



Healing RAIN

IMMERSING YOURSELF IN CHRIST'S LOVE
TO FIND WHOLENESS OF
MIND, BODY, AND HEART

SUE DETWEILER

FOREWORD BY APOSTLE GUILLERMO MALDONADO

“In the 80s, I went on my own journey to be free from depression. I wish this book, *Healing Rain*, had been written at that time. Sue Detweiler has written the keys to physical and mental healing that took me years to dig out of many sources, not to mention lots of biblical study and prayer. If you are fighting against anxiety and depression, this book has keys to finding wholeness and peace. If you are desperately needing physical healing, there are deep truths that will help lead to the miracle you need.”

Cindy Jacobs, co-founder, Generals International

“Sue Detweiler’s new book, *Healing Rain: Immersing Yourself in Christ’s Love to Find Wholeness of Mind, Body, and Heart*, is a book of encouragement that forms a basis of hope on the experience and understanding of God’s love, and the understanding of who He is in us and who we are in Him. Sue helps us to understand the Father’s love for us, Jesus Christ’s redemptive work on our behalf, and the Holy Spirit’s empowerment for service, healing, and miracles.”

Dr. Randy Clark, overseer of the apostolic network of Global Awakening, president of Global Awakening Theological Seminary

“*Healing Rain* is a solid, anointed teaching focusing on the complete healing of body, soul, and spirit. Such powerful scriptural revelation with solid applicable wisdom. Read this message, apply its truths, and walk the abundant life of God’s healing power and love. Thank you, Sue, for this timely, empowering, life-transforming word.”

Rebecca Greenwood, president and co-founder
of Christian Harvest International

“The Lord is raising up a company of lover warriors in this day of darkness, conflict, glory, and awakening. The earth may be preparing for war, but heaven is preparing for a wedding. Hence, it is our hearts the Lord is most interested in. He calls loving Him and others the Great Commandment and implores us to guard our heart with all diligence for out of it springs the issue of life (Proverbs 4:23). Sue Detweiler’s *Healing Rain* skillfully delves into healing for the whole of who we are—spirit, soul, and body—enabling us to arise healed and victorious with our eyes on the prize of Jesus Christ.”

Patricia Bootsma, national outreach director, Catch the Fire USA;
global prayer director, JH Israel

“Pressing with hunger and passion into God’s wisdom and command in Proverbs to guard your heart with all vigilance, *Healing Rain* will take you back to the center of it all—to where the ‘wellsprings of life’ flow

from and where the battle is won or lost (see Proverbs 4:23). I believe you will be strengthened by the specific action steps and insightful prayer primers Sue offers, aligning you for loyal and wholehearted abandonment to Jesus.”

Dana Candler, IHOPKC leadership, author
of *First Love* and *Deep unto Deep*

“The Body of Christ is desperate for ministers of healing! Thank God for Sue Detweiler and her book *Healing Rain*. I know it can lead many hurting people into wholeness and help them maintain a lifetime of divine health. Blessings!”

Joan Hunter, evangelist, host of *Miracles Happen!*

“Jesus heals. He heals bodies, hearts, and lives. Sue Detweiler’s book *Healing Rain* is a testimony of Jesus, whose salvation includes healing, deliverance, and wholeness. Sue masterfully weaves together biblical truth with personal testimony to reveal that Jesus, our savior, healer, and deliverer, is the same yesterday, today, and forever.”

Kim Maas, CEO and founder of Kim Maas Ministries, Inc.

“Sue Detweiler carries the fire of God’s presence, which transforms lives. As a part of the UPPERROOM community, Sue has immersed herself in Christ’s love and found wholeness of mind, body, and heart. *Healing Rain* is an equipping tool for individual and corporate revival. If you are on a healing journey, *Healing Rain* will guide you on a pathway to be soaked in His presence, healed by His Word, and strengthened by His covenant.”

Michael Miller, founder and senior pastor of UPPERROOM

“Do you believe in miracles but are experiencing a healing crisis as you wait on God? So did many of the healing greats named in this book, so did I, and so did Sue! Get ready to heal your head, address burnout, stop agreeing with sickness, and activate your faith!”

Laura Harris Smith, N.D., naturopathic doctor,
author, host of *theTHREE*

“If you’re in a fight of faith to overcome physical infirmity, this may be just the book for you. Sue’s message carries authority because she speaks from the context of her own fiery trials and how the Lord has supernaturally healed her. Sue’s irrepressible personality comes through delightfully in every chapter. Your faith will be strengthened, and you’ll gain renewed understanding for the pathway before you. Receive grace to both run and overcome!”

Bob Sorge, author of *The Fire of Delayed Answers*

Healing RAIN

Healing RAIN

IMMERSING YOURSELF IN CHRIST'S LOVE
TO FIND WHOLENESS OF
MIND, BODY, AND HEART

SUE DETWEILER



Chosen

a division of Baker Publishing Group
Minneapolis, Minnesota

© 2023 by Susan Detweiler

Published by Chosen Books
Minneapolis, Minnesota
www.chosenbooks.com

Chosen Books is a division of
Baker Publishing Group, Grand Rapids, Michigan

Printed in the United States of America

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

ISBN 978-0-8007-6305-3 (trade paper)

ISBN 978-1-4934-4089-4 (ebook)

ISBN 978-0-8007-6334-3 (casebound)

Library of Congress Control Number: 2022055062

Unless otherwise indicated, Scripture quotations are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations identified AMP are from the Amplified® Bible (AMP), copyright © 2015 by The Lockman Foundation. Used by permission. www.Lockman.org

Scripture quotations identified The Message are taken from *THE MESSAGE*, copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.

