

## Phil Young



### **The Power of a spoken Blessing!**

I want to share a testimony of the goodness of God in my life and speaking the power of a blessing over your life. It was in my early twenties that I developed a rectal prolapse, I was so scared and embarrassed I dealt with it on my own. I did not go to the doctors. I told no one not even my wife. It happened every time I went to the toilet and I suffered with it for 48 years and doctors will tell you that it will get worse and you will have to have an operation. A long time ago I heard a sermon on speaking the power of a blessing over your body, which I started to do many years ago and still do to this day. I would pray something like this - 'I speak the blessing of God from the top of my head to the sole of my feet, head to toe: Muscles, tendons, ligaments and joints over arthritis, rheumatism and diabetes, too ...' One day it suddenly stopped. I checked it out for a week and realised that God through Jesus Christ had completely healed me and set me free. I had not even been prayed for. It was such a miracle to me that I shared it at church because it was so real to me. Thank you, Jesus! I want to encourage you all also to speak the powerful blessing of God over your life, situation and circumstance.

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