

Pathways to Healing

A. Sacramental Stepping Stones

1.	Be born again.	John 3:3
2.	Read your Bible daily and do what it says.	Joshua 1:8
3.	Be water baptized.	Mark 16:16
4.	Attend church regularly.	Heb 10:25
5.	Be baptized in the Holy Spirit.	John 1:33; Acts 2:4; 19:1-6
6.	Pray in tongues.	1 Cor 14:2, 4
7.	Pray in tongues a great deal.	Eph 6:18; Jude 1:20
8.	Walk in the Spirit.	Gal 5:16
	o Be aligned spirit, soul and body.	1 Thess 5:23

o Be aligned spirit, soul and body.
o Live a consecrated lifestyle.
9. Put a watch on your tongue.
1 Thess 5:23
Col 3:17, 23
Ps 19:14

10. Minister the Gospel, esp. salvation and healing. Luke 10:2,8,9,19

B. Daily Steps for Divine Health

- 1. Place the list in a prominent place.
- 2. Review the list daily.
- 3. Set goals to incorporate additional items into your lifestyle.

C. Healing Methods

1. Anointing with oil	James 5:14,15	10. Confessing your sins	James 5:16
2. Prayer of Agreement	Matt 18:19	11. Singing	Eph 5:19
3. Kneeling/Lying	Rev 1:17	12. Laying of hands	Mark 16:18
4. Prayer of Affirmation	Mark 11:24	13. Communion	1 Cor 11:23-25
5. Praise and Worship	Psalm 8:2	14. Praying in tongues	Rom 8:26
6. Fasting	Isaiah 58:6-8	15. Gifts of the Holy Spirit	1 Cor 12:4-11
7. Breaking curses	Matt 12:29	16. Prayer of Authority	Mark 16:17
8. Dancing	Psalm 150:4	17. Lifting hands	1 Tim 2:8
9. Prayer of Faith	Mark 11:24	18. Reading Bible aloud	Joshua 1:8

D. Profession of Your Faith (Affirmations)

1. Purpose: a) Thank G

b) 40 other reasons.

2. Context: a) When you believe that you have received.

b) Actions of releasing your faith.

3. Process: a) Confess sins before starting.

b) Include the Name of Jesus.

c) Aloud.

d) Count them.

4. History: a) Track them, frequency and quantity.



Pathways to Healing Exercise

	ncramental Stepping Stones Il in the blanks from the King James	Version (KIV)		
•	Joh 3:3 Jesus answered and said unt		I cay unto thee	Evcent a man he
	again, he can			
•	Jos 1:8 This book of the law shall n			
•	shalt therein	day and night that th	ou mayest obse	, out mou
	according to	=	-	
				ou shan make my
	way, and then Note : One of the meanings of the w	ord "Maditata" is "M	u success. Inttor" (i.e. to s	nook coftly over
	and over under one's breath). This is			
	declaring a Scriptural verse repeated			
		-		
_	Joshua 1:8, states that we should kee	-		•
•	Mar 16:15 And he said unto them, (To ye into all the wor	ia, and preach t	ne gospei to every
	creature.	1.		1 11 1 1 1 .
	Mar 16:16 He that		\	shall be saved; but
	he that believeth not shall be damned			
)	Mar 16:17 And these signs shall fol		e; In my name s	hall they cast out
	devils; they shall speak with new tor	_		
	Heb 10:25 Not forsaking the assemb			
	but exhorting [one another]: and so		_the	, as ye
	see the day			
	Joh 1:33 And I knew him not: but h			
	me, Upon whom thou shalt see the S	pirit	, and	
	him, the same is	he which	witl	n the Holy Ghost.
	Act 2:4 And they were	W	ith the Holy Gl	nost, and began to
	speak with other	, as the Spirit gave	e them utterance	e.
	Act 19:1 And it came to pass, that, through the upper coasts came to Ep	hesus: and finding ce	rtain	
	Act 19:2 He said unto them, Have y			
	since ye? And	d they said unto him,	We have not so	much as heard
	whether there be any Holy Ghost.			
	Act 19:3 And he said unto them, Ur	nto what then were ye	baptized? And	they said, Unto
	John's baptism.			
	Act 19:4 Then said Paul, John verily	y baptized with the ba	aptism of repen	tance, saying unto
	the people, that they should believe	on him which should	come after him	, on Christ Jesus.
	Act 19:5 When they heard [this], the	ey were	in the name	of the Lord Jesus.
	Act 19:6 And when Paul had laid [h			
		hey spake with		
	1Co 14:2 For he that speaketh in an : for no understan	[unknown] tongue sp	eaketh not unto	o men, but unto
	1Co 14:3 But he that prophesieth sp		-	•
	comfort.	tunion sino men [10]	tanioni, an	und
	1Co 14:4 He that speaketh in an [un	known] tongue		himself: but he
	that edifieth t	_		