Scripture quotations identified NASB taken from the (NASB®) New American Standard Bible®, Copyright © 1960, 1971, 1977, 1995, 2020 by The Lockman Foundation. Used by permission. All rights reserved. www.lockman.org

Scripture quotations identified NIV are from THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Scripture quotations identified NKJV are from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations identified NRSV are from the New Revised Standard Version of the Bible, copyright © 1989 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Scripture quotations marked TPT are from The Passion Translation®. Copyright © 2017, 2018, 2020 by Passion & Fire Ministries, Inc. Used by permission. All rights reserved. ThePassionTranslation.com

The Scripture quotations identified PHILLIPS are from The New Testament in Modern English by J. B. Phillips copyright © 1960, 1972 J. B. Phillips. Administered by The Archbishops' Council of the Church of England. Used by Permission.

Scripture quotations identified VOICE are taken from The Voice™. Copyright © 2012 by Ecclesia Bible Society. Used by permission. All rights reserved.

Cover design by Rob Williams, InsideOut Creative Arts, Inc.

Baker Publishing Group publications use paper produced from sustainable forestry practices and post-consumer waste whenever possible.

To Apostle Guillermo Maldonado,
father to the nations,
who is bringing supernatural power
to this generation.

To Randy Clark,
carrier of revival fire to the nations,
who laid hands on me and said,
“Electrocute her, Jesus.”

To Michael and Lorisa Miller,
who have stewarded the transformative
presence of Jesus and called a generation
to die so that they may fully live.

To Leif Hetland,
who transparently carries the baptism of love,
spurring me on to receive from Papa God.

To John and Paula Sandford,
who taught me to seek inner healing
and to pray more than I say.

To John Wimber,
who taught me how to pray
for the sick and cast out demons.

To Maria Woodworth Etter,
Aimee Semple McPherson,
and Kathryn Kuhlman,
who taught me to believe
in the God of miracles.

HEALING RAIN

VERSE 1

Soak me with Your presence
Cleanse me with Your love
Fill me with Your power
Healing Rain

VERSE 2

Refresh me with Your Spirit
Restore me with Your Word
Immerse me in Your truth
Healing Rain, fall on me

CHORUS

Healing Rain, fall on me
Flood my heart, fill my need
Healing Rain, fall on me
Healing Rain, set me free

VERSE 3

Receive my cry to heaven
As I fall down to my knees
Purify Your people
Healing Rain, fall on me

BRIDGE

The sea will part; the blind will see
The storm will still; the lame will leap
The giants fall; the dead will rise
Kingdom reign released

Marianne Adams, Sue Detweiler, Dale Evrist
Copyright © 2008. Used with permission.

Contents

- Foreword 11
- Acknowledgments 13
- Introduction: *Awakened to the
Supernatural Realm* 15
1. Turning Point 23
The Journey to Embrace Jesus as Healer
2. R.E.S.T. 36
Revive Expectancy, Surrender, and Trust
3. Heal Your Head 54
Transform the Way You Think
4. Covenant 62
The Promise of Health and Wholeness
5. Gateway 74
Experiencing the Power of Communion
6. A Troubled Heart 85
The Trap of Disappointment, Sorrow, and Loss
7. Surrender 100
Positioning Your Heart to Be Healed

Contents

8. Loosed 107
Set Free from a Spirit of Infirmary
9. Freed 121
Deliverance out of Darkness, into Light
10. Faith 131
Moving Mountains through Prayer
11. Stand 145
Persevering for Divine Healing
12. Wholeness 156
Immersed in the Father's Love
13. Prevail 168
Embracing Time with Jesus
14. Anointing to Heal 174
Soaking in His Presence
- Afterword: A Call for Spiritual Fathers
and Mothers 181
- Begin a Healing Rain Study
Group 189
- Group Discussion Guide 193
- Notes 199

Foreword

I am pleased to write this foreword for Sue Detweiler, a woman of God who demonstrates her great love for the Lord by maintaining a deep, intimate relationship with our heavenly Father, His Son Jesus Christ, and the Holy Spirit. As she states, her book *Healing Rain* aims to transform stony hearts into fertile soil capable of bearing good fruit for the Kingdom of heaven. It is excellent to know that the author followed the promptings of the Holy Spirit and poured all the divine revelation she received and her abundant personal experience into this book. The objective is to guide others toward healing their spirit, soul, and body, having a truly intimate relationship with our heavenly Father.

In this end time, before the coming of Christ, the Church owes the world an experience with God. The Church has offered doctrines, dogmas, rites, and theology for a long time, but little experience with His presence. We need more books that talk about our experiences with God. However, this can only be obtained by seeking God in prayer or spending time with Him, not only amid life's trials and afflictions but at all times and under all circumstances.

Sue does a wonderful job in this regard. She has gathered spiritual wisdom through her trials, has been flexible, and has allowed herself to be formed without departing from the faith. All of this has given her a broad experience with God that can inspire others to seek the same.

