

HEALING TESTIMONY

Of

SARAH MUHUMUZA IRUMBA TIMARWA



HEALING TESTIMONY

Of

SARAH MUHUMUZA IRUMBA TIMARWA

It was sometime in June or July 1989 when the Lord revealed to me that my husband had HIV/AIDS. At that time I was breast feeding my 8 month old last born daughter. We had just spent one year in Uganda since the end of our 7 year exile in Kenya. The revelation of HIV/AIDS infection came to me through spiritual impression or understanding. In obedience to the revelation I insisted on sexual abstinence pending results of HIV tests. Because the Hand of God was on me, my husband consented to have an HIV test. Two weeks later the terrifying confirmation came; that he was HIV positive while I was HIV negative. At first I thought I had been deceived but later on he told me that when he consulted his colleague Doctor about treatment for HIV/AIDS his colleague had expressed surprise at my HIV status. This news was of course received with dread because at that time in Uganda HIV infection meant ‘imminent death. In addition, the great magnitude of stigma towards people living with HIV coupled with societal judgmental approach and resultant segregation and shun compounded not only our predicament but also of all those infected and affected. For this reason I did not share what had befallen us with my mother or immediate family or close friends. However after two weeks of absorbing that shock I confided in my childhood friend, Mrs. Samalie Byabazaire (still alive today).

“God has a separate plan for you. If your husband has AIDS you don’t have to catch it”, she encouraged me. Upon hearing that word from her my

thoughts started coming back to God because fear had taken over me from the time the results came out. How could this be true? Like most people I shared a mistaken belief that this disease was punishment from God – how could I escape it especially when I was continuing to live with my husband. I knew I was not safe even with a condom. Within this period the Lord reminded me of *Isaiah 66:19* which He gave me on 10th January 1987 and reads:

“I will set a sign among them, and I will send some of those who survive to the nations – to Tarshish, to the Libyans and Lydians (famous as archers) to Tubal and Greece and to the distant islands that have not heard of my fame or seen my glory. They will proclaim my glory among the nations” (NIV).

Immediately I told God “I am escaping, I am surviving. Let HIV/AIDS be a sign that you heal so that I can testify to the nations”. From then onwards the above scripture became the basis of my prayer and I received faith as fear gave way. Six months later we repeated the HIV test but my husband, who was a Medical Doctor, did not show me the results when he picked them but simply told me that they are still the same as at first, that I was still HIV negative.

I received Jesus Christ as my Saviour on 16th February 1981. Believing the availability of the power of God to heal, I used to ask God to heal my lower back which had been painning me from early child-

hood and was now increasing with the onset of child-bearing. When we were growing up in rural Uganda we did not have swings like now. So we used to hold on a nearer upper branch and one gives you a gentle push for you to gain momentum to swing freely as you wished. As a young girl I told my cousin brother to stop pushing me as my hands were tired. Because he stubbornly refused to heed my pleas I let go of the branch and fell down badly injuring my lower left back. The healing took almost a year. Since that time I have had pain in my lower back. Distressed by the persistent backache, I had started doubting God's willingness to heal me. On 10th January 1987 while on a partial fast, in my frustration I said:

“God you do not heal, I cannot tell people that you heal. I only have a testimony about salvation and that is all I can tell the world. I will always say you healed in Bible days.

Soon after I fell asleep at around 3.00 p.m. and had a dream where I saw a born again woman who was known to me come to my bedroom holding a Bible and asked me *“Have you heard the word? Isaiah 66:19?”* Still in the dream, I understood those words to imply that although I was asleep there was a fellowship meeting in my living room and the theme was **Isaiah 66:19** wherein my life was. I woke up as I was trying in my sleep to look for that word in the Bible. Before that dream I had no knowledge of the existence of “Chapter 66” or that verse at all. After

I read it I exclaimed “*well, God one day you will heal me of this backache and I will testify of your healing power*”. Before that dream, I did not know at that time that the words I had foolishly spoken in the ears of God were tantamount to asking God for a sign; I was only interested in relief from pain or healing.

For this reason when God reminded me of this scripture after the encouragement I had received from my friend Samalie I chose to believe it wholeheartedly, not only regarding my healing but also for ministry. From that moment onwards I “ate and swallowed” that word as one would swallow medication while thanking God that I was not going to die of AIDS, “Let HIV be a sign Lord of your healing power that I can testify to the nations”, I used to pray. I was an amateur both in the area of prayer and revelation of the Word of God. However, I felt constrained to share this promise with my husband; I kept it to myself but my prayer for healing was for my husband, my baby and myself. Aware that God had called me to the Ministry of preaching His Word and prayer, my bargaining power for healing was my purpose in life together with the 4 children God had given me (**Psalm 118:17**).

