



**A 40-DAY**

**DEVOTIONAL**

**TO RECLAIM**

**YOUR**

**HEALTH**

**BE  
HEALED**

**STEVE AUSTIN**



Books by Steve Austin

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*God Heals*

*Be Healed*

A sunburst graphic consisting of numerous thin, radiating lines of varying lengths, creating a bright, glowing effect behind the main title.

# **BE HEALED**

**A 40-DAY DEVOTIONAL  
TO RECLAIM YOUR HEALTH**

**STEVE AUSTIN**



**Chosen**

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Minneapolis, Minnesota

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# Introduction

**W**elcome to this forty-day life-changing journey to reclaim your health! I am going to share with you secrets to healing that I have learned from twenty-five years of ministering to thousands of people in the largest medical center in the world (the Texas Medical Center in Houston, which gets ten million patient visits per year). I have seen countless miraculous healings of virtually every medical condition, and I want to help you receive your own!

Think of me as your healing coach. Great coaches prepare their teams to win, and I want to help you win the battle for your health. The principles I share are not theories or opinions, but they are based on the Word of God, which never fails. I have seen them work for countless people, and I know they will work for you! I have also included many astonishing healing testimonies to encourage your faith. God is no respecter of persons. What He did for others, He will do for you if you believe for it. Jesus said, “If you can



believe, *all* things are possible to him who believes” (Mark 9:23).

As the medical professionals do their part, this book will help you do your part to exercise your faith and bring God into the equation. When God is in the mix, anything is possible. He’s a God of miracles. Nothing is impossible with Him! He uses doctors and medicine, but He is not limited to that. He can do what doctors and medicine can’t do.

God is your Healer. He called Himself *Jehovah Rapha*—“God who heals”—in Exodus 15:26. He connected His very name and identity to healing. Healing is His nature. He healed in Bible times, and He heals today. He never changes. You are His child, and He wants you to be healthy and thriving. He has you in the palm of His hand. He is surrounding what is surrounding you. He is singing songs of deliverance over you (Psalm 32:7). He is going to bring you out with the victory (1 Corinthians 15:57; 2 Corinthians 2:14)!

I have prayed in advance for everyone who reads this book. As we embark on this journey together, this is what I believe and declare over you, according to God’s promises:

- God is going to heal you completely, body and soul, and restore your health (Isaiah 53:4–5 CSB; Psalm 103:2–3; Matthew 8:17; 1 Peter 2:24; 3 John 2).
- In all things, you are more than a conqueror, and you will conquer this medical condition (Romans 8:37).

- No weapon formed against you will prosper (Isaiah 54:17). This medical condition may have formed against you, but in the end it will not prevail.
- You are not in this fight alone. The God of the universe is with you and for you. He's fighting your battles and leaning into you with His grace (2 Chronicles 20:15; 2 Corinthians 12:9).
- According to Proverbs 4:18, your path is shining brighter and brighter until the full day. Your brightest days and greatest victories are still in your future.
- Your latter days will be greater than your former days. The rest of your life will be the best of your life (Job 42:12).
- With long life God will satisfy you and show you His salvation (Psalm 91:16).

Get your faith and expectancy up! God is about to turn your situation around and do something amazing in your life!

Before we get started, I want to address something even more important than your healing—your eternal salvation. A physical healing may last a lifetime, but your eternal destiny is forever. If you have never asked Jesus to be your Lord and Savior, or if you want to rededicate your life to Him, there is no better time than right now. Don't miss out on anything God has for you, especially your salvation. I invite you to pray this simple prayer from your heart:

### **Prayer of Salvation or Rededication**

Jesus, I believe You died on the cross for my sins and eternal salvation is found in You alone. I ask You to come into my heart and be my Lord and Savior. I give You my life and desire to follow You the rest of my days. Thank You for the free gift of salvation and that my eternal destiny is secure. In Your precious name I pray, Amen.

