

RAPHA

Written by Ambassador Dr. Edd Branson

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Acknowledgments

To every patient who has ever laid in a hospital bed with more questions than answers, this book is written with you in mind.

To the nurses who choose compassion even when fatigue whispers otherwise, your hands are instruments of healing far greater than you know.

To the doctors who labor between science and prayer, may God continue to bless your wisdom and strengthen your resolve.

To every family that has held a loved one's hand in the midnight hours, whispering prayers and shedding quiet tears – you are the unseen warriors of healing.

And to the countless intercessors, prayer partners, and people of faith who stand in the gap for the sick, thank you for reminding us that no one ever suffers alone.

I am deeply grateful to those who shared their testimonies of sickness and healing especially my son, who allowed his story to be told so that others may find courage in their darkest nights.

Above all, I acknowledge Jehovah Rapha, the Lord who heals. This book is dedicated to Him, the ultimate Physician, whose power works through both miracles and medicine, faith and science, spirit and body.

Introduction: Why I Wrote This Book

My name is Edd Branson, and I write this to you not as a prophet, not as a preacher, and not as a figure on a platform — but as a fellow human being. A human being who has sat in hospital corridors, smelled the sharp scent of disinfectant in the air, and watched the slow ticking of the clock while waiting for results.

I know the loneliness of lying in a hospital bed after visiting hours, when the chatter of family fades and the silence becomes your only companion. I know the flood of questions that rise in those hours: Will I be okay? Who is taking care of my loved ones? What will the doctors say when the tests come back? Will I ever be the same again?

I have felt that ache, and I have prayed those prayers.

And in those moments, one truth became clear to me: healing is not just about medicine, and it is not just about miracles. Healing is about the presence of God, the resilience of the human spirit, and the courage to keep choosing life one day at a time.

That is why this book is called RAPHA. In Hebrew, Rapha means “to heal.” It is the name by which God revealed Himself in the wilderness: “I am the Lord who heals you” (Exodus 15:26).

This name is not a theological idea — it is a living promise. It means that God is not distant from your pain. He is close. He heals through prayer, but also through the doctor who prescribes your medicine, the nurse who adjusts your pillow, the physiotherapist who helps you stand again, and the friend who whispers, “Don’t give up.”

In these pages, we will walk together through what it means to experience God’s healing. We will explore how faith and medicine work hand in hand, how healing begins in the mind and the spirit before it manifests in the body, and how to live a lifestyle that nurtures health long after the crisis has passed.

I write this book to tell you: you are not alone.

You may feel isolated, but there is a multitude of angels around you, a tribe of people praying for you, and a God who calls Himself Rapha — your Healer.

Let this book be your companion on the journey.

Let these words breathe strength into you when your own words run dry.

Let the scriptures within remind you that even in the valley of sickness, the Shepherd walks beside you. Beloved, you are not condemned by sickness. You are not forgotten in pain.

You are seen. You are loved. And you are held in the hands of Jehovah Rapha, the God who heals.

Chapter One: RAPHA — The Healer

Hie there.

My name is Edd Branson, today I write to you not as a prophet, not as a senior person of influence, not as someone standing above you with fancy titles Dr. Ambassador or whatever title you might know me by, no let's drop all that. I write to you as a fellow human being. A human being who has sat alone, lonely in the silence of a hospital ward. A human being who has felt the weight and ache of pain in the body, a human being who has asked the very questions you may have whispered in your own heart: "Will I be okay? Why is this happening to me? Will I ever feel whole again?"

There is a unique kind of loneliness that comes when you are unwell. When the last visitor leaves your hospital bed, when the last "Get well soon" message has been read, when the lights dim in the ward and all that remains is you, your thoughts, and your body that does not seem to obey you anymore. In those quiet hours, the mind floods with fears and questions.

- Will I make it through this?
- What will the doctor's report say?
- Who is taking care of things at home while I'm here?
- Why do I feel so abandoned?

If you have ever been in that space then you will know exactly what I am talking about. When you lie there in a hospital bed everything else doesn't matter, your titles , your rank or power doesn't help at the point you need

restoration , healing. This is why I titled this small book RAPHA. Because in those moments of breaking when your body is tired, when your soul is anxious, when your spirit is questioning what you truly need is not just another word of encouragement or another prescription. What you need is the God who heals - Jehovah RAPHA.