Before this time I was already in women Ministry and a National Co-coordinator of Pan African Christian Women Alliance (PACWA) in Uganda. From July 1989 till 12h April 1995 when my hus-

band passed on my life was punctuated with distress, anger, despair and hope. Although the Lord was comforting and encouraging me from time to time, my emotions were all sorts, just like a little child; one moment smiling, playing then another crying, etc. It is true that the Lord is close to the brokenhearted and He understands what we go through (**Psalm 34:18**). Marital life had evolved into excruciating pain especially when my husband was uncooperative about sexual abstinence and his conduct generally. At the same time I was undergoing the greatest challenge in my professional career as a result of my principled stand against corruption in the management of the Public Organization where I was serving as Board Secretary/Legal Advisor. Also, my 10 year old son was attacked by the dark powers targeted against me by the perpetrators of corruption. As a result he underwent two successive major surgical procedures on his hip joint in a period of three months. Had it not been for the prayers of the saints, he would have died. A third attack came from the National Executive Committee of PACWA who judged me.

Amidst all these attacks, I could no longer live with my husband so in February 1993 I temporarily withdrew from him taking the children with me to a different home where I could seek the face of God. The PACWA National Executive Committee and the Christian community around me could not understand me. Neither would I openly share my plight with them. The Lord said *“By myself I can do*

nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me", John 5:3; and in John 7:24 "*Stop judging by mere appearances, and make a right judgment*". It is at that time 1993 that I shared with Rev. Judy Mbugua the then Continental Coordinator of PACWA about my condition without revealing the real truth. I just told her "I am suspecting my husband has HIV/AIDS. Please pray for me".

As soon as I separated from my husband, my brother died of AIDS that very month. Another one died also of AIDS the next month so we buried two brothers in two months. I was seized with real dread as I saw myself next in the queue. Quickly I encouraged myself in the Lord as was always my habit. Occasionally the devil would carry me in my thoughts on a doubt trip by pointing to different children of God who had died of AIDS and try to convince me that I would not be healed. I had learnt to come back by asking myself, "Why did God give me a scripture I did not know? Am not dying of AIDS". From the time I knew of HIV in our family I had kept it a secret from everyone in my family including my parents.

Two months after the burial of the second brother, my mother came from the village to tell me how God had showed her that we had AIDS. My Mum, now 92 years old, got born again in August 1945. The Lord had in a dream showed her the two different HIV viral loads in my husband and myself; one for

my husband was heavier than mine. Fearing to alarm her and also to avoid stigma, I just asked her to pray for us that it would not be as she had seen. However from her message I now knew that I too was HIV positive because she had seen in the same revelation some trace of HIV in my life though I had kept it a secret. Soon after her departure another relative came from the village and warned me not to go back to my husband in order to avoid further sexual contact with him because the Lord had been showing her the HIV infection in us but she had feared to tell me until now when she had learnt of the separation. She encouraged me to pray for my healing because she had God's assurance about it. She is now 75 years old. I did not open up to her for the same reasons. People leaving with HIV/AIDS live in denial or don't open up easily for fear of betrayal, or being stigmatized or segregated. In my case I wanted to preserve our social status as well for the time being.

My husband had embarked on herbal medication from 1990. Our separation lasted 9 months. We reconciled on December 24th 1993, and on that very day he shocked me by telling me that I too was HIV/positive and no more condom use. Actually he never showed me the results of the second HIV test but simply told me that I was still HIV/negative. This was my "Christmas gift" and reward from him for reconciliation! That dreadful night he overpowered me and I pleaded with God (a lot of details are omitted). "God, have you given me up to die? See what is

happening to me as a result of my relationship with you”. I only slept for two hours that night. As soon as I woke up and went to the bathroom my mind wound back to where I stopped last night and began asking God the same questions. Immediately, God asked me, “*Whose report will you believe?*” Instinctively, I responded “*I believe your report, I am escaping AIDS according to Isaiah 66:19*”.

Instant peace swept away the cloud of fear from my heart and I returned to the faith path. It is at that time the Lord taught me that what He wants to hear from us is His Word or what He has promised you. Despite the foregoing, I don’t know how and when I got infected. Since the initial tests we had been using condoms. However due to the seasonal itchy body rashes, one of the symptoms of AIDS, on my baby’s skin my husband had stopped me from breastfeeding her.