If you prayed that prayer, the Bible says you were born again spiritually. Not only are you guaranteed eternal life with God in heaven, but all of God's promises belong to you, including healing. Let's go . . . your healing awaits!

# DAY 1

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## Anchored in Hope

This hope we have as an anchor of the soul, both sure and steadfast.

Hebrews 6:19

**H**ope is a very powerful and indispensable force. The Bible says, “Faith is the substance of things hoped for” (Hebrews 11:1). We can’t have faith unless we first have hope. Hope is the oxygen of faith. Proverbs 13:12 says, “Hope deferred makes the heart sick.” In my experience, when people who are battling an illness lose hope, they usually decline rapidly and eventually die. So it is vital to keep hope alive in your heart. The way to do that is to not anchor your hope in the doctors, medicine, test results, or anything in the natural. God uses doctors and medicine, but He alone is your Healer and Deliverer, and He is not limited

to anything in the natural. He's a supernatural God. Keep your eyes on Him and your hope anchored in Him alone.

There is a natural hope—hoping the doctors can help you, the test results are good, the treatment works, the surgery is successful, your body responds well. There is nothing wrong with this kind of hope, but it depends on the uncertainties of natural circumstances. When our hope is anchored in the natural, we can succumb to fear, doubt, discouragement, and disappointment. But there is a hope in God that supersedes natural hope. When our hope is anchored in God, we can have an inner peace and rest knowing that even if we have setbacks and things don't go our way, God is on the throne and in control. He has us in the palm of His hand, and everything will be okay in the end.

One of the things I have loved about ministering to the sick for the last 25 years is having a front-row seat to countless miracles God has done in people's lives. I wish I had a dollar for every time the doctors said there was nothing more they could do and God worked a miraculous healing. Often, God does His greatest miracles when there is no more hope in the natural because then only He gets the credit. I think about my friend Austin, a 42-year-old tech CEO. In late 2021, he went to the doctor for a routine physical, which his wife made him undergo every year. He had no symptoms in his body and felt fine. To his utter shock, the doctor said he saw signs of possible liver cancer and referred him to an oncologist.

After seeing an oncologist and further testing, it was concluded that he had stage 4 liver cancer that had already spread to his brain, kidneys, and lymph nodes. Four top doctors, including his oncologist at MD Anderson Cancer Center, gave him a virtual death sentence. For nine months, he kept getting negative reports from doctors. But Austin and his wife's hope was anchored in God.

They refused to passively accept the negative reports and chose to believe God's Word instead, which says that Austin was healed by the stripes of Jesus and that no weapon formed against him would prosper. They dug their heels in and declared God's healing promises over Austin multiple times a day, praying bold, faith-filled prayers. Every time fear, doubt, or discouragement tried to come in, they actively resisted those thoughts and emotions, replacing them with truth from God's Word.

Three weeks before he returned to MD Anderson in Houston for more testing, he got a PET scan, which showed the cancer was no longer responding to chemo and had gotten worse. We met before his testing at MD Anderson, and I prayed over him. After two days of PET scans, blood work, and other testing, Austin sent me the following text:

Steve, we have been witnesses to the most amazing miracle of my life: my scan was completely clean. NO CANCER ANYWHERE IN MY BODY!! We are completely stunned and speechless. We are just in awe of what God is doing. The

doctor says he has never seen anything like this. The surgeon said the same thing. He recommends I do not have surgery since he does not think it is necessary. Praise and thanks be to God!!!!!!!! Thank you so much for your support!!

Given the scan three weeks earlier that showed his cancer had worsened, only God could have done this miracle. Even the doctors said there was no medical explanation. As of the writing of this devotional, Austin has gotten monthly scans for eleven months and is still cancer free.

Keep your hope anchored in God alone. He can do things that doctors and medicine can't. Don't allow yourself to deify doctors and act as if their word is gospel. Don't hang your hopes on mortal men and medicine. God alone is your Healer, He has the final say, and His report trumps all others.