The word Rapha is not a modern English invention. It is an ancient Hebrew word, found in Scripture, and carries a depth of meaning that cannot be ignored. The root word rapha (רָפָא) literally means to heal, to restore, to make whole. It is not just about patching a wound; it is about renewal, about returning something broken to its original strength and purpose.

In the Bible we first meet RAPHA in the journey of the children of Israel as they moved from bondage in Egypt to Canaan. The children of Israel were changing levels , upgrading their status from slaves to masters and it is in this journey that God introduced himself to them as Jehovah RAPHA.

Not that they didn't know God or he hadn't introduced himself but he hadn't introduced the RAPHA side and nature. The children of Israel met this RAPHA In Exodus 15:26 where God revealed Himself with this very name:

“I am the Lord who heals you.” (Jehovah Rapha)

The story is important and powerful. The Israelites had just been delivered from Egypt. They crossed the Red Sea with miracles and song, everything was going well and according to plan. Yet only three days into the wilderness, they encountered a crisis and this crisis was thirst. They needed water to drink, the most basic of needs. The water they found at Marah was bitter, undrinkable. Complaints rose. Fear spread. And it was in

that very moment of desperation that God introduced Himself in a new dimension: as Rapha, the Healer. Does this feel like your life right now ? Everything was going well until the minute you started feeling unwell ending up in a hospital bed ?

Is this you right now ? At a point where you need the most basic thing GOOD HEALTH . Many of us take good health for granted. The same the children of Israel took water for granted until the moment when they needed water to drink.

God showed up for the children of Israel and he met them at their point of need.

God instructed Moses to throw a piece of wood into the water, and the bitter water became sweet.

Notice something important: God did not simply tell them, “Trust Me and drink it bitter.” No. He provided a practical solution. He worked through a natural element the wood—to manifest His healing power.

This is why the name Rapha is so critical. It shows us that God is not distant from our pain. He is not merely a Deliverer from bondage; He is a Restorer in weakness. He does not only save our souls; He heals our bodies, minds, and emotions.

But that doesn't just happen by faith alone there are processes to be followed and you need to be involved in those processes. The processes might involve taking medicines , doing physiotherapy or therapy sessions.

Participate , do your part because that is the piece of wood that Moses added to make the water sweet. That is the power of RAPHA working for your good.

When you whisper “Jehovah Rapha,” you are not just saying a word. You are calling upon the God who revealed Himself as the One committed to your wholeness.

In biblical culture, names reveal nature. When God declared Himself “Jehovah Rapha,” He was unveiling an eternal truth: healing is not just something He does—it is who He is.

- When you say Jehovah Jireh, you call upon God the Provider.
- When you say Jehovah Shalom, you call upon God the Peace-giver.
- When you say Jehovah Rapha, you call upon God the Healer.

It is part of His very identity. Healing is not a side activity of God; it is woven into His character.

This means that every time your body aches, every time your mind feels restless, every time your spirit is weary you have access to a God whose very essence is to restore what is broken.

No matter how strong we think we are, no matter how careful we try to be, the truth is this: every human being eventually faces a moment when the body breaks or needs attention.

Sometimes it comes as a sudden diagnosis. The doctor clears his throat and delivers news that shakes your world: "We found something."

Sometimes it is gradual fatigue that doesn't go away, a cough that lingers, a pain that creeps until it cannot be ignored.

For others, it is simply the wear of time, the slow reminder that this mortal body is temporary. For some it is an accident that isn't of your doing or fault yet it ends with you in a hospital bed.

When the body breaks, something else happens too: the mind races. Questions flood in. Fear whispers louder than faith. You begin to wonder:

- What if I don't make it?
- What if I never return to normal?
- What if this is the end?

I know this space. I have been there. And if you are reading this, you may be there too. It is in this breaking that the human body feels like both a prison and a battlefield. A prison, because you are trapped in your pain. A battlefield, because inside of you a war is raging between disease and recovery, between despair and hope, between life and death.

It is in moments like this that the importance of RAPHA becomes crystal clear. Medicine can treat symptoms. Doctors can perform procedures. Nurses can administer care. But at the core of it all, we need something deeper: the touch of the Divine Healer.

God does not discard the work of doctors. Just as He used wood at Marah, He uses medicine, surgery, counseling, and therapy as instruments of His healing. The tablet you swallow, the injection you endure, the physiotherapy exercise you perform these are not signs of weak faith. They are often the very tools through which Jehovah Rapha works.

Faith does not mean ignoring treatment. Faith means trusting that God is present in the treatment. The same God who gave wisdom to Moses gives wisdom to medical professionals today. The same God who turned bitter water sweet can turn bitter diagnoses into testimonies.

Think of your body as a house. Over time, houses develop cracks. Paint peels. Roofs leak. Sometimes storms cause damage. To repair the house, you call a builder. He patches, replaces, restores. That is medicine.

But then imagine the Architect Himself stepping in the One who designed the house in the first place. He does not just repair the cracks. He strengthens the foundation. He ensures the structure stands firm against the next storm. That is Rapha.

When the body breaks, we do not just need bandages. We need the Architect. We need the God who restores not only flesh, but also faith, peace, and purpose.

It is important to understand this: healing is not always the same for everyone. For one person, it may mean instant recovery. For another, it may be a gradual process of regaining strength through months of treatment. For yet another, it may mean peace and endurance in a long struggle.

But here is the truth that never changes: healing is not only the absence of pain it is the presence of God in the pain.

Healing is not just when the body is cured. Healing is when the soul finds peace, when the spirit finds strength, when the heart knows: I am not alone, God is with me.

That is why this book is titled RAPHA. Because at its heart is this promise: when the body breaks, you are not abandoned. The Lord who heals—Jehovah Rapha—is near.

My life in ministry has taught me that Jehovah RAPHA will always show up. I have seen countless believers who have encountered God as Rapha in their darkest hours. I won't mention names but I saw

- A woman with cancer who, after months of chemotherapy, she declared, "It wasn't the medicine alone that healed me it was God giving me strength to go through it."
- A young man in depression who found no relief in pills until he combined treatment with prayer and slowly felt his joy return. That young man is a pastor at one of our branches and he shows off his scars with pride because Jehovah RAPHA came through for him.
- A mother in ICU who was told her child had no chance, yet against all odds, the child recovered doctors shaking their heads, but she lifting her hands, saying, "Rapha did this."

Each of these testimonies echoes the same truth: healing is not just physical recovery. It is the presence of the Healer.

Jesus' presence in the boat did not stop the storm. The storm came when Jesus was there in the boat but things changed when those in the boat called on the master to calm the storm.

You love God with all your heart and that doesn't mean that disease won't attack you, it will come just like the storm but once you call on the almighty then things will be restored.

I invite you to shift your perspective. Don't only see sickness as a curse. See it as an invitation to encounter God in a new dimension.

When your body breaks, you are not forsaken. You are being led to discover Jehovah Rapha—the One who heals, restores, and renews.

So, let this truth anchor you as you turn the pages:

When the body breaks, you are not abandoned. The Lord who heals—Jehovah Rapha—is near.

Devotional Moment: The God Who Heals

Scripture: "I am the Lord who heals you." Exodus 15:26

Reflection: Right now, your body may feel weak. Your thoughts may be heavy. But God has not abandoned you. He is not waiting for you to get better before He draws near. He is already with you in this very moment. His name is Rapha — the One who heals. Healing is not only about the sickness leaving your body, but about His peace filling your heart, His presence calming your mind, and His love holding you like a blanket. You are not alone. You are seen. You are loved.

Prayer: Jehovah Rapha, my Healer, I thank You that You are with me even in this moment of weakness. I bring my fears, my pain, and my brokenness before You. Please heal me in the way You know best — in my body, my mind, and my spirit. Give me peace in the waiting, strength in the pain, and hope in the journey. Thank You that Your presence surrounds me and Your love carries me. Amen.

Practical Step: Today, take a deep breath and whisper “Rapha” three times. With each breath, remind yourself: God heals. God restores. God is with me. Let this be your anchor whenever your thoughts start to spiral.

Chapter 2 Healing is a Covenant

In chapter 1 we went through the experience of the children of Israel at Marah and how God revealed his RAPHA nature.

When God revealed his restoring and healing nature he made a covenant:

“...If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight... I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.” Exodus 15:26

Here, for the first time, God declared: I am Jehovah Rapha but it came as a covenant.

