

Casting Out Afflictions to Heal & Receive Light

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“Truth” is things as they really are, past, present, and future (Jacob 4:12-18; D&C 93:23-25). And the truth is, life on earth is a battle between good and evil, between the kingdoms of God and the devil (Matt. 12:22-28). To receive the benefits of needed healing and light, darkness must first be removed. Sometimes this is by casting out, an understanding that has changed my life.

The reality of Satan and evil spirits, and how they influence us is often ignored. It has also been edited out of God’s word, representing some of “the plain and precious things” now removed (1 Ne. 14:24-35; Moses 1:23 & 41, 5:18-33). Fortunately we have many instances of Jesus and His servants casting out demons in the New Testament, as part of needed healing. Because of the principle of opposition in all things, the number of miraculous healings Jesus provided us in scripture is equaled by the number of *afflictions* He cast out. Demons, devils, and unclean spirits continue to afflict us today. They corrupt the things of God, cause division and conflict, and distract us from loving God and one another. These *afflictions* often greatly affect our health too.

Personal Experience

For much of my life I held the false belief that all of my pain and *afflictions* were brought on naturally by my own genetics, emotions, and upbringing, when in reality, most were brought on by evil influences seeking my destruction. The key to eliminating “*afflictions*” in life is turning to God *first* in prayer by seeking His will and then following His instruction. Faith and belief must replace fear and doubt, as opposites cannot exist in the same place. God’s word tells us to “*pray always*”, whereas “the evil spirit” tells us *not* to pray (2 Ne. 32:8-9). After many years of struggling with various *afflictions*, I have now had most of them healed. The word “*affliction*” means, offenses, fears, doubts, sorrow, and anxieties, many of which can lead to physical ailments. God’s word never tells us that Christ was “*sick*” but does state that He was “*afflicted*”. May I share one example of my healing with you?

For over fifty years I suffered with severe migraine headaches. I turned to doctors and drugs for relief, rather than God. Although I did pray often for the pain to be removed, I would soon turn to prescribed drugs when there was no answer to prayer, nor a change in my pain. My error was two fold. First, because I believed that my migraines had natural causes (a storm, not drinking enough water, etc.), I was asking God for relief of pain, when I should have been asking *what* caused the pain in the first place and *how* God would have me deal with it. When the relief didn’t come, I took prescription medicine that did ease the pain. This encouraged me to rely on the arm of flesh more rather turning to God. I realize now that I was also basing my prayer and decisions on *my own will* and *assumptions*. Or what scripture calls, “*the idols in my heart*” - things that I held to be true that were not. Second, I did not even consider that my pain and suffering were caused by an “*affliction*”, that of unclean spirits.

Then one morning I had a breakthrough. I awoke with another powerful headache (8 out of 10 on a pain scale), but instead of taking my prescribed drug, I decided to *cast out* this affliction as a friend suggested that demons could be responsible for it. Out of habit I did not seek God’s will and guidance for this situation. Instead I simply raised my right arm to the square and commanded the evil spirits present to leave me in God’s name. The pain, however, remained.

This time I immediately realized that I had not turned to God *first* in prayer for *what* to do and *how*. I had, in fact, used the LORD’s name in *vain*, as I used it without consulting His will. I also realized later that I needed to “cast out” the darkness multiple times until I got it right. The *first* time doing so

was to prepare myself to receive clear guidance in prayer by what some call, “*clearing my space*” and then to “*cleanse my vessel*” - or to cast out all dark influences both *around me* and *in me*. The second casting out was then to remove the *affliction* of the migraine itself caused by evil spirits. In it I commanded the darkness to leave me and the room around me with added belief and power, raising my voice in volume, stating, “In the name of Jesus Christ...”, followed by the key words the LORD gave me for this situation. Here it included singing a song of praise and worship, along with instruction to replace the pain with the Light of Christ. Almost immediately my migraine pain was eliminated, the reason being I sought *God’s will* and *used the key words and actions* given by “the Spirit of God” (Matt. 12:28). “Casting out” helps me to no longer rely on “the arm of flesh” (2 Ne. 4:34, 28:31; Jer. 17:5), but to turn to the LORD *first* in belief, faith, and trust. Note the other *firsts* below tied to this act.

Christ’s Example of Healing the Afflicted

God has given us His servants, power over darkness in this world. It is His all-powerful name – Jesus the Christ, the Only Begotten of the Father, He who gave his precious blood for all believers! Jesus listed “casting out” evil as the *first* of four “*signs*” “following them that believe” (see all four *signs* in Mark 16:16-18).

The *first* “miracle” Christ performed *after* His 40-days in the wilderness and His baptism was *casting out demons* from a man in a Jewish synagogue in Capernaum (Mark 1:23; Luke 4:40-41). Note that Moses, Christ, and Joseph Smith all battled Satan personally *before* their missions began (see Moses 1:12-23 [RLDS Section 22] and Joseph Smith’s First Vision). Darkness must *first* be dealt with before healing and light comes.

After Christ called His Apostles He gave “them power against all unclean spirits” (Matt. 10:1), adding that it was a “*sign*” that “the kingdom of God had come” to them (Matt. 12:28). It follows all believers (Mark 16:17).

One of the most important things I do each day is to start it with one-on-one *holy time* with the LORD. I first “*clear my space*” and “*cleanse the vessel*” (my body or temple) before all later things in holy time. This assures a clearer communication channel with God and heaven generally.

Scripture reveals a repeating pattern of Christ and His servants casting out darkness in those they healed before replacing it with healing and light. On one occasion in the New Testament the Apostles came to LORD asking Him why they could not cast out evil spirits. The LORD responded that these particular stubborn spirits would only leave with “prayer and fasting” (Mark 9:28; Matt. 17:19-21). Jesus was successful the first time when He cast out the demons because He sought the Father’s will daily and then acted in perfect obedience to it. This is our example, seeking and doing God’s will in all things (Matt. 6:10; Mosiah 5:5).

Testimony

Looking back at fifty years of migraines it is clear that for far too long I relied upon men and pills to repeatedly *and* temporarily relieve my suffering. I could have been delivered from this and other *afflictions* by turning to God *first*. He is the Great Healer and He has encouraged me here to share my experiences with family, friends, and all who will listen. In His mercy, the LORD Jesus graciously removed a number of additional maladies from my life. In them I came to understand that daily afflictions can be healed by the LORD with belief. I simply had to turn to Him with faith, trust, and love. I bare testimony that He loves us and is simply waiting for you and I to turn to Him in all things (2 Ne. 32:8-9), including the removal of our afflictions. I invite you to pray to know if the experiences and scripture references in this paper are true and applicable to you by “experimenting on the Word”. And I encourage you to live the two “great commandments”, to love God and love one another. Doing so means to “pray always” seeking His input in “all things” (2 Ne. 32:8-9). I testify that the LORD Jesus can make you whole via the process of frequent casting out in His precious name, Jesus Christ. He is our Healer, our Creator, Redeemer, Judge, and coming King. I do so in His holy name, Amen.