

Healing School

Seven Steps to Receive Divine Healing

Heavenly Father,

*I come to You with a heart open to Your Word and a spirit ready to receive.
Thank You for making healing available through the finished work of Jesus Christ.*

*Thank You that by His stripes, I was healed.
Not might be. Not someday. But was—past tense, already done.*

*Lord, I reject every lie of the enemy that says healing is not for me.
I cast down doubt, fear, and every thought that exalts itself against the knowledge of Your truth.
Your Word is my foundation, and Your promises are sure.*

*Today, I choose to believe—not just that You can heal, but that You will and have.
Help me to receive with unwavering faith,
to walk in the light of Your Word,
and to live as one who is redeemed, restored, and made whole.*

*As I journey through these seven steps,
let Your Spirit guide me, Your truth renew me,
and Your power makes me whole.*

*In the mighty Name of Jesus,
Amen.*

Introduction

Thank you for choosing to engage with this resource in a teaching and discipleship context. This manual has been designed not only as a personal guide but as a structured tool to help leaders, teachers, and facilitators walk others through the biblical principles of divine healing.

Unlike a devotional booklet, this teaching manual provides a framework for instruction, reflection, and application. Each of the seven steps is anchored in Scripture and is supported with teaching notes, discussion prompts, and practical exercises. Whether you are ministering to individuals seeking physical restoration, emotional renewal, or spiritual breakthrough, these lessons are intended to equip you to guide others into a deeper encounter with the God who heals.

As you teach and facilitate, allow space for prayer, testimony, and the leading of the Holy Spirit. Healing is not only a doctrinal truth but also an experiential reality, rooted in God's love and His covenant promises.

Our prayer is that this manual will strengthen your confidence in God's Word, equip you as a teacher of His healing power, and inspire faith in those you lead. Use it as a tool for transformation, and trust that God will confirm His Word with signs of healing and renewal in the lives of those who receive it.

Let the teaching—and the healing—begin.

Welcome to the Seminar

We are so glad you've joined us for this life-changing seminar. Today, we gather with expectant hearts to explore God's promise of healing—healing that has already been made available through the finished work of Jesus Christ. The sacrifice has been paid in full. The question is not whether God desires to heal you, but whether you are prepared to receive what He has already given.

Healing is not merely a hope; it is a covenant promise. As children of God, we have an inheritance that includes restoration of body, soul, and spirit. Just as salvation is received by faith, so healing is also received by faith. Our part is to align our hearts and minds with the truth of God's Word and open ourselves to His transforming power.

In this seminar, we will walk through seven biblical steps designed to activate faith, remove hindrances, and prepare you to experience God's healing touch. Whether you are facing physical sickness, emotional wounds, or spiritual struggles, we believe that God's power to restore is available to you—today.

This is not just information; it is an invitation to encounter the living God who still heals. As we learn, share, and pray together, expect His presence to meet you in a personal and powerful way.

Your healing has already been provided. Now is the time to receive it.

Let's begin this journey together.

Step 1: Know That Healing Is Always God's Will

Your Healing Journey Begins with Confidence

Key Scriptures

"I am the Lord that healeth thee."

— *Exodus 15:26 (KJV)*

"I will take sickness away from your midst."

— *Exodus 23:25 (KJV)*

"The express image of his person."

— *Hebrews 1:3 (KJV)*

"If you have seen me, you have seen the Father."

— *John 14:9 (KJV)*

"I came not to do my own will."

— *John 6:38 (KJV)*

"I will be thou clean."

— *Mark 1:41 (KJV)*

The God of the Bible is a Healing God

God is a healing God. It is His nature, not just an act He performs.

In Christ, His will is revealed—that His people walk in wholeness, free from sickness and disease.

The cross is proof that healing belongs to us. Jesus carried our pain, bore our sickness, and purchased our freedom.

Healing is not a question of "if." It is God's "yes" already spoken through Jesus.

Truth to Hold On To

“It is impossible to boldly claim by faith a blessing which we are not sure God offers.”

— *F.F. Bosworth*

This quote reminds us that we cannot truly have faith in what we doubt. If you're unsure whether healing is God's will for you, your faith will waver. The foundation of healing faith is confidence in God's will.

Bible Truth: God Wants You Well

Before anything else, you must be **fully convinced** that it is God's will to heal you.

Faith **begins where the will of God is known**. You can't believe for something you're unsure of. But once you know—deep in your heart—that healing is God's will for you, your faith has something to stand on.