Father, Your Word tells us not to put our trust in mortal man but in You alone [see Psalm 146:3; Jeremiah 17:5; Psalm 118:9; Isaiah 2:22]. Thank You that You are my Healer and Deliverer, that You have all power and nothing is impossible with You. You use doctors and medicine, but You are not limited to these resources. You can do things doctors and medicine can't do. I put my hope in You alone and believe You for my complete healing, wholeness, and restoration. In Jesus' mighty name, Amen.

## DAY 2

# God of the Impossible

[God] performs wonders that cannot be fathomed, miracles that cannot be counted.

Job 5:9 NIV

**O**ne of my favorite things about ministering to the sick for many years is having a front-row seat to see God do countless amazing miracles. I've seen God heal blind, deaf, and paralyzed people instantly. I have lost count of how many tumors have vanished. I've seen every kind of disease miraculously healed, often when doctors said there was nothing more they could do. I've even seen people rally back after being taken off life support. I'm here to testify that there is absolutely nothing too hard for our God! The word *impossible* is not in His vocabulary. What



we call “impossible,” God does naturally and effortlessly. Stretch your faith and believe God for your miracle!

When God led the Israelites out of slavery in Egypt, they had no doctors, hospitals, MRI machines, or pharmacies. And yet for forty years in the wilderness, God made sure that not one person out of more than two million Israelites was sick or weak (Psalm 105:37). He’s a supernatural God. He can do what doctors and medicine can’t do. If you are a Bible-believing Christian, you know that God created the whole universe with the words of His mouth, parted the Red Sea, raised Jesus from the dead, and did countless other astonishing miracles. The same God who did all these things can take care of whatever sickness or condition you have!

My friend Ramiro was born without ears. Doctors told his parents he would probably never hear or speak. They took him to specialists, and they all said the same thing. One day, his mother was holding Ramiro in her arms and crying. His grandmother, who is a faith-filled prayer warrior, walked into the room and said, “God is going to turn this around and heal Ramiro.” Nothing changed for a while, and Ramiro started learning sign language as a toddler. Undaunted, his grandmother and parents kept praying bold prayers and declaring that God was going to heal him. After a while, Ramiro started responding to noises. Doctors were also able to reconstruct the outer part of his ears. At fifteen, Ramiro started singing. God healed him so completely that today he is one of the worship leaders at Lakewood Church,

the largest church in America. He explained that to be a worship leader, you have to hear perfectly, sing in the right key, and pronounce words clearly—all of which are a miracle for someone doctors said would never hear or speak. But God wasn't done. Ramiro auditioned for *American Idol*. Not only did the show share his healing testimony, but he sang "Amazing Grace" and got a golden ticket to Hollywood! Ramiro said, "People will try to box you in and tell you what you can't do, but God has the final say. If He did it for me, He can do it for you!"

Sometimes God will bring us to a place where the odds are stacked against us and it looks impossible in the natural because He wants to do a greater miracle. When God freed the Israelites from Egypt, He led them to the Red Sea. I have looked at a map of their route, and it would have been much quicker and easier if He had led them the short distance north around the Red Sea, but He didn't. He led them to a place where they were trapped—with the Red Sea on one side and the Egyptian army bearing down on the other. It was a setup for God to do one of His greatest miracles—parting the Red Sea. When Jesus' friend Lazarus was deathly ill, they sent word to Jesus, who was in another town, to come quickly.

[Jesus] said, "This sickness is not unto death, but for the glory of God." . . . So, when He heard that he was sick, He stayed two more days in the place where He was. . . . Then

Jesus said to them plainly, “Lazarus is dead. And I am glad for your sakes that I was not there, that you may believe. Nevertheless let us go to him.”

John 11:4, 6, 14–15

Jesus deliberately delayed going to Lazarus for two days. They were hoping for a healing, but Jesus wanted to do something far greater—a resurrection! When God is taking longer to heal you than you hoped, trust Him. He knows what He’s doing. Keep standing. Keep believing. Keep declaring. God has a miracle with your name on it, and your faith will cause it to manifest in His perfect timing!



