

*Everything you need to know
about* **HEALING!**



- The biggest culprit is the curse.**
- A lack of knowledge can open the door to sickness.**
- Disobedience opens the door to sickness.**
- Foolishness can open the door to sickness.**
- Unresolved, hidden issues open the door to sickness.**
- Anxiety, fret, and worry open the door to sickness.**
- Devilish attacks can open the door to sickness.**

1. Anxiety – Inner Division and Mental Burden

Proverbs 12:25 NKJV

**“Anxiety in the heart of man
causes depression, but a good
word makes it glad.”**

2. Fretting — Agitated, Emotional Worry That Escalates

Psalm 37:8b NKJV

**“Do not fret—it only causes
harm.”**

3. Worry — Repetitive Thought Loops About the Future

How They Relate:

**Worry fills the mind → Anxiety
weighs down the heart →
Fretting agitates the emotions.**

2 Timothy 1:7 NKJV

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

1 John 4:18 NKJV

“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.”

Matthew 6:25-34 NKJV

25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns;

**yet your heavenly Father feeds them.
Are you not of more value than they?
27 Which of you by worrying can add
one cubit to his stature? 28 “So why
do you worry about clothing?
Consider the lilies of the field, how
they grow: they neither toil nor spin;
29 and yet I say to you that even
Solomon in all his glory was not**

arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

**1. JESUS identifies worry as
misplaced focus and trust.**

2. Worry is living in the wrong time zone.

“Do not worry about tomorrow...” (Matthew 6:34)

3. The Exchange Principle (Philippians 4:6 + 1 Peter 5:7)

Philippians 4:6-7 NKJV

6 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

1 Peter 5:7 NIV

**“Cast all your anxiety on Him
because He cares for you.”**

4. Seek First - The Real Antidote.

“Seek first the Kingdom of God...” (Matthew 6:33)

1. Interrupt the thought immediately.

Don't entertain anxious thoughts—answer them.

2. Cast it and pray (1 Peter 5:7 + Philippians 4:6).

Be specific. Hand it over intentionally.

3. Add thanksgiving on purpose.

Even if it feels unnatural—this is where the shift begins.

4. Refocus on the Father (Matthew 6).

Remind yourself: He knows. He sees. He provides.

5. Return to today.

Ask: *"What is God asking of me right now—not tomorrow?"*

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