

HEALING: IT IS OUR BIRTHRIGHT

Unless otherwise indicated, all Scripture quotations are taken from the King James Version of the Bible. Jesus' Words are in red.

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Lessons Learned During The Healing Process

By Kathy R. Kidd

Chapter 1

MY TESTIMONY

But He answered and said, "It is not meet to take the children's bread, and to cast it to dogs."

Matthew 15:26

May 2011, seven years ago, I was diagnosed with colon cancer. The cancer was discovered through a routine colonoscopy. I had no symptoms whatsoever, which is why I encourage people to have the routine colonoscopy. It is recommended at the age of 50; however, if there is a family history of colon cancer, even if you are not 50, your insurance will cover the test. I believe in being an advocate for your health. We only get one body and one life here on this earth, and we should take care of the temple that we have been given. *"What? Know you not that your body is the temple of the Holy Ghost which is in you, which you have of God, and you are not your own?" 1 Corinthians 6:19.*

I share my testimony at every opportune time not only to encourage others, but that I too never fail to remember what the Lord has done for me. In addition, I have written previously about my healing on my Blog, DearEncourager. However, this time I wanted to share some valuable lessons I learned while going through my healing process that I believe will help others on their healing journey.

Chapter 2

DIAGNOSIS

When I received the diagnosis and recommended treatment, I was familiar with colon cancer and knew men and women younger than myself that had died from the disease. In spite of this, dying was not my concern because the Lord had assured me on the same day that I was diagnosed that I would come through this. My apprehension was what would I have to go through – surgery – yes, that I knew for sure, but following that – maybe chemotherapy, maybe radiation? And of course, how long will the recovery process take? There were no immediate answers to these questions, so I had to wait, and while I waited, I determined in my heart that I would wait quietly and peacefully.

Peace was my weapon of choice during this time. Peace silenced the negative thoughts the enemy tried to bring. I refused to be anxious about the in between and I held fast to the promise given to me – that I would be alright. I also realized that constantly rehearsing the scenario with family and friends tampered with my peace. As a result, after notifying my immediate family and a few close friends, I chose to be quiet.

Chapter 3

TREATMENT

Once surgery was completed and the biopsy results were back, I was told that no further treatment would be necessary – no chemotherapy and no radiation. I was very thankful and very much relieved; however, I still had a difficult recovery ahead of me. My healing journey was a different battle. I did not have the same peace in my pain. I was in constant pain and it seized my peace. I often wondered when the pain would end. I now understand how some people become dependent on narcotics after a serious illness or injury. But for the grace of God, it did not happen to me.

Pain has a way of distorting the ability to reason rationally. Pain tells you that all you want is to be comfortable; give me the pain medicine. This is why it is important to have caregivers that will help you think rationally and follow the doctor's instructions. During this time, it is also very important to have people that will encourage you and will not allow you to sink into despair. During the healing process is when the enemy tries to literally wear you out (*Daniel 7:25*). This is the time, when as the Bible states, "you have need of patience" (*Hebrew 10:36*). "*In your patience possess you your souls*" (*Luke 21:19*). "*Staying with it—that's what is required. Stay with it to the end. You won't be sorry; you'll be saved,*" MSG. Because you can become weary, it is easy to succumb to sickness and disease during the treatment portion of the healing process.

Chapter 4

THE HEALING PROCESS

Because it is easy to become weary, it is necessary to be reminded of God's promises for healing. Reminded that "you will reap if you faint not" (*Galatians 6:9*). Reminded that healing was already purchased by the stripes Jesus took on his back. *1 Peter 2:24*, "By whose stripes you were healed." Keep the Word of God and His promises for healing in your heart and mind daily; read them; listen to them. The Word is life giving – *John 6:63*, "*The words that I speak unto you, they are spirit, and they are life.*" Another good idea is to look for testimonies of others that have gone through a healing process. The enemy never reminds you of who overcame the sickness, he only reminds you of those who did not make it. Be proactive and find testimonies to encourage yourself.

Another important element to the healing process is to watch your words. Be careful not only what you speak, but also what you agree to. You can listen to the doctor without agreeing with the doctor. Use the doctor's information to take to the Lord in prayer, not take to heart and believe. One thing I did not do from the time I was diagnosed until this very day, I never took "ownership" of the disease – I did not say "I have" cancer or "my" cancer – I called it what it was - a diagnosis. You may think that is a small thing but the Word of God says, "*Words kill, words give life; they're either poison or fruit—you choose.*" *Proverbs 18:21*, MSG. I refused to take ownership of something foreign – did not belong - that had invaded my body. This is not denying the diagnosis; it is keeping it in its proper perspective.

Chapter 5

STAY FOCUSED

It is crucial to stay focused on your faith on the healing journey. What you focus on governs how you feel. What you focus on is what is magnified. Whatever has your focus is magnified in your mind – the pain, dreaded treatments. If you focus on those things, you will be overcome with anxiety and despair; just as I was during my healing process. However, if the focus is on your faith and in whom you believe, you will have hope and strength to continue on the healing journey.

I must also add that a bad day is not a bad journey. If you have a bad day – and it is likely that you will have more than one – do not dwell there. Get back into faith and hope quickly and continue on the healing journey.

Continue to *“Fix your eyes on Jesus the author and finisher of your faith,” Hebrews 12:2.* Focus on the Healer and the Deliverer. Make Him bigger than the disease; make Him bigger than the diagnosis; make Him bigger than the sickness; make Him bigger than the pain; because He is bigger. *“Wherefore God also hath highly exalted Him, and given Him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.” Philippians 2:9-11.* The name of Jesus is more powerful than cancer or any other disease. Magnify His name on the healing journey. Allow the Word and worship to shift your focus from the sickness to Him.

Chapter 6

THE CONCLUSION OF THE MATTER

That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself (Jesus) took our infirmities, and bare our sicknesses.

Matthew 8:17

Healing is indeed the children of God’s birthright. It is our inheritance through Christ Jesus’ finished work on Calvary. Because of Christ, we are entitled to healing. It may come instantaneously, miraculously, or it may come through a healing process. The process may be difficult and it may take time; but if you go through it, you will come out healed in Jesus’ name. *“Therefore, my beloved brethren, be steadfast, unmovable, always abounding in the work of the Lord, forasmuch as you know that your labor is not in vain in the Lord.” 1 Corinthians 15:58.*