



# UNIVERSITY OF HEALTH & HEALING

*Possessing God's Benefits*  
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## The Twelve Laws that Govern Health and Healing God's Benefits

Course 7 Lesson 5

### Scriptures

Psalms 103:1-5 Bless the Lord, O my soul; And all that is within me, bless His holy name!  
2 Bless the Lord, O my soul, And forget not all His benefits: 3 Who forgives all your iniquities,  
Who heals all your diseases, 4 Who redeems your life from destruction, Who crowns you with  
lovingkindness and tender mercies, 5 Who satisfies your mouth with good things, So that your  
youth is renewed like the eagle's.

#### **Forgiveness of sin**

Ephesians 1:7 In Him we have redemption through His blood, the forgiveness of sins, according  
to the riches of His grace

Titus 2:14 who gave Himself for us, that He might redeem us from every lawless deed and  
purify for Himself His own special people, zealous for good works.

#### **Healing from sickness and disease**

1 Peter 2:24-25 who Himself bore our sins in His own body on the tree, that we, having died to  
sins, might live for righteousness — by whose stripes you were healed. 25 For you were like  
sheep going astray, but have now returned to the Shepherd and Overseer of your souls.

Galatians 3:13 Christ has redeemed us from the curse of the law, having become a curse for us  
(for it is written, "Cursed is everyone who hangs on a tree"),

Acts 10:38 how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went  
about doing good and healing all who were oppressed by the devil, for God was with Him.

#### **Redeems your life from destruction**

Psalms 34:22 The Lord redeems the soul of His servants, And none of those who trust in Him  
shall be condemned.

Psalms 71:23-24 My lips shall greatly rejoice when I sing to You, And my soul, which You have  
redeemed. 24 My tongue also shall talk of Your righteousness all the day long; For they are  
confounded, For they are brought to shame Who seek my hurt.

#### **Crowns you with Loving Kindness and Tender Mercy**

Psalms 8:5-6 For You have made him a little lower than the angels, And You have crowned him with glory and honor. 6 You have made him to have dominion over the works of Your hands; You have put all things under his feet,

Psalms 21:1-6 The king shall have joy in Your strength, O Lord; And in Your salvation how greatly shall he rejoice! 2 You have given him his heart's desire, And have not withheld the request of his lips. Selah 3 For You meet him with the blessings of goodness; You set a crown of pure gold upon his head. 4 He asked life from You, and You gave it to him — Length of days forever and ever. 5 His glory is great in Your salvation; Honor and majesty You have placed upon him. 6 For You have made him most blessed forever; You have made him exceedingly glad with Your presence.

### **Who satisfies your mouth with good things**

Psalms 119:103 How sweet are Your words to my taste, Sweeter than honey to my mouth!

Proverbs 24:13-14 My son, eat honey because it is good, And the honeycomb which is sweet to your taste; 14 So shall the knowledge of wisdom be to your soul; If you have found it, there is a prospect, And your hope will not be cut off.

### **So that your youth is renewed like the eagle's**

Isaiah 40:28-31 Have you not known? Have you not heard? The everlasting God, the Lord, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. 29 He gives power to the weak, And to those who have no might He increases strength. 30 Even the youths shall faint and be weary, And the young men shall utterly fall, 31 But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

Ephesians 4:23-24 And be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness.

Colossians 3:10 and have put on the new man who is renewed in knowledge according to the image of Him who created him,

Romans 8:11 But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.