•	Eph 6:18 Praying	with all pray	er and supplication i	n the,
	and watching thereunto with all pers	everance and	supplication for all	saints;
•	Jud 1:20 But ye, beloved,		up yourselves on yo	our most holy faith,
	praying in the			
•	Jud 1:21 Keep yourselves in the		of God, looki	ng for the mercy of
	our Lord Jesus Christ unto eternal lit	fe.		
•	Gal 5:16 [This] I say then,		in the	, and ye
	shall not fulfil the	of the		_•
•	shall not fulfil the1Th 5:22 Abstain from all		of evil.	
•	1Th 5:23 And the very God of peac	e sanctify you	wholly; and [I pray	God] your whole
	and		and	be preserved
	unto the com			
•	Col 3:17 And whatsoever ye do in _		or	, [do]
	all in the of the L	ord Jesus, giv	ring thanks to God a	nd the Father by him.
•	Col 3:23 And whatsoever ye			
	to the, and no	ot unto	;	•
•	Psa 19:14 Let the	of my	, an	d the meditation of my
	, be acceptable i	n thy sight, O	LORD, my strength	n, and my redeemer.
•	Luk 10:2 said he unto them, The ha			
	ye therefore the Lord of the harvest,	•	_	·
•	Luk 10:8 And into whatsoever city			
	such things as are			
•	Luk 10:9 And			are therein, and say
	unto them, The kingdom of God is c			
•	Luk 10:19 Behold, I give unto you			
	scorpions, and over all the			
	shall by any means			, and nothing
Da	aily Steps for Divine Health (DSDH))		
	Place the list of Daily Steps (DSDH)		nt place.	
	a) You will find the list in Semester			
•	Review the DSDH list daily.			
	a) Select from the DSDH list 3 item	s which you a	re currently doing.	
	,		, , , , , , , , , , , , , , , , , , ,	
	b) Select from the DSDH list 3 item	s which you	are currently not do	ng.
	<u> </u>			
	c) Select from the DSDH list 1 item	which you p	an to start this week	ζ.
	·			
•	Set three goals to make changes in y	our lifestyle s	o as to be able to in	corporate additional
	items from the DSDH list into your			•
He	ealing Methods			
•	Jam 5:14 Is any	among yo	u? let him call for tl	ne
	of the church			
			in the name of	the Lord:

B.

C.





Jam 5:15 And the	of	shall save the
	_, and the Lord shall raise him up; and	if he have committed
	_, they shall be forgiven him.	
Jam 5:16	[your] faults one to another,	and pray one for another, that ye
nay be	The effectual fervent prayer of	f a righteous man availeth much.
Mat 18:18 Verily I sa	ay unto you, Whatsoever ye shall bind	on earth shall be bound in
eaven: and whatsoe	ver ye shall loose on earth shall be loos	sed in heaven.
Mat 18:19 Again I sa	ay unto you, That if two of you shall _	on earth as
ouching	that they shall	, it shall be
	_ for them of my Father which is in he	eaven.
Mar 11:24 Therefore	e I say unto you, what things soever ye	desire, when ye pray,
nat ye	[them], and ye	have [them].
Mar 16:17 And these	eshall follow the	em that;
n my name shall the	y cast out devils; they shall speak with	new;
	any thing in my na	
	Il take up serpents; and if they drink an	
	on the sick, and	
	e I say unto you,	
hen ye pray, believe	e that ye receive [them], and ye shall ha	ave [them].
	ld the	
	avering; (for he [is] faithful that promis	
	e received of the Lord that which also	
ord Jesus the [same]] night in which he was betrayed took _	:
	n he had given thanks, he brake [it], an	
	, which is for you	
	same manner also [he took] the cup, w	
	testament in my	
	_ as ye [it], in r	remembrance of me.
	ten as ye eat this bread, and drink this c	
leath till he come.	-	
Note: The Greek wor	rd for "Shew," which is Old English fo	r "show," means: speak of,
nact, re-live, demon	strate, put into action or force (i.e., in	nitiate, begin or establish).
	outh of babes and sucklings hast thou	
established)	because of thine enemie	` "
	the enemy and the avenger.	•
	referring to this verse, Jesus says, "The	ou hast perfected praise."
	the Spirit alsoo	
	for as we ought: but the Spirit itself	
	_ for us withw	
Co 14:2 For he that	t speaketh in an [unknown] tongue spea	aketh not unto men, but unto
	erstandeth [him]; howbeit in the spirit	
	ray in an [unknown] tongue, my	
ny		pray car, car
	the that I have o	chosen? to
	the bands of wickedness, to undo the ged go free, and that ye break every	e heavy
and to let the oppress	sed go free, and that ye break every	?