Sue writes about topics that are fundamental to me and that are at the core of my most recent books, such as the importance of cultivating an intimate relationship with God, faith, covenant with God, changing mindsets, deliverance from diseases and the role of demons in them, and the power that Jesus released on the cross so that we can forgive and be forgiven, be set free, and receive inner healing and deliverance.

Sue has not forgotten that every believer can be empowered and used by God to perform miracles. We must be prepared to go and impart that power to others who need it. But most of all, Sue challenges Christ's Church to be a true body that puts into practice spiritual exercises that have been left on the back burner, such as prayer, fasting, and faith, and allows us to walk in God's supernatural power.

Healing Rain is a powerful book that I highly recommend. Sue has written a practical guide to developing an intimate relationship with God. It includes several concepts and principles I have always believed in, written about, and walked out throughout my life. God is not a theory or a religion; He is our heavenly Father, and He longs to have a living experience with us—His children and His creation—until we come to have an eternal, continuous, and growing relationship like the one Jesus had with Him. As I express in my book *Cultivating an Intimate Relationship with God*, we need to know Him to have that relationship with our heavenly Father. We need to relate to Him because our relationship with God is based on love, obedience, fear of God, trust, communication, and commitment.

Sue Detweiler's *Healing Rain* is set to become a catalyst for end-time revival. Jesus is coming back soon, and He is coming for a church without spot or wrinkle, with an ongoing relationship with Him and fully committed to advancing His Kingdom. Be assured that you are ready to receive Him!

Apostle Guillermo Maldonado
King Jesus International Ministry, Miami, Florida

Acknowledgments

Writing a book on healing implies that I've been through suffering, pain, and loss. I want to thank everyone who has been on my "healing team," including Elizabeth Reed and Dani Williamson. Thank you for your compassionate hearts, wise counsel, and medical expertise. Thank you also to my "prayer shield," those of you who pray for me when I'm in the nations and prayed with me to complete this book on healing. Thank you to spiritual children worldwide who asked for this book to be written. Thank you, Kellie Copeland, Susie Larson, and Tara Seidman; your friendship has enriched me.

Who knew I would travel the world as a Mimi with eight grandchildren at home? Thanks to AW, EK, CJ, WB, EF, CR, JD, and miracle baby JA for multiplying my joy. I loved sending pictures and videos of lions, giraffes, zebras, crocodiles, hippopotamuses, and other kinds of animals your way when I was in Africa. To my children, Rachel and Dustin, Angela and Bryan, Hannah and Dustin, Sarah Faith, Dre (in heaven), and Zeke, I pray that you would each walk in the supernatural power of God in your daily lives. Gigi, thanks for being a woman of prayer. I can hear you praying in tongues at 4:00 a.m. in your Eagle's Nest, and it brings joy, peace, and comfort to my heart.

A writer needs a team of people who believe in you and the writing project; thank you to the Chosen team, including Kim Bangs and Trish Konieczny, for partnering with the supernatural power of God to see *Healing Rain* completed. Thank you, Pastor Dale Evrist and Marianne Adams, for cowriting the song “Healing Rain,” which has carried the heart of healing to the nations. Thank you, Pastor Dale, for imparting the love of God’s Word and the fear of the Lord.

Thank you to every *Healing Rain* guest who first shared your story on the podcast, which people now listen to in 135 nations. Thank you for sharing your transformational story in this book: Dana Candler, Lauri Carnahan, Donna Graber, Pastor Alejandro Morales, Heidi Mortenson, Gretchen Rodriguez, Jared Scott, Sean Smith Sr., Bob Sorge, Sherry Stahl, Kimberly Stokes, Leslie Tracey, Evelyn Williams, and Pastor Silas and Pastora Carmen Zdrojewski. Thank you also to Joan Hunter, who shared her story that brings insight on going to the root of trauma, healing hearts and bodies.

As I began to travel internationally regularly, I cried out to God for spiritual fathers. Thank you, Randy Clark, Global Awakening Team, and students at Global Awakening Theological Seminary (GATS) for imparting the fire of revival. Thank you, Apostle Guillermo Maldonado and Supernatural Global Network, for imparting signs, wonders, and miracles to the nations. Thank you, Leif Hetland and Global Mission Awareness Team, for leading me to rest in the arms of Papa God. Thank you also, Michael Miller and the UPPERROOM community, for carrying His transformative presence that brought healing to my heart and body.

Thank you most of all to my husband, Wayne Detweiler, the love of my life, healing shepherd, and forever friend. Before you proposed marriage, you looked in my eyes and said, “I know you have a call of God on your life; I will do everything I can to release you to the Body of Christ and the nations.” You prophesied that I would write many books before I believed it in my heart. Your reward is eternal.

Introduction

Awakened to the Supernatural Realm

Have you awakened from the dead of night into a supernatural fight between life and death? I remember dropping to my knees when I could not escape from my house set ablaze by an arsonist's hand. I prayed the prayer that everyone prays when they believe they will die: *Help!*

I would have died in that fire, unable to save my five-week-old baby, Rachel, if it hadn't been for the obedience of my mother to fast, pray, and meditate on Isaiah 43 weeks before the fire occurred. God answered her miraculous prayer: "*When you walk through the fire, you will not be burned; the flames will not set you ablaze*" (Isaiah 43:2 NIV).

