

### **Healing of Back Pain (17/08/10)**

My name is Riina and I want to say I'm so excited and give thanks to God for the healing of my lower back pain, which came on after my total knee replacement surgery. The back pain was from a niggle to later every day just becoming so debilitating that I was quite depressed about it.

A Connect group was held at my place every second Tuesday evening, but hadn't taken been at my place for two months due to the knee operation. On the first Tuesday back at my house I just said to my group leader that I had a really bad back pain after the operation. I hadn't asked for prayer but when it came to the prayer time at the end of the meeting my connect group leader asked if she could pray for me. She took authority in Jesus' name and commanded my back to come into alignment. That evening I went to bed comfortable and I haven't had back pain again. Praise God!

I want to say to everyone that God can do all things, but sometimes it's good to remember we should first seek Jesus the healer rather than the 'healing'. It works better that way.

### **Healing of Back Pain (24/7/10)**

My name is Geoff and a friend recommended that I do the Living Free weekend. Part of the weekend discussed physical healing in conjunction with forgiveness.

About 2.5 years ago I fell at work and landed on a step with my sacrum. Since then I'd suffered from a low grade backache and stiffness (particularly when carrying my notebook).

On the Sunday of the Living Free we were able to ask for healing of physical ailments, and I asked one of the leaders named Jared to pray over my back. On Monday afternoon, as I was carrying my notebook I noticed for the first time since my fall how good my back felt.

Was it Jared's prayers or the forgiveness process explored over the weekend or both that healed my back? Not sure, but it does show that God can heal our physical ailments.