Isa 58:7 [Is it] not to deal thy	to the hungry, and that thou bring the
poor that are cast out to thy house? when thou	seest the naked, that thou cover him; and that
thou hide not thyself from thine own flesh?	
Isa 58:8 Then shall thy light break forth as the	e morning, and thine
shall spring forth speedily: and thy righteousne	
LORD shall be thy (i.e.	
1Co 12:4 Now there are diversities of	but the same Spirit
1Co 12:5 And there are differences of	
1Co 12:6 And there are diversities of	
worketh all in all.	, but it is the same God which
	Chinit is siven to assemble and to modit with all
1Co 12:7 But the of the	
1Co 12:8 For to one is given by the Spirit the	
the word ofby the same	Spirit;
1Co 12:9 To anotherby	the same Spirit; to another the gifts of
by the same Spirit;	
1Co 12:10 To another the working of	; to another
; to another	of spirits; to another [divers]
of tongues; to another t	heof tongues:
1Co 12:11 But all these worketh that one and	the selfsame Spirit, dividing to every man
severally as he will.	
Mat 12:29 Or else how can one enter into a	man's house, and spoil
his goods, except he first the	strong man? and then he will spoil his house.
Luk 10:19 Behold, I give unto you power to to	
the power of the: and:	
Luk 10:20 Notwithstanding in this rejoice not	
must be obedient) unto you; but rather rejoice,	
Luk 11:17 But he, knowing their thoughts, sai	
	to desolation; and a house [divided] against
	to desolation, and a nouse [divided] against
a house	how shall his
Luk 11:18 If Satan also be divided against	, now shall ms
stand? because ye say t	
Luk 11:19 And if I by Beelzebub cast out dev	ils, by whom do your sons cast [them] out?
therefore shall they be your judges.	
Luk 11:20 But if I with the finger of	cast out devils, no doubt the
kingdom of is	
Luk 11:21 When a strong man armed keepeth	his palace, his goods are in peace:
Luk 11:22 But when a	than he shall come upon him, and overcome
him, he taketh from him all his armour wherei	n he trusted, and his spoils.
Luk 11:23 He that is not with me is against m	
scattereth.	ev mile ile viim guinierevii ilev William
Luk 11:24 When the s ₁	oirit is cone out of a man, he walketh through
dry places, seeking rest; and finding none, he s	eaith I will unto my
house whence I came out.	unto my
	tlawant and comished
Luk 11:25 And when he cometh, he findeth [i	
Luk 11:26 Then goeth he, and taketh [to him]	other spirits more
wicked than himself; and they	in, and dwell there: and the last [state]
of that man is than the	IIISt.





D. Profession of Your Faith (Affirmations)

•	Purpose:	 a) Beside thanking God, list 2 other reasons for the Prayer of Affirmation (i.e., for declaring the Word of God over yourself). 1)
No	ote: For hel	2)
•	Context	a) When do you believe that you receive the answer to your prayer?
		b) The Point of Contact is when you choose to release your faith.
		It is the point in time when you believe that you have received
		your healing. For each type of prayer below, state the point of contact.
		Prayer of Faith
		Prayer of Agreement
		Anointing with Oil
•	Process	a) Why is it important to confess your sins before affirming your healing?
		Why is it important to include the Name of Jesus in the affirmation of the Healing Scripture?
		c) Why is it important to say the affirmations aloud?
		d) Why is it important to count the number of affirmations?
•	History	<u></u>

- a) Journal and logs are excellent. In challenging times, they help to remind us of how God had previously delivered us from situations which may have seemed impossible at that time.
- b) Logs give us a basis for evaluating the effects of changes in the number of daily affirmations and for measuring progress.



ABC Healing School Semester 2 Module 2 Pathways to Healing Homework Assignments

- 1. Continue in your lifestyle of:
 - Confessing known sins when they occur.
 - Receiving forgiveness for unknown sins frequently.
 - Taking communion daily.
 - Forgiving others be a loving and forgiving person.
 - Speaking affirmations for those things for which you are standing in faith.
 - Praying in tongues everyday and throughout the day.
- 2. Do all exercises as instructed (Fill in the Blanks, True or False, Match, Unscramble the Jumbled Messages, etc.).
- 3. Write out and bring a list of curses/sins with you to class on Sunday July 21st

a. Sexual:

- Possible high level categories: sexual partners outside of marriage, pornography, voyeurism, exhibitionism, sex with spouse before marriage, masturbation etc.
- Details within each category: pornography on the internet, subscription to Playboy, sexual intercourse with (?), sexual games, watching neighbor etc.







