

Healing Testimonies



Speak to the Mountain¹

Since I was a young teenager, I suffered from headaches. Sinus headaches, tension headaches, female cycle headaches, neck pain headaches, and who knows what else. Usually, some Excedrin or Advil would save the day. Once in a while, my headache would get so bad, I would need to lie down until the medicine began to work. It was just a fact of life for me.

As a young adult, I was very opposed to taking any kind of medicine. One morning I woke up with a severe headache. So, I asked the Pastor with whom I lived to pray for me. Pastor Lonnie Decker was a very wise woman of God whom I deeply respected. She asked me if I'd taken any aspirin. I explained my principles with her. Then she respectfully shared with me that if she had a headache that kept her from doing what she needed to do that day and if it didn't go away when she prayed, she just took aspirin, no sense in getting all upset out about it.

When she said this, I felt released from my self-imposed law of no-meds-ever, and the headache vanished without her praying. So, I adopted her point of view.

Still, the headaches continued over the years and increased in frequency and intensity. I had to take OTC medicine with me wherever I went and kept a stash at work. I would often send my teaching assistant to the cafeteria to get me some milk to take medicine. I didn't like that I was taking medicines so often, but at least I knew God wasn't bothered by it.

One morning I woke up with a particularly painful headache. I immediately asked my husband, David, to get me some Excedrin and milk. While he was in the kitchen, the thought came to me, "Lord, why don't you heal me?" but I refused to pray such a thing knowing God was not withholding healing from me.

Then, something inside of me, and I knew immediately that it was the Spirit of God, said, "Speak to your headache."

I remember sitting there a bit stunned realizing God was speaking to me and thought, "Well, duh!" Then I realized something. I had authority over headaches in Jesus' name. I knew this scripture well, but it had never occurred to me to speak to a headache.

Mark 11:22-24

So Jesus answered and said to them, "Have faith in God.²³ For assuredly, I say to you, whoever says to this mountain,

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'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. ²⁴ Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

So, I put my hands on my head and said, "Headache, in the name of Jesus, I command you to be removed and cast into the sea, and the cause of it."

To my amazement, the headache instantly went away. I just sat there shaking my head to see if it would come back, but it was 100% gone. By then David had arrived with the medicine, but instead of taking it, I shared what had happened. We were both amazed.

In the days that followed, each time I got a headache, I would repeat what I said the first time. For me, it was like a replacement for the medication I'd been taking. Most of those headaches would go away. Sometimes, I was just too lazy, and would go ahead and take something, but more and more I got into the habit of speaking to the headache and the cause of it until this became routine. Headache? Speak to it. The headache would leave, then I was on with my day. What a joy!

During this season of speaking to headaches, one day my headache seemed more resistant. So, I let myself get dramatic about it. I started speaking to my headache with much fervor and louder with great passion.

Immediately, I felt the Lord say to me, "You don't need to get all emotional, just simply speak to it." Because of my religious upbringing, this surprised me but also set me free. So, picture me calmly speaking to the headaches—no drama needed. Away it went.

Weeks went by. I was busy helping plan our daughter's wedding. Things got very stressful right before Christmas and the subsequent January wedding preparations were nearly overwhelming. The day of the wedding was even more demanding. The reception hall was not ready when we came to decorate, so we got a late start and preparing the room for nearly 200 guests was a daunting task even though I had a team of wonderful helpers.

Finally, the sweet helpers sent me ahead so I wouldn't miss the wedding. As our family was making final preparations for the big moment, my feet were killing me from being on them so many hours, so I sat down while my husband brought me some Excedrin for the pain. As I was taking it, it dawned on me that even during this stressful time and the craziness of that day in particular, I did not have a headache. My feet were reasonably hurting me, but why didn't I also have a headache?

That's when I realized it had been weeks since my last headache. There had been none AT ALL for many weeks. It was so noticeable that I had to figure it out—I believed if I got a headache, I could speak to it and it would go away. Yes. But why was I not getting any headaches without speaking to them at all?

Then I the Lord reminded me in that moment that each time I spoke to the mountain, I was adding to my prayer, “and the cause of it.” Without really knowing it, all that time I was speaking to the root causes of the headaches to also be removed and cast into the sea. Beyond what I believed, asked, or intended: God had done that for me.

The joy of being free from headaches is a daily miracle. Often in the mornings when I wake up headache free, my heart is amazed. I might get pain in my head now and then, but I just command it and its cause to be removed and cast into the sea. Though this is rare, the pain still goes away. It is completely amazing every single time. I praise God for this incredible freedom from headaches.

Perhaps this is why I also no longer suffer from respiratory allergies. Now, that is a miracle of its own. If you’ve ever had seasonal allergies, you will agree.

When pollen begins to fly and my nose responds with a sneeze, I speak to my nose. “Nose, you may reasonably respond to what’s in the air, but you will not overreact. I reject allergies, in Jesus’ name.” So, there is a sniffle or two initially, and then nothing else. Even though I believe it when I pray, I am still usually surprised by it.

Ephesians 3:20-21

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen