with being now on a permanent medication. Medication doesn't cure, it only maintains. NZ has one of

the highest rates of medication prescription in the world. I think this is a statement of our standing as a nation with God. My encouragement for you is if you are on medication, get into God's Word. Get prayer. Expect revelation. Stand on the promises in God's Word. Look for the root of your sickness and expect to remove it. Have an expectation of your doctor removing you from medication. Have a future picture of freedom from your sickness.

12. Leaning on the Body of Christ

Over this period of time I believe the Lord has shown me a model of the type of support people require in times of trial. I have said before that I believe the Word of God has a word for every situation of man. One of those situations is what I will call a 'time' or 'season of trial'. Trials are events that go beyond the normal bumps of life. These should be endured by individuals using their own inner resilience. We have to take individual responsibility to overcome these types of situations and I believe God has built this into man's makeup.

However, trials are the big challenges in life and we will all have differing levels of ability to be able to overcome. I would see a life trial to include instances such as the death of a loved one, redundancy or being fired from a job, marriage failure, business collapse, serious health challenges and the like. In Luke 5:17-20 we have the story of the Healing of the Paralytic. In fact, I would like to say that in this story there is a principle to follow in times of trial.

"¹⁷ One day Jesus was teaching, and Pharisees and teachers of the law were sitting there. They had come from every village of Galilee and from Judea and Jerusalem. And the power of the Lord was with Jesus to heal the sick. ¹⁸ Some men came carrying a paralyzed man on a mat and tried to take him into the house to lay him before Jesus. ¹⁹ When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus. ²⁰ When Jesus saw their faith, he said, "Friend, your sins are forgiven."

The reality here is that the paralytic is in a season of trial. He can't get to the healer, Jesus. Even his friends had to get up on a roof and make a hole in it to achieve the objective. Godly friends need to bring, carry, and support the person undergoing trial to bring them to the very feet of Jesus. Jesus is blessed when people activate their faith and He will be blessed if you also do it for a friend or allow a friend to do it for you.

In today's situation this may be a group of believers gathering in prayer regularly to support the person in trial. That is activating faith to bring that person into the presence of God, to the feet of Jesus the healer. The Bible says where two or more gather in Jesus' name,

He is there with you. So, when people pray and wait on the Lord, they can expect His touch and a word from Him, not only for the person undergoing the trial but for everyone there. In such times we need to listen for a specific RHEMA word from God for that person so that they can proclaim it daily.

In both my seasons of trial, I have immersed myself in prayer knowing that only God could heal me and that I also needed the support of the body of Christ to get me through. In both seasons I had weekly gatherings in our home where faithful people came to pray for me. It is these people and the many hundreds of others who held us up in prayer that got us through these times.

In the most recent season of prayer, I had ten to fifteen people turn up weekly to pray for me. This time we were joined by three others in a similar situation to myself who also arrived for prayer. It was wonderful to perceive God turning up each week in a different way. All of us undergoing trial had amazing outcomes from this season. The blessing wasn't limited to the four of us being prayed for. The prayers grew in faith and experience in using the spiritual gifts. Everyone was built up and encouraged.

If you are in a time of trial, you need to call on and lean into the body of Christ. You need to do this

unashamedly. Trials are no place for solo adventurers. Maintaining faith is difficult as a solo. Stinking thinking can be an easy default setting. Foundational lies can be laid or acted upon. We need the body of Christ in such times. We need a word from the Lord to proclaim over our life.

From the earliest prayer times during this time of trial, the messages had been very directional in laying the foundation that this was not my time to go home and that God still has a plan for my life. I have an expectation of his healing deliverance from this pestilence. The word for me this season was in Psalm 91. The message of "shadow" has again surfaced. Psalm 91 starts with this theme, "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty". In 2006 it was a shadow of death over my life but this time I found in Psalm 91 I was going into the rest, the shelter, of the shadow of the Almighty.

Words of knowledge (by the Holy Spirit) in these prayer times again raised issues of the shadow of masonry still over my life. This happened on two separate prayer occasions. So I went through a detailed renunciation of all the Masonic curses that I had in ignorance exposed myself to and received cleansing prayer as the two parties felt lead to pray.

I call the principle to be followed in the Healing of the Paralytic: Surviving Trials. In 2018 at the Promise Keepers Conference in Auckland, Paul Monahan and myself ran an Elective on this theme. About forty men attended and after giving a brief outline of the concept I said we would model an example. We asked for men of faith who were confident in prayer to come forward. About ten guys accepted this invitation. One of these men was the recorder of all the words that came from the Lord during the prayer time. We then asked for men who had faith and who wanted to learn to draw near and watch. Those who struggled with the concept were invited to stand back and observe with an open mind. Finally we asked for a man who was currently in a time of trial to volunteer to be prayed for. From memory, it was a man in his late seventies who came forward and he advised he had a cancer issue. So the prayer time started and lasted about 30-40 minutes. God moved through these "strangers" in the body of Christ as they lifted their unknown brother to the Lord. Our recorder ended up with a page of words to give the man as an encouragement.

A year later in 2019 at the Auckland Promise Keepers conference the same man came up to me and asked if I remembered him. I apologized and said no I didn't as I didn't immediately recognize him, but he said, "You should do. I am the man your group prayed for last year

in that demonstration on Surviving Trials". He then went on to say that God had healed him of his cancer. PRAISE GOD! Our simple demonstration was anything but simple.

Can I encourage you.

If you are in a season of trial, call upon the body of Christ to pray for you.

If you like praying for people and seeing God move, then look for someone in a season of trial and pray for them.

13. Summary

So, this is where I am at. The doctors can't heal me. They say I am a Stage 4 Lung Cancer patient. My latest scans show there are no tumours but only where the tumours have been healed. The doctors believe they can extend the time process mathematically but they can't provide healing. For me, I believe this is not my time. I am choosing to live all the days ordained for me. There is nothing I can do to achieve this other than trust in God. If I am to live all the days ordained for me by God, it has therefore become His problem because only He can heal me. So, I choose to say, "He is my refuge and my fortress, my God, in whom I trust."

I, and the people praying for me, ruled and reigned over my body with the authority Jesus has given us. We commanded my body to function according to the plans and purposes of God. We cursed every cancer cell and commanded them to die.

Whenever I suffered doubts or stinking thinking, I would revert immediately to taking those thoughts captive, casting them on the Lord and proclaiming (speaking out aloud) the promises in God's Word given to me, so that

my mind would be subdued to receive the word of God.

Psalm 55:22 (NIV) "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

2 Corinthians 10:5 (NIV) "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

I now walk in a level of healing that surprises the specialists to the point that they do not believe my scan results. I am once again declaring that the doctors will come into alignment with God's promises. My declaration continues - I believe God has, and is still healing me.

I am now convinced that I am no longer under the shadow of death and as a matter of choice I have chosen to dwell in the shelter (the protection, a safe place) of the Most High and to rest under His shadow. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

14. I Have a Question for You...

If you looked death in the face, would you have peace or fear? If you died now, do you know where are you going - Heaven or Hell or just nowhere... returning to cosmic dust?

Midway through my first dose of chemotherapy in 2006 my immune system collapsed and I was in a state called "neutropenia" which means your body has almost total inability to fight infection and would most likely die through septicaemia within three hours if infected. When your body enters this state, its systems don't function well. Your temperature changes from high to low – everything is in a state of flux. I was admitted into hospital and placed in a quarantine ward until my body regenerated enough white cells to function. When I arrived in the ward, I was administered with an injection which is the last frontier of medical protection. From memory I am now immune to that protection so in a similar situation I would have no medical help unless there are new developments. As I sat in bed in this sterile

ward by myself without visitors, I said to God, "I may be with you in three hours," and I was in perfect peace. I looked the prospect of death in the face and felt no fear. I knew Who I belonged to and where I was going. I told God I wanted to stay alive but I was ready to go.

What about you? If you were told today that in three hours you may be dead, how would you feel? Would you feel fear or be at peace like I was? Are you ready to meet your Maker today, right now? On what basis do you have entitlement to enter heaven?

Isaiah 64:6 says we are all infected with sin and that our righteous deeds are like filthy rags. What hope is there for any of us? Our home is meant to be in heaven. Heaven is God's home and, in His presence, there can be no evil. The Bible says we are all sinners. There is no place in Heaven for sinners otherwise it would be a repeat of earth, which is anything but Heaven. BUT the good news is, that God so loved you and me that he sent His son Jesus to die on a cross in our place. It says in

Isaiah 53:5, "But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that bought us peace was upon Him."