Notwithstanding the foregoing, we reverted to the condom so I was able to live with him, of course with deep distress, which I could not share with anybody. I can just say a condom offered psychological protection and prevented me from pregnancy. Nevertheless, my prayer was for God to heal me before I fell sick because I would not have faith to pray if I fell sick; I would be overwhelmed. Praise God that He hears and answers prayer. He also knows what we can or not bear (1 Corinthians 10:13).

Come January 1994, I insisted on him giving me the same treatment which he had been taking since he had told me I was HIV positive. He could not start me on treatment until a further test establishing my CD count. The results showed I was HIV positive. I did not take any medication. With righteous indignation I treated those results as King Hezekiah did with the threatening and insulting letter which Sennacherib had written to him (*Isaiah 37:14-20*). “*God aren’t you the one who told me in Isaiah. 66:19 that I am surviving so that I can preach your word? I am not dying and I cancel these results*”, I prayed. The Lord answered me through **Revelation 21: 1-8**. I now had two different types of “medications” and I used to thankfully swallow both through prayer. I knew it was done. I would not suffer pain or death, the old order of things had passed away and the new had come. I learnt from verse 8 that I had to believe the Word of God if I was going to get my healing. When God gives you a Word or an answer in prayer, it is your verdict or judgment which He expects you to believe and start enforcing against the devil. *Isaiah 33:22* says “*For the Lord is our judge, the Lord is the lawgiver, the Lord is our King; it is he who will save us*”). There is no separation of powers with God; He is all in all. It is wisdom to go to God with His Word and a precedent.

Soon after, the Lord connected me to an intercessor in my local church, the wife of one of the team Pastors, Mrs. Gertrude Kato (RIP). I was not quite

open with her but I shared with her some of the marital problems that we had and how I suspected my husband to be having HIV/AIDS. I have proved over time that couples living with HIV/AIDS have social problems related to the disease which outsiders cannot understand. Such people need love, prayer and support not criticism or judgment. Already the prevalent accusation among them is “who is responsible for bringing the virus or accusations labeled on the guilty partner and his extramarital partners”. There is hatred, bitterness, fear of the unknown, etc, among them. Deep down they long to confide in someone but fear betrayal or unnecessary exposure. In the church where some of them belong, there is limited confidentiality or no one cares about such needs. Life changes completely as each day draws you closer to death, thereby exposing others that may be living with them especially children or close relatives to untold emotional and physical suffering. Some of them may be infected too as was the case with mine.

I found Mrs. Kato spiritually supportive and helped me to pray for my home, life and ministry. I also learnt that ministry will preserve your life if you are faithful to God. As already mentioned it was a major bargain in my favour together with my children. I used to tell God to spare my life so that I could accomplish the work I had started and also raise the children in the fear of God. At that time I read in *Luke 2:25-32*, that Simeon was preserved by the ministry of intercession and after he saw the one

whom he had been waiting for, the Messiah he started praying for a peaceful departure because he had seen what God had promised him. Children of God, we should learn to resist anything that threatens the fulfillment of God's purposes in our lives including premature death.

I have heard sceptics doubt my healing testimony that I was never infected; that I was discordant. What I have written is the truth. I know God healed me before I fell sick as I requested him. Secondly, my daughter had the symptoms of AIDS forcing me to stop breastfeeding her. As soon as God told me that there was HIV in my family I started fighting or praying straight away. Both my Mum and my relative mentioned above are both born-again Christians and are still alive at the time of writing this testimony. About 4 years ago I drove the Uganda Broadcasting Corporation (UBC) TV Crew that was recording my documentary on my healing to the village to interview my mother and my relative. Since 1994 till her passing on in July 2016 Mrs. Kato was a friend and prayer partner. I still have laboratory tests done from 1994-2006. Those carried out before 1994 were never in my custody. Neither did I know then that such evidence would be vital. I was simply praying for my healing but the magnitude and import of this testimony was not in my mind at that time. Whenever we were praying with Mrs. Kato for my marital problems God would reassure me that He is the healer. Why would he say such unless there was disease to

heal? On *1st October 1994*, while praying with Mrs. Kato, God said to me through her:

“If you trust my Word I am going to prosper you in all nations you did not expect to go. You will go to tell of my name and glory. I have provided a good way for you to know me. Be faithful to testify of my name. You are going to serve me. I am going to heal you of that terrible disease that has been in your body for a long time. What heals is the blood of Jesus, the Word of God and the goodness of God. When the Son of God was on this earth he went everywhere destroying the works of Satan. Now is the time to destroy the works of the devil. He is going to perform miracles for his people.”

I was quietly thrilled. I did not encourage any discussion of that prophesy for the fears already mentioned but my heart leaped with joy. This message was a confirmation of *Isaiah 66:19*.

In January 1995, I embarked on serious prayer and fasting, seeking God for manifestation of His healing power. GOD had spoken but I had to enforce it on earth through prayer. I was tired of the situation. On 13th January, while praying with Mrs. Kato, whom, I had never shared openly, the prophesy I heard was *“God was giving me peace, victory, the goodness of Jesus, prosperity and that He was healing me of that disease that the devil brought and He was also taking away the wound that had*

taken years". Despite this prophecy, I could not open up or share with her about our HIV status for the same reasons.

My husband became bedridden on 19th February, 1995. While in prayer two weeks prior to that I had made a vow to God that if he delivers me I would deliver other women. On saying that I felt something like air jump out of me and I felt light. It took me years to know the import of that vow as I will talk about it later. When he fell sick I inquired from God what was happening because I had faith that God would heal me along with my husband and child. In answer, the Lord assured me that He was giving me a new life altogether that I had never seen and that I was going to see miracles and be happy and He will be my shield. I telephoned Rev. Judy Mbugua in Nairobi, told her the truth and requested for serious prayers. My husband had responded to several altar calls and though still bound he had accepted the Lord Jesus as his Savior. Two weeks before hospitalization on the last Sunday when he attended church, my husband walked forward to renew his commitment to the Lord. During the period of hospitalization, my distress was multiplied. One night while lying on the hospital floor, the Lord gave me *Psalms 34*. My sorrow was compounded by the fact that I could no longer hide this sickness – it was glaringly visible with all the typical symptoms of full blown AIDS and my relatives were shocked and worried about myself though they feared to engage me in any

conversation concerning this sickness. So his sickness and subsequent death was kind of a setback to me. In fact, in his unrelenting deception, the devil would tempt me as he did to Eve “is God really going to heal you if this is the condition of your husband”. But in His love and mercy the Lord continued to encourage me. On **3rd March, 1995**, God encouraged me further when He gave me *Ps. 88:1-13 and Ps. 91:11-16*. With these good words, I got strength to nurse my husband and faith that I would not die. On **11th March 1995**, unable to hold back, I left my husband in hospital and came home to request my mother and sisters for prayers to seek the mind of God whether my husband was going to recover or not. The Lord responded through *1 Sam. 16:1-7 and words “I have rejected him”* struck me. At the same time, the Lord directed them to pray for me and my sister-in-law heard the spirit say “Sarah is healed”. The following day, I inquired of the Lord whether I should go for HIV test and He said ‘**go and prove for sure that God heals and preserves**’. Despite this message I continued to believe for my husband’s healing. It was not until **27th March 1995** while praying with Mrs. Kato (RIP) that God told us that He had delivered my husband , he was on a good way to meet God and that I should not fear for healing comes from God and He would give me rest and courage. I ran back to hospital downcast .Despite all these I would still say to God that “half of him says he is not dying, heal him” until I released him on **9th April 1995** after God had sent me someone to tell me that He had deter-

mined to take him.

My husband passed away on **April 12, 1995**. A few days after his passing the Holy Spirit told me the “new life” which God meant was ‘widowhood’. Since then the Lord has kept me and helped me raise my children now all of them adults and I have prospered, continued to flourish in the courts of our God and still bearing fruit in midlife, still fresh and green proclaiming the lord’s goodness (**Psalm 92:12-15**).

On **5th May 1995**, I was dumbfounded when at the Joint Clinical Research Centre, Kampala, the male nurse told me that they could not trace HIV in my blood.

I thought I had rushed for the test and decided not to share with anyone until the second test (in my view after one year) had confirmed healing. On **16th may 1995**, while praying with Mrs. Kato (RIP), the Spirit of God spoke through her to my amazement “*My child fear not. You are going to see my goodness. I sent my word to you to heal you long ago but you did not know it. When I sent that word you did not believe it. Know for sure that God heals. You are still doubting, I have already healed you, start giving the testimony .I shed my blood and paid a lot of price for you. I assure you that I will always be with you and remove fear. Believe the Word of God*”. That day I opened up and asked for forgiveness because I had lied to her. To my surprise she told me that the

Lord had revealed it to her long ago but she did not want to share it with me because of the distress on my part.

I went back for another test in **October 1995** – I was found HIV free. Still in **August 1998**, I went to another Laboratory and was declared HIV free. The last test was taken in **March 2006** still confirming my healing. The Holy Spirit had drained out the infected blood and transfused me with the sinless, pure blood of Jesus Christ. Praise the Name of the Living God. HIV destroys the blood; it will take the blood of Jesus to heal HIV/AIDS. My baby who had the virus is a healthy 28 year old girl, and got married in **October 2015**. The Lord told me when he heals a mother he heals the child.

I was not discordant. I have labored to go into details even mentioning names so that whoever reads believes in the grace of God to heal; the blood of Jesus Christ and the Word of God healed me.



Figure 1: Sarah walking her Daughter Deborah along the aisle on Her Wedding



Figure 2: Sarah's Daughter Deborah and Her Husband Sidney on her cultural introduction

LESSONS

I learnt a lot of through this journey which I am including extensively in my Book still in draft form. However for the purposes of this testimony the following is worthy to note:

1. THE COVENANT

1.1 The Word of God says the wages of sin is death but the gift of God is eternal life through Christ Jesus. Under the new covenant Christ carried our sins in His death and fully satisfied the punishment thereof. His resurrection is divine evidence of our new status before the Father--Justified. Where there is no sin there is no sickness and infirmities. **Romans 6:23** says *“For the wages of sin is death, but the gift of God is eternal life through Christ Jesus our Lord”*. And **Isaiah 33:24** *“No one living in Zion will say I am ill: and the sins of those who dwell there will be forgiven”*.

Healing is the food (BREAD) for children (**Mathew 15:26**) and it honours the Father to ask and believe him for our healing (**Isaiah 53, Psalm 103:3**). Further in **Exodus 23:25** the Lord has promised not only to bless those who worship Him but to take away infirmities from them and grant them a full lifespan. On 2nd September 2016, while praying about a condition, the Lord told me that asking Him for healing

honors Him because that is His work and will. That though King Asa's condition was severe he did not seek help from the Lord but only from the physicians (2 Chronicles 16:12). Therefore the Lord wants us to ask Him and believe Him for our healing.

1.2 Exodus 15:26 says: *“If you listen carefully to the voice of the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord who heals you”*.

If I had not listened to the voice of God that my husband had HIV/AIDS and the Word of God (*Is. 66:19, Rev. 21:1-8*): I would be dead by now. *Prov. 4:20-22* also commands us to listen and pay attention to God's words, and obey them because they are health and medicine to a man's whole body. I did not take any medication except the Word of God. The Word of God is medicine to those who believe and take prayerfully. There is no such thing as overdose when we take divine medication in large quantities or side-effects-Halleluiah. In fact, the more you take the better or the quicker the results.

We have confidence in God and His word because He says in Psalm 89:34-35:

“I will not violate my covenant or alter what my lips have uttered. Once for all, I have sworn by my holi-

ness—and I will not lie to David-.”

2. THE BODY

In Mathew 6:25 Christ told us:

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

Therefore our spiritual wellbeing and good bodily health rank equally before God.

We should contend for our bodily healing as much as we pursue sanctification. 1 Corinthians 6:13 says *“The body is not meant for sexual immorality, but for the Lord, and the Lord for the body”*, and 1 Corinthians 6:19-20 *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies”*.

God needs a man in earthly body to execute his plans on earth. We read about Him in (Ezekiel 22:30, Isaiah 6:8, Jeremiah 5:1, Luke 1:29-38) looking for just one man to do His will on earth. God gave authority to reign on earth to man that is why He Himself had to put on our body to be legal to carry out His program on earth. Even Lucifer borrowed the snake body to

deceive Eve. He is still looking for earthy bodies to possess to be able to operate on earth but we must cast him out. So in our cooperation with heaven to execute Heavenly agenda on earth our wellbeing of our spirits and bodies is crucial. In fact the Lord forgives us and heals us for His own sake (**Isaiah 43:25** and **Isaiah 48:11**) and He has said in **Isaiah 43:1**,

“But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine”.

The redeemed of the Lord belong to Him.

3. HEALING/LIFE IN THE WORD OF GOD

Children of God, it is very important that we seek to know the mind of God about the prayer point or the challenge or war strategy before us for God makes the end known from the beginning (**Isaiah 46:10**) and we are His work on earth (**Ephesians 2:10**). We are assured in **1 John 5:4** that everyone born of God overcomes the world and the basis for this overcoming or victory is none other than faith in Jesus Christ (**John 6:29**). Jesus Christ is the Word of God made flesh **John 1:1&14** ,and faith comes by hearing the Word of God (**Romans 10:17**). Therefore Jesus being the Commander of the Heavenly armies, His Word for any battle, war, challenge or need is crucial for

our victory before we pray or engage the enemy. 1 Samuel 17:47 and 2 Chronicles 20:15 tell us the battle belongs to the Lord. We must hear it, believe it, speak it to the situation (Mark 11:22-24) and obey before the Word will become flesh or life or health or change the situation. According to *Proverbs 4:20-22*, it is the Word of God that is life and medicine for a man's whole body and in *John 6:63* Jesus told us the Spirit gives life not flesh and the Words He spoke to us are Spirit and they are life. Therefore the life we are looking for is in the Word of God. We read in Deuteronomy 32:45-47:

“When Moses finished reciting all these words to all Israel, he said to them, “Take to heart all the words I have solemnly declared to you this day, so that you may command your children to obey carefully all the words of this law. They are not just idle words for you—they are your life. By them you will live long in the land you are crossing the Jordan to possess.””

However, God will always perform miracles so that unbelievers can believe Him on the evidence of miracles (*John 10:37-38, 14: 11*). For the believers, we are expected to hear his voice, believe, obey and follow. During my struggle I did not know how to pray as much as I do now, but the Lord who looks at the heart heard my cry and showed me mercy. Yet, a believer may do all that is required and pass away in that condition. Ultimately, it all depends on the plan and the

mercy of God for He has said in *Exodus 33:19* and in *Romans 9:14* that “*I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion*”. I believe that there are some who are either escaping or getting healed of HIV/AIDS or any other disease as God assured me in *Isaiah 66:19* and as I have already witnessed.

4. UNBELIEF

I learnt in *Rev. 21:8* that if I was full of unbelief about God’s glorious promises on my life or lied about Him that He does not heal, I would be a murderer of my own life and the plan of God for that purpose and be assigned a place in hell. Let us choose to believe the promises of God for He has sworn in *Isaiah 46:10-11* that He makes known the end from the beginning. His purposes will stand and will do all that He pleases. What He has said is what He will bring about and what He has planned that He will do. Fear and unbelief are sins which believers in Christ should seek the Lord for the grace to overcome them. Christ in *Mathew 12:32* said.

“Anyone who speaks a word against the Son of Man will be forgiven, but anyone who speaks against the Holy Spirit will not be forgiven, either in this age or in the age to come”.

5. PURPOSE

God has a plan for our lives. We must come into a covenant relationship with Him where we set our hearts wholeheartedly to seek and serve Him. Ultimately, it is His plan on your life and your determination to seek to serve Him that becomes a strong bargain in your favor. (*Eph. 2: 10*). Before the foundation of the world we were created in Christ Jesus to do good works predetermined for us. It is the knowledge of this work and faithfulness in execution of the same that preserves us on earth and for which we are going to be rewarded on the last day (*Rev 20:12 and Romans 14:10-12*). May the Lord help us to discover this core function in order to avoid diversionary activities and battles.

In *Luke 2:26*, it had been revealed to Simeon by the Holy Spirit that he would not die before he had seen the Messiah. Simeon believed and prayed for the Messiah to come. In *Luke. 2:29-30*, after he had seen the Saviour his prayer changed. He started praying for his peaceful departure from earth because he had served his purpose. Some of us still have a lot to do for God and are not yet ready to depart in peace.

Vision kept Simeon alive, a vision (plan of God) will keep you alive and preserve you if you choose to be faithful to the divine call. The Lord delivered me and my daughter from premature death.