An arsonist had set the home next to us on fire, and our home was also set ablaze while Rachel and I slept. We had been robbed a few weeks earlier, and it became clear that someone had been watching our home. We were young pastors, planting our first church in Nashville, Tennessee.

The night of the fire, angels guided my husband home just in time. Angels also showed the fireman how to fight through the demonic assault to find me and say, "Come toward the light."¹

It was a miracle that our baby didn't suffer long-term physical damage from the lack of oxygen to her brain and the vital organs of her five-week-old body. Rachel Joy survived the fire and thrived.

These miracles were just the beginning of the healing and deliverance that Jesus brought into our lives through this traumatic and life-changing event.

Going Deeper with God

Has trauma or sickness caused you to cry out to God? The trauma of the fire and the aftermath of rebuilding and recovering made my husband, Wayne, and me realize that our current relationship with Jesus wasn't deep enough to deliver us from our present struggle. Targeted by witchcraft, we were being watched. When my husband left, the phone would ring, and I would hear heavy breathing on the other end of the line. Two months after the fire, I got a phone call at 3:00 a.m. and heard a blood-curdling laugh from a woman who sounded like a witch. It put terror in my heart.

I had been traumatized by the fire. I would wake up when Rachel cried and immediately start sprinting to her crib, feeling the panic of not being able to get her. The smell of smoke would trigger me to have flashbacks where I experienced the helplessness of being trapped.

Even though we loved Jesus and were pastoring a church, our desperation to find healing from trauma drove us to seek help. Miracles are often a beginning for you and me to dive deeper into God's presence. When you are helpless and know that the only answer for you and your marriage is Jesus, that's the beginning of a transformation.

We finally found help at an Inner Healing and Deliverance conference for pastors and leaders. We thought we were going

to the conference to deal with the trauma caused by the fire, but God took us deeper.

In the session Wayne attended, he was ministered to for healing the wounds of having sexual intercourse as a teenager. His breakthrough led to a transformation of our love life and the revitalization of our marriage relationship.

When I went to the conference, I knew that I needed to forgive the arsonist who had set our house on fire. But Father God took me deeper. He led me to repent of some of the liberal theology that had penetrated my heart through seminary training. Revival broke out in my heart as I repented of my unbelief. I also forgave the person who had sexually abused me as a child. Jesus freed me that day of demons of religion and rejection. Revived with freedom and joy, I have never been the same.

Hearts Ablaze for Jesus

With our newfound freedom, Wayne and I were both on fire for Jesus. Revival had come to our hearts and home, and now we couldn't help but share this with others. From that point forward, we ministered healing and deliverance regularly. We also began to walk in the gifts of the Holy Spirit every day, seeing the miraculous regularly.

I began to pray and prophesy over strangers whom I didn't know or had just met. The Holy Spirit would instruct me to stop at a gas station to give someone a word of knowledge and pray for healing.

Most women who had difficulty conceiving got pregnant after I prayed for them. Ankles and backs were healed, deaf ears opened. I will tell some of these stories in the chapters ahead.

These healings happened at church, but they also happened on the streets. Miraculous living can be your everyday Christian life, just as it became mine.

In *Healing Rain*, we will explore three categories of healing:

1. *Inner healing* of your heart, which includes your mind, will, and emotions. At times, I will describe this as “heart healing.”
2. *Spiritual healing*, which begins with the miracle of rebirth or salvation. Spiritual healing also includes deliverance from demons.
3. *Physical healing* of your body.

Cultivate Your Heart for Revival

The purpose of *Healing Rain* is to cultivate a miraculous culture in the soil of your heart. This book will help you grow a healthy heart culture by breaking up the hard ground and removing the weeds. It will soak the soil of your heart to prepare you to be a carrier of revival. Here are some other things this book will do:

Healing Rain invites you into a miraculous adventure with Jesus every day. Cultivation is a combination of removing weeds from the garden of your heart and loosening the soil to improve the retention and penetration of God’s Word, His will, and His ways.

Healing Rain invites you to break agreement with the enemy in your thoughts and actions. Through our mindsets and the postures of our hearts, we can receive the seed of God’s Word, which will bear life-giving fruit.

Healing Rain will help you identify the lies and false narratives planted by the enemy.

Healing Rain will initiate a downpour of God’s refreshing presence, love, and power. You will be led on a journey of turning away from self-reliance and seeking what only comes from Jesus. “So now you need to rethink

everything and turn to God so your sins will be forgiven and a new day can dawn, days of refreshing times flowing from the Lord. Then God may send Jesus the Anointed, whom God has chosen for you" (Acts 3:19–20 VOICE).

Healing Rain will lead you to turn away from religious rules or a rebellious heart and run into the waiting arms of the Father. You will find new freedom in your thoughts and emotions. You will find healing not only in your body, but also in your soul and spirit.

Healing Rain will include for you some powerfully encouraging testimonies from people who have experienced divine health and healing in miraculous ways. Many of these stories (edited for inclusion here) come from interviews I did on my *Healing Rain* podcast.

Healing Rain will unlock the supernatural through what I call "7 keys to divine health." You will be able to access these keys that will open the door to the supernatural in your life:

- The key of freedom* gives you the authority to make good choices with your will.
- The key of connection* opens the door to right standing with God.
- The key of health* gives you victory over your physical infirmities.
- The key of prosperity* brings you victory over mental torment and physical poverty.
- The key of influence* gives you authority over every area of your life, home, and work.
- The key of purity* gives you victory over your internal pain and suffering.
- The key of rest* signifies that Jesus won back our eternal joy and healed us of our broken hearts.