Quick lesson : what is a covenant it basically is a binding agreement between 2 parties.

When we look at Marah we realize that God wasn't just fixing water. He was teaching Israel a deeper truth: “As I healed the waters, I will heal you. As I turned bitterness into sweetness, I will turn your sickness into wholeness.”

Healing, then, was not an accident or a bonus. It was woven into the very covenant relationship between God and His people. His identity was tied to it: I am the Lord who heals you.

But notice carefully: the healing came when Moses obeyed a practical instruction. God didn't simply say, "Believe and drink." He told Moses to throw a piece of wood into the water. Faith and obedience combined with a physical act – and the result was healing.

This lesson matters even today. God often uses simple, practical means to bring healing: a pill, an injection, a surgery, a therapy. To use them is not unbelief; it is obedience. Just as the wood sweetened the waters, medicine sweetens the bitterness of illness.

I will keep reiterating the issue of taking medicine because some people are being led to believe that taking tablets or medicine is a sign that you doubt God's power or that you have no faith. Don't listen to them, take your medicines and follow the instructions of the professionals.

At Marah we saw a practical demonstration of power.

But Marah was not the only wilderness lesson.

Later in their journey, Israel once again rebelled. They grew impatient, they complained bitterly against God and Moses. And once again, the consequences came swiftly. Venomous snakes invaded the camp. Their bites brought fiery pain. Many died. Panic spread like wildfire.

In desperation, the people cried to Moses: "Pray for us!"

And again, God's solution was unusual:

“Make a fiery serpent, and set it upon a pole: and it shall come to pass, that everyone that is bitten, when he looketh upon it, shall live.”— Numbers 21:8

Moses obeyed. He crafted a bronze serpent, lifted it high on a pole, and proclaimed God’s instruction. The people had a choice: stay on the ground staring at their wounds in despair, or lift their eyes to the symbol God provided. Those who looked lived. Those who refused, perished.

That moment shaped history. The bronze serpent became a living picture of Jehovah Rapha’s healing power. It also foreshadowed the cross of Christ, where all who “look” to Him in faith find eternal healing (John 3:14–15).

But the story didn’t end there. The symbol of a serpent on a staff endured through the centuries, and today it stands as the international emblem of medicine. Look at an ambulance. Look at the logos of hospitals and pharmacies. You’ll see a serpent coiled around a pole — the Rod of Asclepius. Though its name comes from Greek tradition, its biblical echo remains: the serpent lifted high as God’s instrument of healing.

What does this mean for us? It means medicine itself is a testimony. Just as the wood sweetened the waters and the bronze serpent healed snakebites, so medicine, hospitals, and doctors are instruments of Jehovah Rapha today.

Faith is not proven by rejecting medicine. Faith is proven by obeying God’s means of healing, whether spiritual or physical.

- The Israelites had to drink the water once it was made sweet.
- They had to lift their eyes to the serpent, even when it seemed foolish.
- Today, patients must take their medicine, follow their treatment plans, respect their caregivers — not as unbelief, but as obedience to Rapha.

Doctors, nurses, caregivers, pharmacists, and therapists are not competitors to faith; they are partners with faith. They are extensions of God's healing touch.

Think of it: who gave human beings the ability to study anatomy, to discover antibiotics, to invent surgical procedures, to design therapies? Wisdom comes from God. Science is not the enemy of faith — it is often the toolbox of Rapha.

That is why patients must respect medical professionals. Arrogance, stubbornness, or disobedience can cost lives. In the wilderness, those who refused to look at the serpent died. Today, those who refuse to follow medical guidance often suffer needlessly.

At both Marah and in the wilderness of snakes, the principle was the same:

- God provided the solution.
- The people had to act in faith and obedience.

Marah required them to drink the sweetened water. The bronze serpent required them to look up. Healing came not from doing nothing, but from combining trust with obedience.

In our time, Jehovah Rapha still works this way. He provides medicine. He empowers doctors. He strengthens caregivers. But we must do our part — take the pill, attend the therapy, follow the diet, rest the body. This is not unbelief. This is wisdom. This is obedience.

Finally, remember this: Rapha does not just heal the body. He heals the soul. The bronze serpent pointed to Christ, who heals the ultimate poison of sin. When you look to Him, you not only live physically, you live eternally.