If you are not sure where you would go if you died today

and if you want to be sure, then I would encourage you to receive Jesus as your personal Saviour. If your life is filled with fear and you have no peace you need Jesus. **YOU NEED HIM RIGHT NOW.**

The salvation process starts by acknowledging you are a sinner, (understanding that even the best of us have said, done, and thought wrong things, and often neglected to do some things that we should have), and you need to ask Jesus to come into your life. This is to surrender your life to his indwelling presence, to repent of your sin and to start a process of following His ways. If you have never proclaimed Jesus Christ as your Lord and Saviour publicly then I ask that you do so now. The Bible says in

Romans 10:13 that "...everyone who calls on the name of the Lord will be saved."

Declare the following prayer now in his name and start walking in your salvation.

Dear Lord,

I admit that I am a sinner. I have done many things that don't please you. I have lived my life for myself only. I am sorry, and I repent. I ask you to forgive me.

I believe that you died on the cross for me, to save me. You did what I could not do for myself. I come to you

now and ask you to take control of my life; I give it to you. From this day forward, help me to live every day for you and in a way that pleases you.

I love you, Lord, and thank you that I will spend all eternity with you. **Amen.**

If you prayed that prayer sincerely you can be absolutely sure that Christ has saved you, that He has forgiven you of every sin you've ever committed, and that Eternity with Him starts now, and goes on forever. I would encourage you to join a church from the point of view that that is where you will get more teaching and building up. Being with others that are like-minded is a great help. Pray and simply ask God to show you the right church for your next step.

I'd also be really blessed by hearing that this booklet has been a help to someone, so please don't hesitate to contact me.

God bless you.

15. The Principle of the healing of the Paralytic.

Luke 5:17-20

Leaning in and on the Body of Christ.

Building your own and others' faith.

Bringing those in time of trial to the feet of Jesus.

Allow Jesus to heal you.

¹⁷ One day Jesus was teaching, and Pharisees and teachers of the law were sitting there. They had come from every village of Galilee and from Judea and Jerusalem. And the power of the Lord was with Jesus to heal the sick. ¹⁸ Some men came carrying a paralyzed man on a mat and tried to take him into the house to lay him before Jesus. ¹⁹ When they could not find a way to do this because of the crowd, they went up on the roof

*and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus.
20 When Jesus saw their faith, he said, "Friend, your sins are forgiven." ...*

So, he said to the paralyzed man,

"I tell you, get up, take your mat and go home."²⁵ Immediately he stood up in front of them, took what he had been lying on and went home praising God".

So, friend - Pick up your mat and walk.

Be active, join with others in the Body of Christ to bring paralysed friends to Jesus' feet.

Appendix 1:

Prayer of Declaration

Jeremiah 1: 5 "Before I formed you in the womb I knew[a] you, before you were born I set you apart;

Psalm 139: 16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

Psalm 90: 10 Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away

John 10: 10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Genesis 15: 15 You (Abraham), however, will go to your ancestors in peace and be buried at a good old age.

Exodus 23: 25 Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you, 26 and none will miscarry or be barren in your land. I will give you a full life span

Psalms 91 1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. 2 I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." 9 If you say, "The Lord is my refuge," and you make the Most High your dwelling, 10 no harm will overtake you, no disaster will come near your tent.

Psalms 39: 4 "Show me, Lord, my life's end and the number of my days; let me know how fleeting my life is.

Mark 5:36 Overhearing[a] what they said, Jesus told him, "Don't be afraid (Ignore what the doctors say); just believe."

Jeremiah 29: 11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Jesus you have given me abundant life. I receive that

life through your Word and it flows to every organ of my body, to my eyes, bones and joints, bringing healing and health. I command my body to function to your plan and purpose and every cell will be in submission to that authority. Every cell in rebellion and chaos will be cursed in Jesus name and commanded to die. All such cells will be removed by my immune system.

Body, I speak the Word of faith to you. I demand every cell in my body perform a perfect work, for you are the temple of the Holy Spirit; therefore I charge you in the name of the Lord Jesus Christ and by the authority of His Holy Word to be healed and made whole in Jesus name.

Notes