Heavenly Father, thank You that You are a God of miracles and that nothing is impossible with You! Thank You that my miracle is on the way! In Jesus’s name, Amen.

## DAY 3

---

# All Inclusive

He himself bore our sicknesses . . . and we are healed by his wounds.

Isaiah 53:4–5 CSB

I heard a story about a man who took a transatlantic trip on a cruise liner in the early days. Every day, he ate cheese and crackers on the deck while others ate at the extravagant buffet inside. One day, someone said, “I notice you’re always out here eating cheese and crackers. Why don’t you come in and eat with us?” “My ticket doesn’t include meals,” the man replied. “Every ticket includes meals,” the person said. The man was ecstatic and dined like a king for the rest of the trip.

Many Christians are like this man. They have salvation but aren’t enjoying its full benefits. All they’ve been taught

about Jesus' death is that He died for our sins so we could have eternal salvation. If that was all He did, it would have been enough and worthy of our eternal praise. But there is so much more included in our salvation than just a ticket to heaven. *Your Jesus ticket is all inclusive!* Jesus didn't just come to earth to save us in the "sweet by and by" but leave us sick, broke, and defeated here. He came to heal us, set us free, and give us abundant life (John 10:10)!

When God created Adam and Eve, there was no sin and no separation from God. They had perfect fellowship with Him. There was also no sickness, death, or lack in the Garden. This was God's vision for humankind. But everything changed when Adam and Eve sinned. Man was now eternally separated from God because He is perfect and holy and cannot be in the presence of sin. Our sin and separation from God ushered into the world sickness, death, lack, and many other plights. Jesus came to the earth to reconcile us to God and restore His original vision for humankind. In the Lord's Prayer, He taught us to pray, "Your kingdom come. Your will be done on earth as it is in heaven." God's Kingdom does not have sickness, and sickness was never His will for us. There is no sickness in heaven, and there was no sickness in the Garden. So when Jesus died on the cross, He not only paid the price for our sins but for everything that came into the world because of sin, including sickness. Let's look at what the Bible says.

In a prophecy about Jesus eight hundred years before His death, Isaiah 53:4 says, “He himself bore our sicknesses, and he carried our pains . . . and we are healed by his wounds” (CSB). Matthew 8:17 restates this passage and makes it even clearer: “This was to fulfill what was spoken through the prophet Isaiah: ‘He took up our infirmities and bore our diseases’” (NIV). Psalm 103:2–3 also affirms that healing was part of Jesus’s salvation work on the cross: “Bless the LORD, O my soul, and forget not all His benefits: *who forgives all your iniquities, who heals all your diseases.*” And finally, 1 Peter 2:24 pairs salvation and physical healing: “[Jesus] bore our sins in His own body on the tree . . . by whose stripes you were healed.” Notice this verse is in the past tense: we *were* healed by Jesus’ stripes two thousand years ago. He already bore our sicknesses and paid the price with His life for our healing.

Hebrews 6:9 says, “Beloved, we are confident of better things concerning you, yes, *things that accompany salvation.*” It is clear from the above passages that healing is one of the things that accompany salvation. The Greek word for “salvation” is the noun *soteria*. The verb form “to save” is *sozo*. It means to save and rescue *spiritually and physically, to heal and deliver*; restoration to a state of safety, soundness, *health*, and *well-being*, as well as preservation from danger of destruction.<sup>1</sup> Stir up your faith to receive the healing that Jesus already paid for and watch it manifest in your body.



Heavenly Father, thank You that Jesus not only bore my sins in His own body at the cross, but He bore my sicknesses, diseases, and pains upon Himself. By His stripes I was healed two thousand years ago. My healing was already paid for by the precious blood of Jesus. By faith, I receive my complete healing, wholeness, and restoration. In Jesus's mighty name, Amen.