Healing, therefore, is wholeness:

- Body restored through medicine and prayer.
- Mind calmed through peace.
- Spirit cleansed through Christ.
- Relationships healed through forgiveness.

Rapha desires nothing less than your full wholeness.

Devotional Moment: Looking and Living

Scripture: “And Moses made a bronze serpent and set it on a pole; and if a serpent had bitten any man, when he beheld the serpent of brass, he lived.”
Numbers 21:9

Reflection: What are you staring at today? The wound, the pain, the fear — or Jehovah Rapha? The Israelites could have sat in despair, staring at their bite marks. But those who looked up, lived. Today, God may use a small pill, a doctor’s wisdom, or a nurse’s care as His “serpent on a pole.” Looking up means trusting Him through the means He provides. Don’t despise the medicine. Don’t resist the doctor. Don’t lose hope. Look to Rapha, and live.

Prayer: Jehovah Rapha, I lift my eyes to You today. Thank You for being my Healer. Thank You for giving wisdom to doctors and strength to caregivers. Help me to obey, to trust, and to cooperate with the healing process. Heal my body, restore my soul, and give me peace in this journey. Amen.

Practical Step: Next time you visit the doctor or take your medicine, whisper: "This is my bronze serpent. This is my wood in the water. God, I trust You in this." Turn every medical step into a faith step.

Chapter Three: I Am Healed

Healing Begins in the Mind: before a pill is swallowed, before a prayer is whispered, before a surgery is performed healing begins in the mind.

A body may be weak, but if the mind surrenders completely to defeat, the body's fight is already lost. A spirit may be bruised, but if the soul refuses to rise, sickness finds a permanent home. Healing starts with the inner choice to believe: I can be healed. I will be healed. I am healed.

When Jehovah Rapha reveals Himself as the God who heals, He is not only speaking about the body. He is also speaking about the soul, the thoughts, the willpower, the determination to live.

I once heard a story that has stayed with me, not from a stranger, but from one of my sons a young man who today leads Edd Branson Publishers. His story is one of pain, struggle, and incredible triumph.

At the tender age of eight, his world changed. He was diagnosed with Rheumatoid Arthritis, an incurable disease that eats away at the joints and ligaments. By fourteen, his young body was ravaged. His knees, elbows, and wrists were swollen, stiff, and painful. Walking was impossible. Even using his hands had become unbearable. His condition confined him to a wheelchair.

He spent eight long months in Parirenyatwa Hospital, Zimbabwe's largest referral hospital. From there, he was transferred to St. Giles Rehabilitation Centre, where another six months of therapy awaited him.

For the first two months, he lived on heavy medication. Yet, the pain persisted. His joints would not heal. His spirit began to sink under the weight of frustration. The disease seemed stronger than the drugs.

Then came a turning point.

One day, his doctor, Mr. Nelson Okwanga, brought in the physiotherapy team: Gladman Mutiti and Carol Zawaira. He told me that he mentions them by name every time he tells this story because they helped changed his life. They sat this 14-year-old boy down, looked him in the eye, and said words that would change his life:

“You have to make a choice. Either you spend the rest of your life in this wheelchair, or you fight through the pain and walk again. But the choice must be yours. If you decide to walk, you must commit with your mind, body, and soul.”

Imagine that moment. A boy, barely in his teens, being told to choose between surrender and struggle. Yet life sometimes demands such choices.

He chose to fight.

He told me later, “The moment I decided I would walk, healing began.”

Rheumatoid Arthritis has no cure. He still battles it to this day. But because he believed, because he made that choice, he walked again. Not perfectly his walk carries a limp but proudly. He may not be able to run, but he can stand, move, and live without the confinement of a wheelchair.

The medicine had its role. The physiotherapy had its role. But the spark was lit in the mind. Healing began when he believed.

Why does this story matter? Because it teaches us something vital: healing begins when we choose to be healed.

A defeated mind cannot heal a broken body. But a determined spirit can carry a sick body through the fire of recovery.

This is not wishful thinking. It is a divine principle. Scripture says:

“As a man thinketh in his heart, so is he.” Proverbs 23:7

What you decide in your heart has power. What you believe in your mind shapes your reality.

My son believed he could walk, and his body followed. You too must believe that Jehovah Rapha can restore you.