Just like Abraham:

“...being fully persuaded that, what he had promised, he was able also to perform.”

— *Romans 4:21 (KJV)*

He was fully persuaded.

He was completely convinced.

He had no doubt. No hesitation.

Let this be the anchor of your heart: **Healing is God's will—for you.**

No more begging. No more wondering. Just trusting.

Plant this truth deep. Let your faith grow roots.

This is the beginning of your healing journey.

Step 2: Recognize That Healing Was Paid for at the Cross

Healing is Not a Bonus — It's Part of the Atonement

Key Scriptures

“Surely he hath borne our griefs(sicknesses), and carried our sorrows(pains)...”
— *Isaiah 53:4-5 (KJV)*

“He Himself took our infirmities and bore our sicknesses.”
— *Matthew 8:17 (KJV)*

*(Note: The original Hebrew words translated “griefs” and “sorrows” also mean **sickness** and **pain**.)*

“And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up..”
— *John 3:14 (KJV)*

“And Moses made a serpent of brass, and put it upon a pole..”
— *Numbers 21:9 (KJV)*

“Christ hath redeemed us from the curse of the law..”
— *Galatians 3:13 (KJV)*

“Who forgiveth all thine iniquities; who healeth all thy diseases.”
— *Psalms 103:3 (KJV)*

Healing Was Purchased With His Blood At The Cross

The same sacrifice that forgives your sins also heals your body.
Healing isn't a separate gift from salvation — it was included in the same moment Jesus gave His life for you.

Jesus bore your sickness just as much as He bore your sin.

Truth to Hold On To

“Jesus bore our sins and sicknesses to free us from both.”

On the cross, Jesus didn’t just die to make heaven available.

He died to make wholeness available — **spirit, soul, and body**.

He took your place so you could receive His peace, His strength, and His health.

Bible Truth: Healing Is Part of the Finished Work

Healing is not a bonus or an afterthought.

It’s part of the full salvation package. When Jesus cried “It is finished,” He declared your freedom — not only from sin, but also from the sickness and pain that came with it.

“By His stripes we are healed.”

— *Isaiah 53:5 (KJV)*

If salvation is yours by faith, then healing is, too.

Don’t Separate What Jesus United

To question whether healing belongs to you is to misunderstand the fullness of the cross.

You don’t have to earn healing.

You don’t have to beg for it.

It’s already been paid for.

Let this truth settle in your spirit:

Jesus died to save you — completely.

Step 3: Build Faith Through the Word of God

Feed Your Faith, Starve Your Doubts

Key Scripture

“So then faith cometh by hearing, and hearing by the word of God.”
— *Romans 10:17 (KJV)*

“And Jesus went about all Galilee, teaching...preaching...healing all manner of sickness..”
— *Matthew 4:23 (KJV)*

“And great multitudes came together to hear, and to be healed..”
— *Luke 5:15 (KJV)*

“Which came to hear him, and to be healed of their diseases.”
— *Luke 6:17 (KJV)*

Faith Doesn't Just Happen — It's Built

Faith is not automatic. It grows by *feeding* on God's Word—especially the Word concerning healing.

You don't get strong in faith by wishing or hoping.
You get strong by hearing, reading, and meditating on God's promises—over and over again—until they take root in your heart.

Truth to Hold On To

“Most Christians feed their bodies three hot meals a day and their spirit one cold snack a week — and they wonder why they're so weak in faith.”
— *F. F. Bosworth*

We often nourish our bodies more than our spirits. But your spiritual health determines how strong your faith is—especially when facing sickness or pain.

Your healing journey requires **daily intake** of God's truth. Just like physical food strengthens the body, **the Word strengthens your faith**.

Bible Truth: Fill Your Mind With Healing Scriptures

Faith for healing comes by hearing God's Word—**consistently and intentionally**. This means:

- Reading healing scriptures aloud.
- Listening to faith-filled teaching.
- Speaking God's promises over your life.
- Meditating on the Word until it becomes your default thinking.

When God's Word dominates your thoughts, fear and unbelief have no room to grow.

Make the Word Your Daily Medicine

If you want strong, immovable faith for healing, make the Word your daily dose.
Not occasionally. Not when you're desperate.

Every single day.

Let God's truth become more real to you than the symptoms you feel.
Let His promises drown out the voice of doubt.

Feed your spirit. Strengthen your faith. Receive your healing.

Step 4: Confess and Act on God's Word

Key Scriptures

“Let the weak say, I am strong.”