Jesus Wants to Revive You

Healing Rain is a book about intimacy with the Father, the Son, and the Holy Spirit. Jesus wants to revive you—revive your heart, your home, and your community. Use this book as a spiritual surfboard. It is simply a small platform upon which you can paddle out and position yourself to ride the wave of His revival that is beginning to move across the nations. As you catch the wave of the Holy Spirit, allow joy and refreshment to drench your life with His presence.

Healing Rain will help you develop the character needed to sustain a move of God in your heart, your home, and your community. Cultivating inner purity in your heart will open the way for extreme power in your life. If you would like to go deeper and immerse yourself even more fully in God's healing rain, make sure to take time along the way to do the "Healing Moments for Your Heart and Health" and "Diving Deeper in God's Word" exercises you will find interspersed throughout the chapters ahead. They will help you reflect on and apply the healing concepts we are talking about. You could also begin a *Healing Rain* study group, where you and others can take that deeper dive together and learn more about the concepts in this book. There's more information for you about forming such a group in the section at the back called "Begin a *Healing Rain* Study Group" (which follows the Afterword).

To go even deeper, you can add video teachings to your own study, and especially to your group experience. I have made an eight-session *Healing Rain* video series available for this on my website, suedetweiler.com.² Each of the eight videos provides deeper biblical foundations, but also models how to walk in the gifts of the Holy Spirit practically. Each video carries an impartation of grace and empowerment. In this series, you will find practical examples of how to hear the voice of God, how to understand visions from God, how to prophesy, and how to heal the sick.

Experience the Miraculous Every Day

As we pursue Jesus every day, we will experience the more extraordinary miracles that He has promised. Prepare to experience the miraculous every day! As you learn how to sense and obey the Holy Spirit's promptings, the people you pray for will be transformed by the Father's love and the power of Jesus Christ. As you embrace your entire inheritance, Jesus will activate the gifts of the Holy Spirit in your life. You will learn how to take risks to minister healing in public settings, even with strangers. Your life can become a catalyst for revival in your home and community.

As we prepare for this journey of faith, be encouraged by Paul's words: "Follow the way of love and eagerly desire gifts of the Spirit, especially prophecy" (1 Corinthians 14:1 NIV). Take a moment and pray this prayer out loud:

*Jesus Christ,
the Anointed One,
Bridegroom,*

*As I begin this journey of making You my first love
draw me closer to You as Your beautiful Bride.
I want to see You transfigured with resurrection glory
as I fellowship with You in the midst of suffering.
Purify the culture of my life.
Make the soil of my heart ready to receive Your Word
as I become a life-laid-down lover of Yours.*

*Daddy,
Papa God,
Father in heaven,*

*I surrender my preconceived ideas, fears, and anything else
that hinders me from running into the welcome of Your arms.
Shine Your light on rebellion or religion in my heart.
Thank You that there is no striving or
performance in this pursuit.*

Introduction

*As I seek Your Kingdom and righteousness first,
all these things will be added to me (Mathew 6:33).*

*Thank You that I don't need to worry or fret;
I crawl into Your lap and lean my head on Your heart!*

*Holy Spirit,
Spirit of grace,
Advocate and Comforter,
I desperately need to be soaked in Your presence.
I don't even know all the places in my heart
that need the touch of the finger of God.
I invite You to convict me of sin,
but also to free me from condemnation.
Reveal the areas where I'm
functioning in fear rather than love.*

*Yahweh Rapha,
my Beloved Healer,
I lay down my burdens
during this kairos moment of encounter with You.
I bring the areas in my body that need physical healing,
and the places in my mind that need renewal,
and my broken heart that needs mending,
and relationships that need repairing.
Touch me with Your miraculous presence.
I open every area of my life to You.
In Jesus' name I pray, Amen.*

one

Turning Point

The Journey to Embrace Jesus as Healer

As we cultivate a miraculous culture in the soil of our hearts, breaking up the rocky ground and pulling up the weeds is essential. In our questioning, we begin to accuse God in our hearts of *not* being a healer, or at least of not being *our* healer. The accusation comes with thoughts like these:

If God is my healer, why am I sick?

I've prayed for healing; why has God not answered my prayer?

We receive the Word of God in seed form through our mindsets and the postures of our hearts. It isn't easy to honestly believe something in a world that contradicts our personal experience.

Most of us believe that Jesus is a healer. Our main struggle is not whether Jesus heals, but is how we access His healing in our lives. When we face a physical challenge, sickness can become magnified as we deal with its burden daily. Chronic disease can

become a jail cell that holds us back from the fullness of God's promises in our lives.

A Vision of Breakthrough

Taking a run on my favorite path that led to the YMCA was a daily routine. I would run a mile and a half to the YMCA, work out in a class or lift weights, and then run the long way home to make it a five-mile journey. It had become my prayer path.

One day on my way home from the gym, I slowed down to a walk. I sensed God speaking to my heart. I saw a vision of men and women behind bars. Some of them were grasping the bars of the large prison cell, trying to get out. Others had given up hope and were leaning against the back walls of the prison or reclining in the shadows.