Understanding Curse Breaking

Overview: During the course of Semester 1 and now in Semester 2 we have been working to sensitize you to sin in your life. The purpose is, not to make you sin conscious because Jesus' blood has paid for all your sins and you are the righteousness of God in Christ Jesus and you should not accept guilt and condemnation, but to help you identify and overcome the strongholds of the evil one in your life.

Goal: To become the Glorious Church without spot or wrinkle by identifying sins and strongholds and then by breaking the curses behind those sins in order to tear down and dismantle the strongholds that the evil one has erected around your lives. The deeper and more detailed you list your sins/curses; the better will be the results of breaking the strongholds.

Process:

- **A.** Start with your current/most recent sins. What sins do you find yourself committing most often? Put them into sin categories; is it fear? Offense? Unforgiveness? Anger? etc. Then take one of the categories such as fear. Pray and ask the Lord to show you ways in which fear is affecting your life and try to identify high level categories: e.g., fear of man, fear of failure, fear of dogs, fear of poverty, etc.
 - Using the Prayer for Breaking Curses (Sem 1 Module 16), confess the sin of fear with a partner (see below) and read the entire prayer. At the end of each line item, your partner will agree with you by saying, "I agree with you in the Name of Jesus." Repeat the process of praying and breaking curses with each of the high level categories.
- **B.** Next, after the breaking of curses for the high level categories, focus on the details. As God brings to memory the previous times when you have committed sins within a particular category, keep listing those sins, getting as specific as possible relating to persons, events, words or actions of sin. Keep it specific and avoid generalities; e.g., unforgiveness when my brother broke a window and blamed me. Note: not simply unforgiveness toward my brother.
- C. Once you have identified the specific sins and curses within a given high level category, which has previously been broken, then get together again with your partner and break the detailed curses by using the Prayer for Breaking Curses (see below). Continue on to the next high level category and repeat the process again. Keep doing it for all the sins of which you are aware.
- **D.** The next step is to use the Word of God to stop giving into sin in those areas (i.e., find a Scripture and make an affirmation out of it). The more you implement these 2 items into your life (i.e., breaking curses and affirming the Word), the stronger your will to resist the sins will become through the power of the Holy Spirit. At the same time as your will gets stronger, the weaker the sins and the strongholds become; and the weaker will be the demons, devils and evil spirits behind them.
- **E.** It is essential to make this process into a lifestyle. As God reveals sins, sin patterns, and strongholds, keep repeating the entire process, starting with the high level and then detailed.

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Additional Considerations:

Be on constant guard against sinful attitudes, intentions, desires, thoughts, memories, words, actions and deeds. Remember, anything which violates any one of the nine parts of the Fruit of the Spirit is a sin.

When you do sin, CRRB every sin (i.e., confess, repent, renounce, break). Also, when you are not aware of committing any sin for a given period of time, frequently, just pause and ask the Lord to cleanse you of the ones of which you are unaware. Then ask the Lord to continue to reveal to you your unknown sins and help you not to do them again.

These daily lifestyle choices are essential to develop in order to create a spiritual atmosphere around our lives that minimizes demonic influences. Be particularly vigilant in the areas in which you have broken curses.



A Sample Prayer for Breaking Curses

1.	In the Name of Jesus, I reper	nt of the sin of	
	•	(Example: Calli	ng myself fat)

- 2. In the Name of Jesus I forgive every person from my heart who has participated in this sin or caused me to sin or been affected by this sin.
- 3. In the Name of Jesus, I renounce Satan and every demon, devil and evil spirit behind this sin.
- 4. In the Name of Jesus, I take away the legal right of Satan, every demon, devil and evil spirit to operate on me, my body or my life because of this sin.
- 5. In the Name of Jesus, I break every ungodly soul tie to this sin and to every person and spiritual being connected to or behind this sin.
- 6. In the Name of Jesus, I break every curse, every vow, every covenant, every contract, every hold, every hook, and every connection to evil, resulting from this sin.
- 7. In the Name of Jesus, I have been set free by Jesus Christ. He/She whom the Son sets free, is free indeed.





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4.	Introduction to the Prayer of Faith	Pastora Sarah	1/20/19
5.	Removing Curses from Your Life Part 1	Deborah Henneker	1/27/19
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13.	Alignment	Pastora Karen	2/24/19
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