This truth is not new. It is written in the pages of Scripture. At the Pool of Bethesda in John 5, a multitude of sick people lay waiting the blind, the lame, the paralyzed. Tradition said that an angel would stir the waters, and whoever stepped in first would be healed.

Among them lay a man who had been sick for 38 years. Jesus approached him and asked a question that sounds almost cruel:

“Do you want to be healed?”

Why ask this? Surely the answer was obvious. But Jesus knew that healing begins with a decision.

The man gave excuses: “I have no one to put me into the pool.” But Jesus pressed beyond his excuses, commanding him: “Rise, take up your bed, and walk.”

And immediately, the man was healed.

The lesson is the same: God provides healing, but you must choose to believe, to rise, to take your step. Excuses won’t help it is the decision that starts the process.

God Plays His Part, We Play Ours

Healing is always a partnership.

- At Marah, God healed the waters, but the Israelites had to drink.
- In the wilderness, God provided the bronze serpent, but the people had to look.
- At Bethesda, Jesus released healing, but the man had to rise and walk.

Jehovah Rapha is a healer, but He will not impose His healing on you. He requires your choice, your agreement, your faith. Salvation works the same way: it is free, but it must be received. Healing, too, is a gift, but it must be embraced.

I know that when you are lying in a hospital bed, with monitors beeping and pain gnawing at your body, it can feel like disease has won. You may think the pain has defeated you, that you are too tired to fight.

But hear me: you are stronger than you know.

You must rise in your spirit before you rise in your body. You must declare: "I will live. I will walk. I will recover. I am healed."

Jehovah Rapha honors such faith. Angels respond to such determination. Medicine works better with such cooperation. And slowly but surely, the body begins to align with the will to live.

Devotional Moment: The Choice to Be Healed

Scripture: "Do you want to be healed?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred..." Jesus said to him, "Rise, take up your bed, and walk." John 5:6–8

Reflection: Jesus' question still echoes: "Do you want to be healed?" Healing begins with a yes. It begins with a choice, even when pain screams otherwise. My son's story shows this truth: once he chose, healing began. You too must choose. Healing is not passive. It is a fight. It is a decision.

Jehovah Rapha is ready, but He waits for your yes.

Prayer: Jehovah Rapha, today I choose healing. I refuse to be defeated in my spirit. I will not surrender to disease. I open my heart to Your power, I open my mind to Your peace, and I open my body to Your touch. Strengthen me to fight, to endure, and to rise. Thank You for the doctors, the nurses, the medicine, and the prayers that surround me. Thank You that by Your grace, I am healed. Amen.

Practical Step: Every morning, before you take your medicine or start your therapy, place your hand on your chest and declare aloud: "I choose healing. I am healed." Let this confession train your mind and spirit to walk with Jehovah Rapha in the journey of recovery.

Chapter Four: The Healed Life

Healing is a lifestyle , healing is not only about the moment when the pain lifts, the diagnosis changes, or the strength returns to your body. Healing is also about the choices you make after God has restored you.

When you choose to be healed, you must also choose to live healed.

The son of mine whose story I shared earlier embodies this truth. Though afflicted as a child with rheumatoid arthritis and confined to a wheelchair, today he chooses to live responsibly. He stretches his joints with physiotherapy, eats carefully, monitors his blood pressure and sugar levels, and pays attention to his health. He does not do this because he is still sick, but because he has chosen the healed life.

This is the essence of living healed: not waiting for sickness to knock again, but guarding the temple of your body daily so that healing becomes a lifestyle, not just an event.

The reality is simple: no matter how much you pray, your body will not bathe itself. No matter how much you shout “Fire!” or “In the name of Jesus!” soap and water will not miraculously cleanse you.

Faith must always be joined to action. James reminds us: “Faith by itself, if it is not accompanied by action, is dead. James 2:17

Living the healed life means aligning your faith with responsibility. Believing that God has healed you is not enough — you must make daily choices that honor the healing you have received.

This principle is as old as the Bible itself. When the children of Israel were delivered from Egypt, God did not just bring them out of bondage; He gave them instructions for healthy living.

He told them what to eat and what to avoid, how to purify themselves, how to rest, and even how to isolate the sick. These instructions were not burdensome laws but divine health codes meant to keep His people safe.

