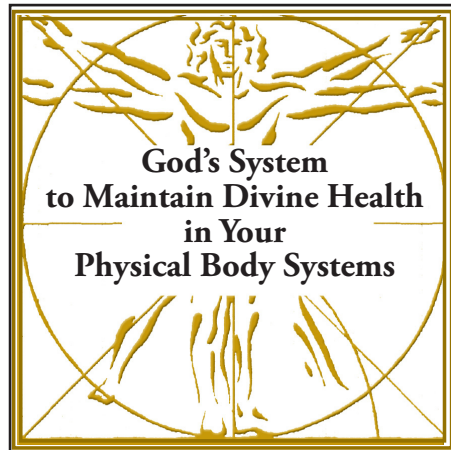


# SYSTEM OF SYSTEMS



*Death and life are in  
the power of the tongue.*

Proverbs 18:21

**How to speak specifically  
over your entire body to  
promote health and the  
life of God in you.**

**GARY B. GILMORE**

**J**esus said, *I am come that you might have life, and life more abundantly.* (John 10:10). It was never God's intention for his creation to be sick and diseased; but having become so, it became God's intention to set his creation free from it. He did this through Jesus on Calvary. Jesus said, It is finished. Now it is our great opportunity, privilege and responsibility to appropriate the healing that Jesus has offered us.

**The following list of physical body systems is given to help you speak specifically over your entire body to promote health and the life of God in you.** Although the list is long, it would be good to go over the list at least once a month, saying it out loud. Do not be daunted by the length of this listing; it is very worthwhile to take a section at a time and focus on it for a few days or weeks.

If you are experiencing a particular difficulty in some area of your body, use the section below which centers on that difficulty. It is always advisable to incorporate scripture into your confessions. Further, you might search the scriptures to find verses that speak of certain parts of your physical body and incorporate those into your confessions. Be sure to add items that we may have left out, or include symptoms or difficulties which your doctor has explained to you.



### **BEGIN YOUR CONFESSION:**

“The life of God flows through every fiber and cell of my body and pushes out every type of death and sickness in me. I do not breathe regular air, but I breathe in the Life of God.”

### **IMMUNE SYSTEM**

**I have** good B cells and T cells (which fight invading sicknesses), white blood cells, spleen, lymph nodes (which collect and remove infections), and bone marrow (the blood maker). For hay fever and sinus difficulties, say specifically: “Allergens are my friends, I do not over produce histamines. My immune system is perfectly balanced.”

**I have no** viruses, bad bacteria, invaders, asthma or allergies.

### **CIRCULATORY AND VASCULAR SYSTEM**

**I have** strong blood that is iron balanced, with the appropriate number of white and red cells. My heart and heart muscles are strong and healthy. My arteries and veins are clear and I have good blood flow to my extremities (hands and feet). My carotid arteries are clear to the brain with good blood flow to the brain. I have good HDL cholesterol.

**I have no** diseases, cancers, hardening of arteries, aneurism, blockages, congestive heart diseases, or high LDL cholesterol levels.

### **BRAIN AND NERVOUS SYSTEM**

**I have** a balanced, functioning brain; strong, healthy nerve cells; strong nerves and cords, perfect spinal cord adjustment; healthy membranes; strong peripheral nervous system to my arms and legs; good muscle strength; and healthy tendons and ligaments.

**I have no** pinched nerves, strokes, hematomas, headaches, Alzheimer or dementia, Parkinson, Multiple Sclerosis, Muscular Dystrophy, palsies, bursitis, or infections.

### **EAR, NOSE AND THROAT**

**I have** healthy ear parts—outer, middle and inner ear, good eardrums, anvil, stirrup and hammer, good semicircular canals, cochlea, eustachian tubes; good throat: adenoids, tonsils, larynx, tongue; good open nasal passages; clear open sinuses.

**I have no** age-related hearing loss, tinnitus, wax blockage, nerve damage, nose bleeds or nasal polyps.

### **MOUTH**

**I have** good teeth, good dental alignment, strong roots, crowns and enamel.

**I have no** cavities or decays, abscesses, mouth diseases, tongue disorders, or salivary disorders.

### **DIGESTIVE SYSTEM**

**I have** a strong esophagus, good diaphragm muscle, healthy stomach, liver, gall bladder, pancreas, intestines, appendix, colon and rectum, kidneys and bladder.

**I have no** reflux, colon polyps, hernias, strictures, tumors, cancer cells, ulcers, indigestion, gastritis, no food poisoning, diarrhea, cramps, lactose intolerance, colitis, constipation,

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hemorrhoids, no liver disease, hepatitis, cirrhosis, no bile duct disorders, or pancreatitis.

### GLANDULAR SYSTEM

**I have** a good pituitary gland (producing hormones for growth and metabolism), good thyroid gland (governing metabolism and body growth), good parathyroid glands (controlling levels of calcium in the blood), good adrenal glands (governing heart rate among many other vitally important functions), and a good pancreas (producer of insulin - blood sugar).

(For Women) I have healthy ovaries, womb and breasts.

(For men) I have healthy testicles and prostate.

**I have no** diabetes or hypoglycemia, high blood pressure, Addison disease, tumors or cancer, hyperthyroidism, or goiters.

### EYES

**I have** good eyelids, lens, pupils, corneas, irises, retinae, and optic nerves.

**I have no** nearsightedness, farsightedness, stigmatism, crossed eyes, double-vision, styes, lumps, clogged tear ducts, glaucoma, cataracts, tunnel vision, or blindness.

### SKELETAL/MUSCULAR SYSTEM

**I have** strong bones, balanced calcium, strong operative joints. I have strong muscles, both voluntary and involuntary. My overall posture and muscle tone is great.

**I have** no arthritis, gout, pinched or herniated vertebrae or disks, no bone mass loss, no tendonitis, bursitis, no muscle cramps, no muscle tumors, foot problems, knee problems.

### FINANCIAL SYSTEM

**I have** a good steady income, great job and promotion opportunities, and strong savings programs. All my bills are paid, all my debts are paid off, and I have strong tithing and giving programs.

### MY TESTIMONY:

This way of speaking over my physical body was given to me by the Lord when I was struggling with heart problems. It isn't a formula, it is life itself. It isn't an instant cure, but rather an opportunity to let God's Word be supreme in my life—to bring my body under his influence.

It isn't quick, it's daily. It isn't spectacular, it is eventual. You can be sure that putting God's Word to action in your life will cause every cell of your body to vibrate with His life, and put sickness and death out.

I hope you will do more than give it a try. I pray you will make it your lifestyle—your very life.

To your good health,  
*Pastor Gary*

Your confession of health and healing must always be in the present, not the future. Hebrews 11:6 says, *Now faith is ...* Be sure to say, "I pay (now) all my bills." "I have strong eyes," etc. Learn to call those things which do not exist as though they do (Romans 4:17).

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## HEALING SCRIPTURES

*So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you. —Exodus 23:25*

*Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, —Psalm 103:2-4*

*Who has believed our report? And to whom has the arm of the Lord been revealed? ...<sup>4</sup> Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. <sup>5</sup> But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed. —Isaiah 53:1,4,5*

*So Jesus answered and said to them, "Have faith in God. <sup>23</sup> "For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. <sup>24</sup> "Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.*

—Mark 11:22-24

*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. — I Peter 2:24*

Also see:

Psalm 107:15-20

Matthew 8:1-17

Proverbs 4:20-27

Mark 16:17-20

Malachi 4:2

James 5:13-16

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