6. PRAYER AND FASTING

Prayer in the context of the Kingdom of God is not complaining, begging or pleading for this implies reluctance on the part of the one from whom a favour is being sought. Our God is Love, able, compassionate and always willing. No loving parent want to see his children begging him for stuff. A parent is pleased to steadily supply his child's needs for his own sake, happiness and peace and also that of his child. There is a mistaken tendency to reduce God to the level of man. Our Heavenly Father is perfect and a perfect example. He wants us to acknowledge His Sovereignty, power, mercy and willingness when we approach Him. This calls for praise, worship and thanksgiving. This is only possible when we know Him, understand and trust Him. Prayer therefore is the act of reigning with Christ on earth (**Revelation 1:5-6 and 5:9-10**), co-working with Christ and heavenly angels in execution of legal heavenly business on earth. That is why we seek His Kingdom to come and will to be done on earth as in heaven. Heaven has the command and power, man has delegated authority on earth through the spoken word of God. That is why God says He watches His Word to perform it and the angels on standby to execute the word of God spoken by man on earth.

This is Word-centered prayer. Pray according to the leading of the Holy Spirit, the best He teaches you not according to how others pray. When David was con-

fronted with Goliath, he refused to use the weapons of warfare with which he was not conversant. You will be defeated from start if you attempt to engage the enemy with weapons you are not sure about or which the Lord has not commanded. The seven sons of Sceva in **Acts 19:13-16** were beaten by demons because of their hypocrisy; the demons acknowledged Jesus Christ, Paul and Silas but not those sons. Have confidence in what you know and move on in that revelation or knowledge.

On **22nd June 2016** the Lord told me when we pray for healing we put the Word of God in the person. That prayer is like yeast put in the dough-it cannot be seen or extracted. Its effect is not seen until pressure is exerted by fire on the dough and it starts rising. Then He said, the Holy Spirit is the fire that exerts pressure on the person and healing manifests. And the activity done after prayer is a prophetic act confirming healing.

7. STIGMATIZATION AND DISCRIMINATION

There is need to encourage openness among the affected people in order for them to get material, moral or spiritual support. An Aids Victim is a broken hearted person who needs more of love, encouragement, care and support. On the contrary, sometimes the victim is shunned, neglected, blamed, and con-

demned to die. It is such attitude that accelerates death whereas love revives the spirit and offers hope for an extra mile. In our case, fear, stigmatization and absence of the above contributed to my mental and spiritual torture and anguish. The Church needs to rise to the challenge of HIV/ AIDS in solidarity and the love of God and practice the Royal Law of “Love your neighbor as yourself” (*James 2:9*). The church of Jesus Christ should be the healing centre for sicknesses and infirmities and should have a programme for the injured and the sick because we are an army of Jesus Christ constantly in need of a healthy fully equipped and unified army. Our good Shepherd carries the injured, weak and sick on His own shoulders (*John 10:1-18 and Ezekiel 34*). For whom are we shepherding? What we need to ask ourselves is “what would Jesus’ response to HIV/AIDS or any disease be?” (*Mathew 25:34-46*).

8. JESUS CHRIST OUR PEACE

Ephesians 2:14 says

“For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility”

In Isaiah 9:7 He is called “the Prince of Peace”.

Micah 5: 2-5:

2

*“But you, Bethlehem Ephrathah,
though you are small among the clans[a] of Judah,
out of you will come for me
one who will be ruler over Israel,
whose origins are from of old,
from ancient times.”*

3

*Therefore Israel will be abandoned
until the time when she who is in labor bears a son,
and the rest of his brothers return
to join the Israelites.*

4

*He will stand and shepherd his flock
in the strength of the Lord,
in the majesty of the name of the Lord his God.
And they will live securely, for then his greatness
will reach to the ends of the earth.*

5

*And he will be our peace
when the Assyrians invade our land
and march through our fortresses.
We will raise against them seven shepherds,
even eight commanders,”*

In Isaiah 53:5 we read:

*“But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.”*

In Luke 2:14 this is what the Angel said:

*“Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.”*

In John 14:27 the Legacy Jesus left for us is the same as that the Angel pronounced in Luke 2:14.

27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

When He sent out his disciples in Luke 10:5-6 He commanded them:

“When you enter a house, first say, ‘Peace to this house.’ If someone who promotes peace is there, your peace will rest on them; if not, it will return to you”.

And Isaiah 52:7 says the feet of those who carry good news and proclaim peace are beautiful.

Upon His resurrection the first word Jesus spoke to

the terrified disciples was “peace”. There is no way they could listen to Him and trust Him when they were full of dread. So he first gave them peace.

John 20:19-21

“On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!”. After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.”

God the Father sent His Son to bring peace on earth. It is the same work Christ committed to us. There can never be peace where there is sin. That is why we implore people to be reconciled with God first for the forgiveness of sin. Thereafter the Prince of Peace starts reigning in our lives and circumstances restoring order and establishing peace. There is no peace where one is hurting in the body or troubled and harassed in life. We must become transmitters of peace to a troubled world and I hereby proclaim Shalom-Peace to all of you.