As I looked closer, I saw that they had two keys hanging around their necks. I took hold of these keys. On one key was etched *faith*. The other key said *obedience*. I placed the two keys in the lock, and then I saw a Holy Spirit explosion in my vision and the image changed. The bars that had held the prisoners captive blasted backward and became the rails of a bridge.

As I had this supernatural vision, in the natural realm I walked around a corner and there was a bridge that became one of my favorite places to pray. We call it "the bridge of breakthrough" as a family because of this vision and the encounter I had with Jesus. The Lord began to speak to my heart that *faith* and *obedience* were the foundation of the bridge of breakthrough. The rails along the side of the bridge form from the tests of trauma, struggle, and addiction we face. These tests become our testimony when Jesus transforms us.

The same obstacles that the enemy used to make you stumble in the past are today's opportunities for life-changing breakthroughs and freedom in your future.

As you begin this healing journey, ask yourself,

- *What health challenges am I facing that need God's healing?*
- *What obstacles are in my life that God wants to make an opportunity?*

One Health Challenge after Another

Have you ever had one health challenge after another? At this point in my life, I was in excellent health. One day, I ran home from the YMCA and my foot slipped off the pavement. My ankle twisted, and I fell hard. I got up feeling angry. We were about to leave for Brazil to adopt our two sons. The last thing I needed was a sprained ankle. As I walked/ran the rest of the way home, I began to do warfare prayer, resisting the enemy's attack.

While I was in Brazil my ankle recovered, but I got very sick with a fever and chills. We were there for six weeks. The First Foursquare Church in Curitiba, Brazil, *Primeira Igreja do Evangelho Quadrangular*, adopted us during our stay, welcoming us into their family. I didn't realize it then, but my gastrointestinal tract had become contaminated with parasites and rare bacterial infections. I later discovered that my compromised GI tract had triggered several autoimmune responses, including Hashimoto's thyroiditis. My body was attacking my thyroid. As a result of the low thyroid, I began to gain weight.

Initially, I was still a picture of health. When I left for Brazil, I was 125 pounds, with a muscular build. People would stop me to ask how I got such strong muscles in my arms. I was doing 100 push-ups every workout. I was a bit of a fitness fanatic, calculating the number of macronutrients per meal.

After we returned home from our travels, I remember training for a sprint triathlon and gaining unexplainable weight. Even though I was training, I had gained 20 pounds. A few days before

the sprint triathlon, I got up in the morning and heard the Lord say, *You've got your father's genes; get up and fight*. My dad, who was obese, died prematurely at age 62 from cancer.

I had a urinary tract infection but pressed through to complete the triathlon after getting medicine from the doctor. Gradually, more symptoms began to show up. After throwing a large birthday party for my daughter Angela Grace, I had to go to the hospital for an emergency appendectomy. After the appendectomy, my body didn't want to recover.

I continued to gain weight, and I went to more than one doctor, trying to find out the reason. They would say that I needed to eat less and exercise more. I would pull out my journals that showed my diet and exercise records, and they would look at me as though I had a hidden habit of overeating.

Finally, after gaining weight and knowing my body wasn't doing well, I found a doctor who discovered the underlying autoimmune reactions to the contaminated GI tract. I also found a nutritionist specializing in complicated cases. By this time, I had a terrible problem of large bald spots caused by another autoimmune response called alopecia areata. My hairdresser kept my hair long and changed my part several times so that people wouldn't be able to see the problem.

We were living in a beautiful home at the time that had flooded multiple times, resulting in some mold issues. I didn't think about how it might be related then, but later I was diagnosed with CIRS, chronic inflammatory response syndrome. CIRS is a collection of symptoms caused by contamination with biotoxins. In my case, I had not only struggled with parasites and a rare chronic bacterial infection from Brazil, but also with chronic mold from my home in Tennessee. (Later, I'll share how God miraculously healed me of this and how He used me to bring healing to others.)

After a time of intense stress, including a cross-country move, my weight skyrocketed. I gained 30 pounds in two months. By this time, I was obese and stuck. I felt like a stranger in my own body.

It felt like a betrayal. I had worked out hard my entire adult life and kept track of what I was eating, but everything I used to do, which had kept me at a muscular 125 pounds, no longer worked.

Now my knees began to give me trouble. Back in my twenties, I had undergone two knee surgeries to repair my anterior cruciate ligament (ACL) and torn cartilage, but I had gone on to do triathlons in my thirties and forties. I was now in my fifties, and I had to have a double knee replacement. I inquired of the Lord, *Am I to have this surgery?*

He answered, *The miracle is in the surgery!*

Why Sickness in a Healing Book?

Why talk about sickness in a book on healing? I value authenticity. I hit a juncture in my life when it felt as though my body was falling apart. I know I'm not the only one. Like me, you may deeply believe in divine healing, yet still experience health challenges personally. I'm on a journey to encounter Jesus in the midst of this. Would you like to come on this journey with me? Let's believe together:

- That we will encounter Jesus. He's the one who heals, frees, and delivers.
- That we will gain a greater understanding of the power of God to heal body, soul, and spirit.
- That we will let go of any excuses or lies that block our ability to receive healing.
- That inner wounding of our hearts through stress, trauma, abuse, pain, or loss will be mended.
- That Jesus will deliver us from demons of infirmity and generational curses.
- That as we confess our sins to one another, we will receive healing.