Think of the story of Daniel in Babylon (Daniel 1:12–15). Daniel and his friends refused to eat the king's rich food and instead asked for vegetables and water. After ten days, they looked healthier and stronger than all the others. Daniel understood that what you eat can either strengthen or weaken your body. His decision to honor God with his diet resulted in health and vitality.

God cares not only about our salvation but also about our daily choices that sustain life.

Consider Elijah, the great prophet. After his mighty confrontation with the prophets of Baal on Mount Carmel, he fled into the wilderness exhausted, afraid, and depressed. He even prayed for God to take his life. What did God do? He did not rebuke Elijah for a lack of faith. Instead, He sent an angel with food and water and told him to rest.

“Arise and eat, because the journey is too great for you.” 1 Kings 19:7

Elijah’s healing in that moment was not a thunderous miracle it was a nap and a meal. Sometimes, the healed life is as simple as sleeping well, eating wisely, and regaining strength for the journey ahead.

Even the Apostle Paul, a man full of faith and power, did not despise medicine. He once advised Timothy:

“Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.” 1 Timothy 5:23

This was not superstition; it was practical medical advice for Timothy’s condition. Paul knew that faith and medicine were not enemies but partners in the healing process.

Living the healed life means respecting medical wisdom while still standing on faith. The two work together, just as Moses lifted the bronze serpent in the wilderness and those who looked at it were healed (Numbers 21:8–9). That bronze serpent, now a universal symbol of medicine, reminds us that God often uses physical means to bring about spiritual and bodily healing.

Paul declares: “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” 1 Corinthians 6:19–20

Your body is not disposable. It is not just a shell. It is a dwelling place of the Spirit of God. And like any holy temple, it requires caretaking.

Think of your church. It has people responsible for sweeping the floors, arranging chairs, tuning instruments, maintaining the grounds. In the same way, you are the caretaker of your own body.

Everything you eat, drink, watch, or even dwell upon in thought either builds this temple or begins to erode it. The healed life is not passive; it requires intentional stewardship.

Driving recklessly endangers not only you but also everyone else on the road. Likewise, living recklessly with your health endangers not just you but also those who depend on you.

Reckless eating, reckless sleeping, reckless working — all these choices shorten your life and rob your loved ones of the blessing of your presence.

Healing is God's gift. But health is your responsibility. Jehovah Rapha restores, but you must preserve.

Here are five practices that have worked for me and I would like to share them with you maybe they could help you towards the healed life:

1. Eat Wisely : Food is fuel, not entertainment. Choose meals that nourish, not just fill. Follow Daniel's example of moderation. Remember: your fork can either be your medicine or your poison.
2. Move Daily: You don't need to run a marathon. Even walking, stretching, or light exercises strengthen your heart, improve circulation, and protect your joints. Movement is medicine.
3. Rest Well : Sleep is not wasted time. It is the body's repair shop. Elijah's strength returned after rest and nourishment. Do not despise rest; it is holy.
4. Respect Medical Guidance : Doctors, nurses, and therapists are not your enemies. They are part of God's healing system. Follow their instructions faithfully. To ignore them is to despise the bronze serpent that God Himself lifted.
5. Guard Your Mind and Spirit : A healed body without a healed mind will soon relapse. Fill your thoughts with Scripture, gratitude, and hope. Avoid toxic conversations and fear-driven voices. Proverbs 17:22 reminds us: "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

Living the healed life is more than just survival. It is about flourishing. It means being strong enough to laugh with your children, to dream again, to work with purpose, and to worship God in joy.

Jesus Himself said: “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” John 10:10

The healed life is abundant life. It is not about merely avoiding sickness but about embracing wholeness in body, mind, and spirit.

Devotional Moment: Living the Healed Life

Scripture: “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 1:2

Reflection: Healing is not only a momentary relief but a lifestyle of honoring God with your body. Every meal, every choice to rest, every walk you take, every doctor’s instruction you follow, every thought you nurture — all these are acts of worship. You are not just living; you are living healed.

positive

Prayer: Jehovah Rapha, thank You for restoring me. Help me now to live as one who is healed. Give me wisdom to care for my body, discipline to make healthy choices, and joy to guard my spirit. Let my healed life be a testimony of Your love and faithfulness. Amen.

Practical Step: Choose one habit today that reflects the healed life — whether it is eating a balanced meal, going for a walk, or sleeping early. Write it down as a covenant with God and commit to practice it faithfully this week.