9. THE POWER OF A VOW

In whatever we ask or pray we need to focus on the

interests of God and His glory. When I asked the Lord to deliver me so that I deliver other women I did not know at that time that I had made a vow to God. However on 7th October 1994 while praying for healing the Lord had given me **1 Samuel 1:1-11**. I did not make much sense of it. But after healing while in prayer for my career and ministry the Lord spoke to me twice from the entire chapter. A lot took place before I finally surrendered to the Lord to be used fully in whatever way he would chose. This decision necessitated me to resign my paid job and started a new life altogether but I have seen the faithfulness of God.

You may have prayed and fasted about stubborn situations without change. I have proved that the call of God will frustrate our plans until we yield to His purpose.

Hannah had prayed for a child for a long time without success. It is not until she realized we give birth for God or for His plans. She then saw a need for a male child in God's House and asked God to make her a vessel for a child that will meet God's need. Until God was sure of that commitment on her part, she remained childless. Is God a partner in what you are asking Him to give you? A few years back I had a need. One night the Lord told me that we are hypocrites. That in our praise songs we sing that His is the power and glory yet when we pray for our needs how many of us focus on His interests and glory in the is-

sues we pray about. Rather we are motivated by self-comfort and happiness. Then He told me that since the power and glory are His we should always focus on His interests and glory in the issues we take before Him. He said that we should believe when we pray He hears and answers (**Daniel 9:23 and 10:12**) but what we need to do before manifestation of the answer is to start praising and thanking Him for the answers. People of God the Lord wants us to trust Him and spice up our prayers with praise and thanksgiving. This is the only service from us that blesses God: **Hebrews 13:15**:

“Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.”

There is so much I can say or write on praise and thanksgiving before manifestation of the answer but for now it is enough to know that praise and thanksgiving is a pleasing sacrifice on our part which honors and blesses God; a practical demonstration of our trust in our father in Heaven though we are still hurting; and prepares a way for us to get His salvation (Jesus):

Psalm 50:23

“He who sacrifices thank offerings honors me, and he prepares the way so that I may show him the salvation of God.”

In **Psalm 8:2** and **Psalm 149**, high praises from a child of God based on the Word of God is a spiritual weapon by which God carries out vengeance and sentence against the devil and his demons.

Once faced with the challenge of raising children as a single parent the Lord instructed me to start praising Him for a particular child. He started ministering to me showing me why I should praise Him. Whenever we praise and thank Him we acknowledge He is in control of the particular situation and not the devil whom we tend to celebrate unknowingly. He has good plans for us and is able to work out all things together for our good. Based on this truth and trust, then we can start on the praise path. After I got that strategy I started seeing results.

May the peace of God, which transcends all understanding, guard your hearts and your minds in Christ Jesus (**Philippians 4:7**).



Sarah Muhumuza Irumba Timarwa is a lawyer by profession now involved in evangelism and social work. She lives in Kampala, Uganda but travels a lot in and out of Uganda preaching the message of Salvation and Healing through Jesus Christ in conferences, seminars and different forums. She has been a widow for 22 years and has four children; Priscilla,

Gideon, Emmanuel and Deborah and two grand daughters Pearl and Sapphire.

In addition to preaching the Gospel of Jesus Christ, in September 2007 Sarah started a Non-Governmental Organization (NGO) called **HOLISTIC RESTORATION MINISTRIES**, of which she is Chief Executive, focusing on disadvantaged groups, mainly widows, orphans and vulnerable children, older persons and the destitute women, seeking on their behalf social justice, equality, economic empowerment, peace and security in the home, promotion of and defending rights of these groups, prevention of HIV/AIDS and relief of distress, and poverty among these groups and People Living with HIV/AIDS. Since 1988 till 2010 Sarah had been both National and Regional Coordinator of **PAN AFRICA CHRISTIAN WOMEN ALLIANCE (PACWA)**, an interdenominational Continental organization which promotes evangelical unity and cooperation among women, trains and equips women with leadership skills, promotes women's health, peace and security in the home and encourages women to know and fulfill their purpose from the home, community to national level.



Holistic Restoration Ministries, Uganda
P.O. Box 10814, Kampala, Uganda

+256 772 587 317

+256 701 587 317

sahirumba@gmail.com

www.holisticrestorationministries.org