— *Joel 3:10 (KJV)*

“Even so faith, if it hath not works, is dead, being alone.”

— *James 2:17 (KJV)*

Faith Must Speak — and Step Out

Faith is not just something you believe in your heart — it’s something you **say** and **do**.

You can’t think your way into healing. You must **declare God’s Word** and **act in agreement** with what you believe.

Words and actions are the bridge between what you believe and what you receive.

Truth to Hold On To

“Act as though it were impossible to fail.”

When you truly believe God’s Word, you begin to speak like it’s true—and act like it’s done.

Faith that stays silent and still will never produce results. But faith that speaks and moves becomes unstoppable.

Bible Truth: Confession and Action Are Expressions of Faith

Faith isn’t passive—it’s alive. And living faith has a voice. It speaks God’s promises over pain, weakness, and symptoms.

Start declaring healing scriptures over your body every day:

- **“By His stripes, I am healed.”**
- **“The Lord is restoring my health.”**

- **“I walk in divine strength and peace.”**

Then, take action in faith—even small steps.

Stretch. Sit up. Smile. Move. Do something that says, “I believe God is working in me right now.”

Say It. Do It. See It.

Confess God’s Word even when you don’t feel it.

Act on it even when symptoms remain.

This is not pretending — it’s believing.

You’re not trying to convince God.

You’re aligning your mouth and actions with what He’s already said.

Faith speaks. Faith moves. Faith receives.

Step 5: Eliminate Obstacles to Healing

Key Scriptures

“A double minded man is unstable in all his ways.”

— *James 1:8 (KJV)*

“Beloved, if our heart does not condemn us, we have confidence toward God.”

— *1 John 3:21 (KJV)*

Healing Requires a Clear, Confident Heart

Just as weeds can choke a healthy plant, **unbelief**, **double-mindedness**, and **guilt** can choke out your faith.

Healing flows where the heart is confident and the mind is settled.
When your heart is clear, your faith becomes strong and effective.

Truth to Hold On To

“Obstacles to receiving are — unbelief and sin-consciousness.”

God is not withholding healing. But sometimes, **our own hearts** are.
Doubt questions God’s promises. Guilt whispers that we’re unworthy.
Both shut the door to receiving.

Bible Truth: Examine Your Heart, Then Clear the Path

Take time in prayer to examine your heart. Ask yourself:

- Am I wavering between belief and doubt?
- Am I allowing guilt or shame to keep me from receiving?
- Am I truly trusting God’s Word above what I feel or see?

If any of these are present, bring them before God.

Repent of doubt. Let go of guilt.

Receive the forgiveness and assurance He freely gives.

“There is therefore now no condemnation to them which are in Christ Jesus...”

— *Romans 8:1 (KJV)*

Bold Faith Flows From a Clear Heart

You can't receive from a God you're unsure of.

You can't reach out in faith while your heart is full of fear or self-condemnation.

Remove every obstacle.

Silence every lie.

Let your heart be **confident, clean, and fully persuaded.**

The path to healing becomes clear when the heart is clear.

Step 6: Receive and Believe You Have It

Faith Receives Before It Sees

Key Scripture

“What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.”

— *Mark 11:24 (KJV)*

Faith Believes Before the Manifestation

Healing doesn't begin when you feel different—it begins when you **believe**.

The moment you pray in faith, receive your healing in your spirit. Let that inner “yes” be the turning point.

Don't wait for physical confirmation to believe God has moved.

Believe first. See later.

Truth to Hold On To

“Faith is not believing that God can, but that He will — and that He has!”

Faith doesn't live in the future. It stands confidently in the **now**.

It says, “It's mine. I have it. I receive it.”

Not someday. **Today.**

Bible Truth: Faith Receives the Answer Before It Appears

When you ask in prayer, your role is not to figure out *how* or *when* God will heal.

Your part is to **receive it in faith**, and begin to speak and act accordingly.

Don't let your symptoms dictate your faith. Let your faith speak to your symptoms.

Healing begins with a decision:

“I choose to believe I've received it—because God said so.”

Faith Says ‘Yes’ Before the Evidence Arrives

You don't wait to feel healed before you thank God.

You thank Him because you know you **are** healed — by faith.

Let your heart settle this truth:

If you've prayed in faith, then **healing has already been released** into your life.

Now walk forward with peace, confidence, and thanksgiving.

You have it — because He gave it.

