

# **Kingdom Keys**

## **How to Release Kingdom Healing in 10 Minutes a Day**

*By Phil Stephens · Ke Aupuni O Ke Akua Press*

## The Kingdom Healing Protocol

Healing isn't begging God for a miracle. It's releasing what's already inside you through the Holy Spirit. Jesus said believers would lay hands on the sick and they would recover. This simple 10-minute daily practice activates Kingdom healing in your life.

### Minute 1-2: Declare Your Kingdom Identity

Speak these truths aloud:

*'I am in Christ. Christ is in me. The same Spirit that raised Jesus from the dead lives in me and gives life to my mortal body. I carry resurrection power. I am a Kingdom healer because the Healer lives in me.'*

### Minute 3-4: Thank God for Healing Already Accomplished

By His stripes you WERE healed (1 Peter 2:24). Past tense. Thank Him that healing is already finished at the cross. You're not trying to GET healing—you're releasing healing that's already yours.

### Minute 5-6: Speak to the Mountain

Jesus said speak TO the mountain, not about it (Mark 11:23). If there's sickness in your body or someone you're praying for, speak directly to it:

*'Sickness, you have no authority here. I command you to leave in Jesus' name. Body, be healed. Cells, be restored. Systems, function as God designed. I speak life, health, and wholeness.'*

### Minute 7-8: Pray in the Spirit

If you have the gift of tongues, pray in the Spirit. This builds up your faith and connects you to Kingdom power beyond your understanding. If you don't have tongues, pray from your spirit—deep calling to deep—letting the Holy Spirit intercede through you.

### Minute 9: Lay Hands (If Possible)

If you're praying for yourself, lay hands on the area that needs healing. If for others, lay hands on them (with permission). The power of God flows through touch. Expect to feel heat, tingling, or peace—these are often signs of the Spirit moving.

### Minute 10: Release and Believe

Release the outcome to God. You've done your part—declared truth, spoken to the mountain, prayed in faith. Now rest. Healing may be instant or progressive, but your job is to believe and walk in what you've declared. Thank God it's done.

## Hawaiian Wisdom: Ho'oponopono and Healing

My Hawaiian ancestors understood that unforgiveness blocks healing. Before praying for physical healing, practice ho'oponopono—making things right. Ask the Holy Spirit to reveal any unforgiveness, bitterness, or offense you're carrying. Release it. Forgive. Then watch Kingdom healing flow freely.

## Key Scriptures for Kingdom Healing

- 'By His stripes we are healed' - Isaiah 53:5
- 'Jesus Christ is the same yesterday, today, and forever' - Hebrews 13:8
- 'These signs will follow those who believe... they will lay hands on the sick, and they will recover' - Mark 16:17-18
- 'The Spirit of Him who raised Jesus from the dead dwells in you' - Romans 8:11

**10 minutes. Daily. Watch Kingdom healing manifest.**