I truly believe that as we focus on the healing of our inner world, our loving Father will put a ring of authority on our hands and shoes of legacy on our feet.

Called to Walk in Healing

We have a call to walk in healing, wholeness, and freedom. My mother, Donna, is 85 years old and believes it when she says out loud, “I walk in divine health!” This powerful woman increases in beauty and wisdom every year. She’s joyful, full of energy, and thankful for all God is doing in her life. She has been a widow for 25 years, yet is happy and content.

What’s the secret to my mom’s divine health? I’ve thought about this a lot. She’s not overweight and hasn’t had the health challenges I’ve had. Yet Mom has eaten a bowl of ice cream before bed most of her life! She has an iron stomach and can eat anything. I’ve been much stricter on my diet regimen than Mom is, but I’ve still struggled with weight challenges. Some people struggle more with health challenges like weight gain than others. Sometimes it doesn’t seem fair, and there’s not always a simple answer. But here are some things I’ve observed about my mom that might give us some clues to her divine health:

- She declares her faith and convictions out loud: “I walk in divine health!”
- She grew up eating farm-to-table vegetables every day, and she doesn’t have food sensitivities and reactions.
- She doesn’t overeat, although she consistently enjoys some treats like her evening ice cream.
- She made giant choices to reduce stress at the midpoint of her life. She quit her job, even though she worked for my dad and the family business. She also dealt with her emotional pain and trauma through forgiveness.

- She embraces the boundaries she has set, and she refuses to take on stress from others.
- She has added hours of prayer, meditation, and Bible study to her daily life. She also began Bible college.
- She has traveled and enjoys her life. While at home, she enjoys the community of significant friendships she has built.

What do you do when you believe in divine healing but are personally struggling with health issues? That's also a question I have thought and prayed a lot about. Before a contaminated GI tract compromised my health, I was a bit judgmental of overweight people who seemed to have one health challenge after the other. I thought to myself, *If they would just pursue a good diet and exercise, they wouldn't be overweight.* There's some truth in that statement, but I've also realized that our bodies, minds, and spirits are more complex.

As I've discovered myself, the journey to health and wellness is a battle. I've had to wrestle with the question of why my body stopped working the way God designed it to. I was born healthy. What happened in my life that flipped a switch so that I went from being muscular and fit to being overweight and sick? Family nurse practitioner Dani Williamson's book *Wild & Well: Dani's Six Commonsense Steps to Radical Healing* helped me understand epigenetics, as well as studies on adverse childhood experiences (also called ACE).¹ Both of these have been factors for me. Epigenetics looks at how genes can be turned on or off by our life experiences. An ACE test (available many places online) looks at how various factors in our life history may have affected our health.²

I have a long list of exposure to biotoxins, childhood trauma, and extended periods of stress that finally flipped the switch in my body. I remember running after the DDT truck at camp,

which was dispensing toxic spray to kill mosquitos. The spray filled my lungs. I also spent hours playing in moldy corn silos on the farm. When I went to Belize for three months as a young adult, I came back with open sores on my legs from botlass flies. I was also sexually abused as a child and kept this hidden. As an adult, my stress load was off the charts. And my body was keeping score of all the biotoxins, unresolved emotional pain, and trauma.

The good news is that our past does not determine our future. Just as you or I may have flipped a switch that caused us to struggle with health challenges, God is still our healer. He has designed our bodies to heal. As we cooperate with His design in our lives, our health can turn around. He is literally able to renew our youth.

Tapping into Divine Health

I'm glad to report that I have had a turning point in my health. God said to me during one encounter, *I'm giving you keys to healing chronic sickness*. (Those are the seven keys I listed for you in the introduction, and we will look at them again in chapter 5.) I embraced this word by faith in my journey of walking in divine health. I had a vision of Jesus walking with keys that opened endless doors. He handed me a large set of keys, and I knew that I needed to share these keys with the men and women in the Body of Christ who believe in divine healing but are personally experiencing health challenges.

Jesus said to me during another encounter,

I am beginning to heal your thyroid today! I am eradicating Hashimoto's thyroiditis, autoimmune disease, and the generational curse of your dad's family line.

It is done! Every antibody that has attacked your thyroid is coming into alignment!

I'm healing your metabolism supernaturally. Your gut is healed from every parasite, mold, and toxic bacteria that has hidden in your intestines.

*The blood of Jesus has come. Receive My blood transfusion today!
All unbelief over sickness is gone!*

My daughter, you have suffered with purpose. . . . I have given you the keys to unlock and heal chronic diseases: specifically autoimmune, cancer, and unknown plagues—diseases of the blood, generational curses. You will reign with Me in healing.

Begin to write the book on healing . . . don't hold back. . . . I'm the Author and Finisher of your faith.

After I began to write *Healing Rain*, I returned to Brazil. Immediately upon arrival, I realized that I had left my thyroid medicine at home. After inquiring of the Lord and asking my intercessory team to pray, I sensed that God was completing my healing. I had received several prophecies during this trip to Brazil that Jesus was restoring everything that the devil had tried to steal from my life.

During the first week in São Paulo, I served on the ministry team of Dr. Randy Clark. I went to him, and he made it clear that doctors in Brazil could get the medication for me if I needed it. I knew all the signs of low thyroid and assured him that I would ask for help if I needed it. Then Randy and others on the team laid hands on me and prayed for complete healing.