Chapter Five: Do Not Be Afraid, God Is With You

Fear is one of the greatest enemies of healing. It weakens the spirit, clouds the mind, and drains the body of strength. Fear feeds anxiety, and anxiety eats away at hope.

But faith and fear cannot live in the same room. One always drives the other out.

Beloved, do not be afraid. Be courageous. Face the disease, the hospital bills, the doctor's report, or whatever challenge lies before you with courage. Fear is an enemy, but God has not given us a spirit of fear — He has given us power, love, and a sound mind (2 Timothy 1:7).

Remember Moses and the children of Israel. Behind them, Pharaoh's chariots thundered closer. Before them, the Red Sea stretched out, deep and wide. To human eyes, there was no way out.

But God made a way where there was no way. He told Moses to stretch out his hand, and the waters parted. The people walked on dry ground, and the enemy that pursued them was swallowed up by the same sea.

You may feel surrounded today — sickness pressing from one side, medical bills piling on the other, doubts and loneliness rising like waves around you. But the same God who parted the Red Sea can part your sea of troubles. He has not changed. He is Jehovah Rapha, the healer, the deliverer, and the

way-maker.

It is easy to worship God on the mountain when life is bright and your body is strong. But He is also God in the valley, when nights are long and your strength feels gone.

The God of your good days is still the God of your bad days. The God who gave you laughter yesterday will give you tears of joy tomorrow. Do not be afraid. Do not let fear rob you of the courage to believe.

Sometimes sickness whispers loneliness. Lying in a hospital bed or sitting quietly in pain, it is easy to think no one understands, no one cares, no one prays. But I tell you today, you are not alone.

There are people praying for you right now — friends, family, fellow believers. And above all, Jesus Himself is interceding for you before the Father. He is your advocate, your healer, and your comforter.

Proverbs 17:22 reminds us: “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

Choose joy, even in the storm. A smile, a laugh, a moment of gratitude — these are medicines that work hand in hand with faith and science. Joy attracts healing. Joy invites strength. Joy declares to the enemy that sickness will not have the final word.

Beloved, as I close this journey with you, I leave these words upon your heart:

May the Lord meet you at your point of need.

May He provide richly and abundantly.

May His healing power overshadow you.

May your spirit be lifted, your mind be renewed, and your body be restored.

May good health, happiness, and prosperity become your portion.

Be of good cheer, for the Lord is with you.

Do not be afraid.

You are loved.

You are prayed for.

And you are healed.

Devotional Moment: Do Not Fear

Scripture: "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

Reflection: Fear is a thief. It steals sleep, drains strength, and blinds hope. But God's presence drives out fear. He is with you on the hospital bed, in the waiting room, in the silence of the night. His hand is under you, His Spirit within you, His angels around you. Do not be afraid.

Prayer: Father, I release every fear into Your hands. Uphold me with Your strength. Remind me that I am never alone. Fill me with courage, peace,

and joy. In Jesus' name, Amen.

Read these Verses for Healing, Hope, and Courage God will speak to you through these verses:

1. Isaiah 41:10 – “Fear not, for I am with you; be not dismayed, for I am your God.”
2. Exodus 15:26 – “I am the Lord, who heals you.”
3. Psalm 103:2–3 – “Praise the Lord... who forgives all your sins and heals all your diseases.”
4. Jeremiah 30:17 – “But I will restore you to health and heal your wounds, declares the Lord.”
5. James 5:14–15 – “The prayer of faith will save the sick, and the Lord will raise them up.”
6. Psalm 23:4 – “Even though I walk through the valley of the shadow of death, I will fear no evil.”
7. Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you rest.”
8. Philippians 4:6–7 – “Do not be anxious about anything... and the peace of God will guard your hearts and minds.”
9. John 14:27 – “Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid.”
10. Romans 8:31 – “If God is for us, who can be against us?”

Thank you, beloved, for allowing me to walk with you through these words.

Jehovah Rapha the Lord who heals is still present, still powerful, still compassionate.

Do not be afraid.

God is with you.

And it shall be well with your soul.

With love and prayer

A handwritten signature in black ink, reading "Edie Benson". The script is fluid and cursive, with the first name "Edie" written in a larger, more prominent style than the last name "Benson".