Step 7: Praise God and Hold Fast

Keep Your Eyes on Jesus, Not the Symptoms

Key Scriptures

“Let us hold fast the profession of our faith without wavering...”
— *Hebrews 10:23 (KJV)*

“In everything give thanks...”
— *1 Thessalonians 5:18 (KJV)*

Faith Doesn't Let Go—It Lifts Its Voice

After you've prayed, believed, and received, there's one more step:
Praise God like it's done—because it is.

Praise is not just a reaction to a miracle; it's a **weapon** and a **witness** that the miracle is already yours.

Truth to Hold On To

“You can't look at symptoms and at Jesus at the same time.”

When you fix your eyes on symptoms, you'll start to waver.
But when you fix your eyes on Jesus—the Healer—your faith stays strong.

Praise keeps your eyes on Him.

Thanksgiving reminds your heart: *"God is faithful. He has done it."*

Bible Truth: Thanksgiving Is the Voice of Faith

Don't wait until every symptom leaves before you rejoice.
Faith praises God *before* the answer appears—because it trusts God completely.

- Praise drives out doubt.

- Thanksgiving shuts the door on fear.
- Worship declares: *"I trust You, Lord, no matter what I feel."*

Hold fast. Don't let your confession waver.
Speak healing. Praise God. Stay anchored.

Keep Praising. Keep Believing. Keep Receiving.

Healing is not a one-time moment. It's a journey of continued trust.
And the way you walk it out is through **praise and perseverance**.

When thoughts of fear or doubt come—**praise Him anyway**.
When your body still feels the same—**thank Him all the more**.

Your healing is real. God's Word is true.
So lift your voice, hold fast, and don't let go.

You've Reached the End — But Your Healing Journey Continues

These 7 steps aren't formulas — they're **faith foundations**.
Revisit them. Meditate on them. Grow in them.

Healing belongs to you.
Now walk in it — boldly, thankfully, and fully.

Final Recap: Your Healing Journey at a Glance

You've walked through seven powerful, Bible-based steps that lead to divine healing. These are not just principles — they are spiritual truths that, when applied in faith, can transform your life. Here's a quick recap to keep close to your heart:

1. Know That Healing Is God's Will

Be fully convinced that God wants you well. Healing is not a question mark — it's a promise. Faith begins where the will of God is known.

2. Recognize That Healing Was Paid for at the Cross

Jesus didn't just carry your sins — He bore your sicknesses, too. Healing is part of the finished work of the cross. It's already yours.

3. Build Faith Through the Word of God

Feed your spirit daily with healing scriptures. Faith grows where God's Word is consistently planted and watered.

4. Confess and Act on God's Word

Speak life over your body. Then take bold, faith-filled steps that line up with what you believe. Faith must be heard and seen.

5. Eliminate Obstacles to Healing

Clear out unbelief, double-mindedness, and guilt. Let nothing block the flow of God's healing power in your life.

6. Receive and Believe You Have It

The moment you pray, believe it's done. Don't wait to feel better — receive healing by faith, knowing God has already answered.

7. Praise God and Hold Fast

Keep your eyes on Jesus, not your symptoms. Praise is the language of faith. Hold fast to your confession, and never stop thanking God.

Keep Walking in Healing

Healing is not just a moment — it's a lifestyle of faith, trust, and intimacy with God. Return to these steps often. Meditate on them. Share them with others in need.

You are not trying to get God to heal you — He already has. Now it's your turn to **receive, believe, and walk in His promise.**

You are healed. You are whole. You are free.

21 Day Healing Confessions

Confessing healing is vital because faith must be expressed to be effective. Believing in your heart is only part of faith—confession is the voice of faith. Until you speak what you believe, it remains inactive.

Romans 10:10 (“...with the mouth confession is made unto salvation”) and 2 Corinthians 4:13 (“...we believe, therefore we speak”) to show that the same principle applies to healing. Just as we confess Jesus to receive salvation, we also confess God's promises to receive and walk in healing.

Confession aligns our words with God's Word, not with symptoms, fear, or doubt. It renews our minds, builds our faith, and sets spiritual laws in motion. Right confession builds faith—wrong confession destroys it. Continually speaking the truth of God's Word—even in the face of pain or sickness—helps believers hold fast to what Jesus already accomplished and silences the lies of the enemy.

Confession is not about convincing God to heal—it's about agreeing with what God has already said and done through Christ.

Day 1:

“By His stripes, I am healed. Healing is mine now—fully paid for at the cross.”

- Isaiah 53:5

Day 2:

“Jesus took my sickness and carried my pain. I refuse to carry what He already bore.”