God healed me. I served all week with divine energy flowing through me, witnessing miracles as I laid hands on the sick. As I ministered to people, they shook in the power of God. Some received inner healing and deliverance; others had a prophetic encounter with Jesus that sent them into their future.

I then traveled to Curitiba, Brazil, and preached to a ten thousand member church, *Primeira Igreja do Evangelho Quadrangular*, for most of the second week. It was a cold week for Curitiba, but I wasn't chilled. I had the energy of God to minister to the people, many nights until 1:30 a.m. because the outpouring of His Spirit was so mighty.

I returned from Brazil refreshed by God and wholly healed. Upon returning, I went to my doctor and have not needed to take thyroid medicine since. I'm so grateful.

Since the time I originally received God's prophetic word, I have slowly lost 55 pounds, and the weight loss continues. My energy levels have returned. I've tapped into divine health in my own life, and I'm sharing a few keys with you. My body has healed to the point where I can do five-mile walks with no pain and work out vigorously, lifting weights and taking classes.

I want the same breakthrough for you. You may not have had my struggle. You may be a Christian man who believes in healing, but you are dealing with prostate cancer. You may be a Christian woman who has Lyme disease or one of several autoimmune diseases. You could be young, in your twenties, and still have something like migraine headaches that plague you or allergies that make you miserable. Let's be honest with each other. Every human being alive today has experienced some type of physical setback. Everyone has had a cold or Covid or the flu. We know what it's like on this earth to experience sickness. But there is healing for you and me.

Authentic Community

I do not want to boast about sickness or meditate on disease; I want to rise and declare with my 85-year-old momma, "I walk in divine health!" At the same time, I'm not too fond of it when people feel as if they have to hide their struggles from Christian communities. It should be the opposite.

Jesus said, "It is not the healthy who need a doctor, but the sick" (Mathew 9:12 NIV). Jesus is the Great Physician who wants to walk in intimacy with you. You don't have to pretend that everything is just fine if it's not. Jesus invites you into honest dialogue and spurs you forward in faith.

Suppose you've struggled with sickness but believe in divine healing. In that case, you are in the company of giants of the faith who personally had debilitating illnesses, yet God still used them in healing ministry to others:

- *Smith Wigglesworth* regularly saw miracles in his services but suffered in agony for six years with kidney stones. Later, he suffered from sciatica that made walking painful, and often, he was sicker than the people he prayed for!
- *Aimee Semple McPherson*, who saw so many supernatural miracles, had health challenges in her fifties and died at the age of 54 of an accidental drug overdose while taking sleeping pills for insomnia.
- *Oral Roberts* nearly died of tuberculosis at age seventeen before being miraculously healed and launched into the healing ministry. He has many documented miracles from his crusades and television shows.
- *Benny Hinn*, famous for miracle crusades, has struggled with an abnormal heart rhythm called atrial fibrillation, which he has experienced intermittently for over twenty years.

Why do I mention these legendary examples? Some would point to these examples and claim that God doesn't heal today. However, the documented miracles of these four great healing evangelists show that they experienced sickness but believed in healing and miracles.

You don't have to share your struggle with everyone. You may feel God calling you to be quiet about your infirmities and boast about His goodness. However, denial of sickness may lead to more disease and suffering. You don't have to hide your struggle any longer.

Healing Moments

FOR YOUR HEART AND HEALTH

As we close this first chapter, you have the opportunity to experience Jesus, your healer. Look back at this chapter and note any areas that jumped out to you personally. Now ask God this: *Are there life changes You are calling me to make?*

Write down God's response to that question in a notebook or journal. Be careful not to edit what you hear Him saying. I put His words to me in quotes. Sometimes I find myself asking Him, *How can this be?* Then I listen for His response, which is often different from my internal arguments.

After you have written down life changes both simple and big, ask God, *Are there any lies I believe about You as my healer?* Ask yourself, *Are there any lies I believe about myself or my health?* Make sure you take enough time to listen to God's voice.

When I changed from seeing myself as a victim of my circumstances, and when I disengaged from the lie that I would never be healed, I began to see gradual breakthrough. Little by little, chronic disease is under my feet. My friend, I'm praying for you to see real breakthrough in your life, too.

In a moment, I want you to pray the following prayer out loud. Before you do that, I want to acknowledge here that many in our culture have a "father wound" or a "mother wound" and sometimes bristle at calling God their Father because of the intense wounding or rejection they went through from their earthly dads or earthly moms. You may be among them. Throughout *Healing Rain* I will call you to address God as Abba, Father, or Daddy, however, because

this is the primary way that Jesus talked about God. If you are feeling frustrated or far away from God as your Father, bring that out into the light and tell Him exactly how you feel. You can be honest with your emotions! Position your heart to receive healing and revelation from God about this, and again, note down whatever He shows you.

Then, pray this prayer section by section. After you've prayed through each section, listen for God's voice again and write down whatever He says to your heart.

*Jesus,
I thank You that You shed
Your blood for me on the cross.
When You cried, "It is finished!"
It was a cry of triumph for my sake.*

*Holy Spirit,
You are my Advocate and Comforter.
You come alongside me.
You lead me and guide me.*

*Abba Father,
You put the lonely in a family.
You are my Papa, my Daddy.*