- Matthew 8:17

Day 3:

“I am not trying to get healed—I am already healed by the finished work of Christ.”

- 1 Peter 2:24

Day 4:

“Jehovah-Rapha is my God. He is my Healer, and He never changes.”

- Exodus 15:26

Day 5:

“God forgives all my sins and heals all my diseases. I receive His mercy and healing today.”

- Psalm 103:2-3

Day 6:

"God's Word is medicine to my body and strength to my bones. I take it daily."

- Proverbs 4:20-22

Day 7:

"I believe I receive healing when I pray. It is mine by faith in God's Word."

- Mark 11:24

Day 8:

"The prayer of faith works for me. I am restored, renewed, and raised up."

- James 5:15

Day 9:

"Jesus Christ is the same yesterday, today, and forever. His healing power flows in me now."

- Hebrews 13:8

Day 10:

"The Lord restores my health and heals my wounds. I recover fully by His promise."

- Jeremiah 30:17

Day 11:

"I walk in divine health. My body prospers as my soul prospers."

- 3 John 2

Day 12:

"He sent His Word and healed me. I receive the Word, and it is working in me now."

- Psalm 107:20

Day 13:

"The Spirit of God gives life to my mortal body. Every cell is energized by His power."

- Romans 8:11

Day 14:

“Like the people who touched Jesus and were healed, I reach out by faith and receive today.”

- Luke 6:19

Day 15:

“Jesus healed all who came to Him. I come to Him now—and I am made whole.”

- Matthew 9:35

Day 16:

“I lay hands on the sick and they recover—including myself. God works through me.”

- Mark 16:17-18

Day 17:

“Jesus came to give me abundant life—life that includes health, energy, and strength.”

- John 10:10

Day 18:

“God anointed Jesus to heal, and that same healing anointing lives in me.”

- Acts 10:38

Day 19:

“The Sun of Righteousness rises with healing in His wings over my life today.”

- Malachi 4:2

Day 20:

“Whatever I ask in Jesus’ name, He will do. I speak healing and receive it now.”

- John 14:13-14

Day 21:

“My healing springs forth speedily. I shine with the life and glory of God.”

- Isaiah 58:8

Dominion Life School of Ministry

"Equipping You to Transform Your World"

The Dominion Life School of Ministry (DLSOM) is open to those who sense a calling to ministry—whether within the local church, in the marketplace, or on the mission field. Our program features twelve foundational, life-changing courses, carefully selected to activate believers in the supernatural power of God and prepare them for effective ministry.

We believe that every believer is a minister, and therefore, every believer must be trained to do the works of Jesus. As students engage with in-depth teaching on the five-fold ministry—apostles, prophets, evangelists, pastors, and teachers—their unique calling often becomes clear. It is through the power of God's Word that lives are transformed.

Jesus said, *"If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."*

— John 8:31–32

It is the knowledge of God's Word that brings true freedom. Testimonies may inspire faith, but it is God's Word that sets us free. His Word empowers us to stand strong against the strategies of the enemy.

At DLSOM, we believe in the demonstration of God's power and long to see people walk in the fullness of all that Jesus died to provide—complete victory, purpose, and freedom. Our mission is to see a generation awakened, equipped, and transformed by the living Word and the manifest Presence of Jesus Christ.

We believe the Word of God is the ultimate truth, and that all the promises of God are available to believers today. Every person who connects with this ministry will experience radical transformation through the teaching of the Word and the power of the Holy Spirit.

About Tyrone Singh

Tyrone Singh is a missionary, evangelist, pastor, and Bible teacher who has been conducting gospel crusades and teaching seminars around the world for over two decades.

He currently leads Dominion Life Church in Bedford, United Kingdom.

Born in Bedford, Tyrone surrendered his life to Jesus at the age of 17. A powerful encounter with the Holy Spirit radically transformed the direction of his life. During that moment, the Lord revealed His heart to Tyrone and called him to proclaim the Gospel of Jesus Christ with signs and wonders following.

Tyrone carries a burning desire to equip and mobilize believers to reach the lost through the power of the Gospel. For the past twenty-nine years, he has had the privilege of sharing the Gospel in twenty-nine nations through evangelistic meetings, leadership seminars, and ministry training workshops.

His heart beats for strengthening local churches and empowering them to make a lasting impact in their cities and regions.

For More Information

To learn more about our **online training and equipping sessions**, please visit our website.
www.dominionlifetraining.com